

**The single most important thing to remember when teaching your children about stranger danger and self-defense, is to instill confidence, rather than fear.**

All civilians have the right to engage in violence for the sake of defending one's own life or the lives of others, including the use of deadly force.

- The best self-protection for most crimes is prevention.
- If prevention fails, your best chance is to fight back. But you must know HOW to fight back.

Many self-defense instructors become obsessed with the technique in which to perform self defense maneuvers but in actuality, the key is to remember that it's the targets on the body that are most important and not which technique you use. By understanding basic human anatomy, it is fairly easy to identify vulnerable targets on a body in order to safely escape most any situation.

The most vulnerable parts of the body are the eyes, the nose, the throat, the groin, the knees, the shins, the top of the foot, the liver, the solar plexus, the temple. Striking any of these areas with force can cause an attacker immense pain or nervous system responses. This can give the victim time to escape. Striking the nose will cause the eyes to water. Poking one eye with a finger will cause the other to close. These are sympathetic nervous responses. The assailant has no control over these responses. Airflow can be cut off with a strike to the throat. A strike to the groin can render a male attacker helpless. Knees, whether striking from the front, back or sides can put an attacker on the ground. A kick to the shin, which contains many nerves and not much to protect them, is very painful. A stomp on the top foot can break bones very easily.

There are parts of a body, you should think about hitting only as the last resort choice. Avoid them during a regular fight and protect yours, so you won't fall a victim to your ignorance.

**The eye** is the most vulnerable area on a person's body and there is a plethora of ways to attack it. The eye can be jabbed, pushed, blinded, dusted and sprayed to name a few. The most common manner in which to attack an eye is to jab or poke it. To maximize the benefits of jabbing an eye, one should use the 3 middle fingers together. The fingers should be slightly bent to avoid them breaking if the target is missed and the aim should be for either a single eye or the bridge of the nose (you're likely to hit one eye or the other by aiming for the bridge of the nose). The motion should be swift. When the eye is jabbed, the optical nerve hits the skull and causes immediate pain, temporarily blinding the attacker. It is possible that, by utilizing this technique, a person could have permanent damage but it is more likely that the cornea of the attacker's eye would be scratched without permanent injury.

**The throat** – The most effective strike should aim to the carotid sinus. This is the most vulnerable place, which is responsible for all the "magic" fainting knockout stuff. The common carotid artery supplies the head and neck with oxygenated blood. A man, hit in his carotids is in danger of the stroke, heart attack and cardiac arrest! It will cause a big shock to the body at least, which will paralyze the opponent for a while, giving you space to continue with more complex techniques or run away.

Let's do a little bit of human anatomy, so you will understand what happens in the body when you attack the arteries (carotid sinus). Every one of us has two carotid arteries processing on both sides of the neck. Each carotid artery is called common until it bifurcates in two branches – internal and external carotid artery.

Internal goes deep under the skull, bringing blood to the brain, eyes and larynx. External carotid artery processes on the surface and quickly diminishes in many thin branches, supporting muscles of your neck and face. The point where the common carotid artery is being divided in to

the two sisters we just described is called the carotid sinus. It is approximately in the same height as the notch of your thyroid cartilage (Adam's apple).

In this carotid sinus, there are little cells called baroreceptors. These little fellows are checking the pressure of blood flowing through the carotids and send the information to your brain. When you hit someone to his carotids (carotid sinus), you confuse the baroreceptors, so they think the blood pressure raised and through the glossopharyngeal nerve, they send this information to the brain.

The brain is connected with the heart by the vagus nerve. Through this nerve, the brain orders the heart to slow down and lower the blood pressure. The heart will lower its blood output and your heart rate goes down, what can result in bradycardia. Bradycardia implicates, that your actual heart rate is lower than your normal resting value. When less oxygenated blood flows to your organs like the heart itself, they will lack the oxygen, which is needed for their proper function. Low oxygen in your heart and brain can result in fainting or even death! Low oxygen supply for your heart can cause the cardiac arrest. Low blood supply to the brain may cause the stroke.

**The human foot** contains 26 bones. Many of these bones are quite small and can be broken fairly easily when struck with substantial force. A number of ligaments, tendons and nerves are also in the foot. Even if a bone in the foot is not broken, striking these areas can cause enough pain to the attacker to release their hold. If you have ever had anyone accidentally step on the top, or instep, of your foot or you accidentally dropped anything heavy on it you know the type of pain there can be.

If your lower arms are pinned, attacking the assailant's foot might be the only recourse. Your self-defense counter attack must be performed quickly to avoid being picked up or thrown to the ground. Stomp the top of their foot with your heel. You cannot be sure what type of covering is on their foot so maximum pressure must be applied. Using full force, drive your heel through their foot all the way through to the ground.

**The human fingers** and thumbs are not especially strong individually. One effective self-defense technique involves using one or both of your hands to grab one finger. The small finger is the weakest, however any finger will do. After grabbing a single finger pull it back towards the top of their hand. With enough force the finger will be dislocated or broken. The pain inflicted should be enough for them to release their grasp.

**The solar plexus** is a group of nerves, that controls breathing among other things. So when you get hit there, you can't breathe properly. A strike to the solar plexus can cause a muscle spasm of the diaphragm. This causes the reaction of the person not being able to "catch their breath" or breathe deeply. Other residual effects include items such as damage to the ribs at the base of the sternum; possible heart bruising (depending on the angle of the strike); diaphragmal tears or rips, etc.

**A liver shot** is a punch, kick, or knee strike to the right side of the ribcage that damages the liver. Blunt force to the liver can be excruciatingly painful, and an especially effective shot will incapacitate a person.

**Strike to the temple:** The skull is weaker at the temple which means a strong strike with the knuckle has a good chance of giving the target a concussion, this might knock him out or it might kill him. Also, the neck is stronger resisting frontal motion than it is sideways motion (put a hand on your head and try it for yourself). So a strike to the side is going to move the head, and therefore affect the brain, more.