



**WOMEN'S**

**QUICK 7 DAY  
FOR  
SELF-DEFENSE**

*Women's Quick 7 Days Guide for Self-Defense*



## **Table of contents**

The Master Plan.....	<b>Error! Bookmark not defined.</b>
Introduction .....	5
Day one - PUNCHES .....	7
Day two - KICKS .....	11
Day three - ESCAPES AND RELEASES .....	14
Day four - WEAPONS .....	16
Day five - MULTIPLE ATTACKS .....	22
Day six - RAPE TECHNIQUES .....	24
Day seven - MEDITATION .....	26
FINAL THOUGHTS .....	34

## **The Master Plan**

### **DAY ONE: Punches**

Palm Heel Strike

Knife Hand Strike

Elbow Strike Eye Strikes

### **DAY TWO: Kicks**

Front Snap

Kick The Knee

The Stomp

### **DAY THREE: Escapes and Releases**

From a Wrist Grab Two Handed Grab

Front Choke Rear Choke

Bear Hug Headlock

### **DAY FOUR: Weapons**

Pen or Pencil Keys

Pocket Comb Brush

Actual Weapons

A Gun

A Knife

A Club, Stick or Umbrella

### **DAY FIVE: Multiple Attacks**

Two Man Attacks Three Man Attacks

Purse Snatcher

### **DAY SIX: Rape Techniques**

“In the Act” Defenses Protection from Punches

## **DAY SEVEN: Meditation**

The Tiger Eye

Candle Meditation Relaxation

Application of Meditative Practices

### **Introduction**

Each year literally thousands of young women are attacked in the streets of our country. Some are mugged, some beaten, some raped and some killed. Almost all of these women have one thing in common: They do not know how to defend themselves.

Perhaps with some small Self-defense training some of these women would not be helplessly attacked and thus would not be raped or killed. Certainly all of them would stand a better chance if they knew some effective, yet simple, techniques to defend against an attack.

This book is a serious attempt to break down into seven easy to follow and understand lessons some basic self-defense techniques that I have found to be most effective in my ten years of teaching such a course to women across this country.

One lesson a day, one step at a time, within a week you should be able to defend yourself if you just find some techniques in the book that you are comfortable with and that you could and would execute in an actual emergency.

You start with strikes and proceed to meditation. Most other books on self-defense just give you innumerable situations, escapes, and techniques, most of which are too lengthy and complicated to work in an actual attack situation. The techniques found in this book **WILL WORK**. They will stop an attacker, regardless of size.

If you stick a pen into the eyes of an assailant, he is going to stop right there and scream and fall on the ground. He is not going to get mad and hurt you worse. He is disabled, and most of the techniques found in this book are disabling ones-techniques that seriously injure the attacker and prevent further attack. Rape and assault are serious and despicable crimes that should be dealt with in the most forceful and effective manner possible.

Perhaps if enough women read this book and begin to use the techniques found in it, then the word may begin to spread to would-be attackers that they no longer have an easy target and that women can and will defend themselves. Then they might stop their assaults and rapes, and the streets will be safe to walk again.

## **Day one - PUNCHES**

### **Palm Heel Strike**

Hold the arm very straight and lock the elbow (to give one a greater striking force than using a bent elbow). Bend the wrist straight back, and curl the fingers slightly. The base of the palm forms the contact area for this strike.

**To the face.** As the assailant reaches to grab you, step forward with the right foot. Bringing the hand up quickly and using as much force as possible, smash the open palm directly into the nose of the assailant. When done properly, this will cause a fractured nose, loosen some teeth, and if the fingers are jabbed into the eyes, it provides a more devastating effect.

**To the solar plexus.** The solar plexus or air pocket of a man is found directly under his rib cage or, since he is usually wearing a shirt, around the third button from the top.

The air pocket can easily be damaged by this strike, resulting in the loss of breath and the incapacitation of the attacker. As he reaches for you, step forward with the right foot to generate power, and stiff-arm him directly into the solar plexus. If done with appropriate force, he will lose his breath and fall to the ground, allowing you to escape.

**To the groin.** This strike should be done with the fingers pointing down so that more of the palm area can hit the target. If the assailant has grabbed you and thus prevents you from a face or stomach strike, simply swing your arm down the side of your body, moving your hips a little, and smash him directly in the groin. When one properly, even with a minimal force, he will usually fall to the ground, and you can escape.

### **Knife hand strike**

Hold the fingers tightly together, folding the thumb over and keep the wrist very straight.

**To the throat.** The Adam's apple is the primary target and is a very lethal one requiring little force to injure. As the attacker reaches to grab you from the side, simply swing the arm up very fast and hard with the knife hand right into the middle of his throat.

**To the back of the neck.** In order to strike the back of the neck, you must first grab the attacker's hair and yank on it very hard to get him to lean over. The instant he leans over, swing your arm up, then chop down onto the back of his neck. If done with enough force, you can easily dislocate a vertebra and possibly crack his spinal column.

### **The elbow**



The elbow can be thrown straight ahead, to the side, or straight back. The hips should be shifted for power on each swing. No other part of a woman's body has as much damaging impact while causing less injury to the user than an elbow strike.

**To the face.** As the attacker reaches to grab you around the body, step forward with either leg and swing the elbow up across his face with as much speed and power as you can muster. Note: Speed is directly related to power, and the faster you swing the harder you will hit. The elbow strike into the face can be directed-at the nose, the teeth, or between the eyes and will cause considerable damage while allowing you to escape.

**To the side.** If he should try to grab you from the side, quickly swing the elbow straight to the side and backwards, smashing him directly in the face or the stomach.

**To the rear.** If grabbed from behind, take your elbow and swing it very hard directly down the side of your body. Try to smash the point of the elbow directly into the attacker's ribs, stomach, or groin.

**To the stomach.** The elbow may also be smashed into the stomach from the front or from slightly on the side into the ribs, causing him to fold up so you can escape.

## **Eye strikes**

There are two proper ways to strike the eyes: with two fingers and with the thumb. When using two fingers, curl the first two fingers slightly, and bend the others out of the way, holding them with the thumb. As the fingers enter the eyes, push down and then straighten them out, causing the eyeballs to pop out. If using the thumb, the hand is placed on the side of the head and the thumb used as a hook to pop the eye out.

**Note:** These techniques may seem horrible and repulsive to you as a decent, moral individual, but remember a rapist is not a decent, moral person. He does not care one bit about you or your family. Nor does he care if he leaves you bleeding, broken boned, or even dying in the street. You have the right to defend yourself against these unwarranted attacks, and these strikes you have learned will definitely stop him if done properly.

**Two-finger strike.** As the attacker reaches for you, quickly smash as hard as you can up under the eyelids and into the eyes. As you feel the fingers enter the eyes, straighten them out, causing the eyes to pop out. Note: This will work only if done with enough force but will not work if done timidly. So do it only in an extreme emergency and then very forcefully.

**Thumb gouge.** If only one eye is available to strike because of the hold he has on you, smash the open hand against the side of the ear. Then take the thumb and jam it into the corner of the eye. The eye can then be easily pulled out.

## **Day two - KICKS**

Kicks are very effective when done with the proper speed and power and can be quite damaging to the attacker. High or very fancy kicks are both unnecessary and dangerous to try as a beginner.

### **The front snap**

This is a multi-part kick and should always be done in four parts for the most power and to prevent the leg from being grabbed.

Stand with the feet about shoulder width apart. Pick up the leg, bend the knee. Snap the foot out and point the toes down so that the instep is the striking area. Pull the leg back to position one with the leg up and knee bent. Place the leg back on the ground so you can kick again.

Effective kicking areas using the front snap kick are:

**To the groin.** This is probably the only place and form of self-defense that most women know, but they do it with a stiff-legged kick, which is not at all effective. Using the proper form, snap your foot between

the man's legs and lift up. Do not try to hit a point but try to get as much of your foot as possible between his legs and into the target area. After contacting the target, pull your foot down and back very fast so he cannot grab it.

**To the knee.** This kick will disable him if done hard enough. As the assailant walks toward you, snap the foot or the heel of the shoe directly into the attacker's knee or across it. This kick can cause his knee to buckle and is very effective even if you miss the knee and get him in the shin, because it is very painful and will end his pursuit.

### **The knee**

The knee can be a very effective kick when used from the front or the side. In order to get the most power, one should strive to lift the knee as high as possible and move it as fast as possible.

**To the groin.** If your attacker grabs you in such a way that you are unable to kick him in the groin, move your hips slightly to one side and raise your knee directly between his legs and lift up very hard.

**To the face.** Grab the hair with both hands, and jerk down very hard on it forcing him to lean over. Now smash your knee directly into his face.

### **The stomp**

This kick is used when you are being held too closely to knee or snap a kick. Raise the knee as high as possible, and then stomp down with the heel of the foot as hard and as fast as you can onto the attacker's instep.

**From the front.** If grabbed around the upper body, turn the foot out and raise the knee very high. Then smash the heel down the front of his leg onto his in- step. You can also scrape the skin off his shin on the way down.

**From the side.** If held from the side, turn the foot outward toward the attacker, and stomp down onto his instep as hard and as fast as possible.

**From the rear.** If held from behind, look between your legs or over your shoulder for his foot, raise the knee up high, and then smash the heel directly down onto the toes.

**Note:** Kicks are very strong and effective when done with speed and power and if they hit the proper target. You must make up your mind to aim them at the proper target and practice so you can hit it. You also must not hesitate in your actions; otherwise you will warn him that you are going to kick him

### **Day three - ESCAPES AND RELEASES**

If you are grabbed, in the process of being grabbed, or held in various manners by the assailant, follow these steps closely. You will find these releases quite easy and effective, and you will have to use a minimum of strength to free yourself.

#### **From a wrist grab**

As the wrist is being grabbed, quickly notice the position of the thumb. Now open your fingers to help loosen his gripping power. Then turn the entire lower arm in a very large circle (as if you were turning the wheel of a car). Go over the thumb with this circle, and you can escape.

#### **Two-handed grab**

When grabbed by the assailant with two hands, it becomes very difficult to escape by just using a circular move; so simply turn the body to the side being grabbed, and place the elbow against the body. Make a fist and reach over his hands. Grab your fist with your free hand. Now using your body weight, pull your hand free.

#### **Front choke**

When you are grabbed and choked, you have only a few precious seconds to escape before your air supply is cut off. So speed is of the

essence. The moment you feel yourself being grabbed around the neck, tuck your neck down as far as possible, and tighten your neck muscles as much as possible.

Next, snap a front kick into his groin. Now immediately reach up over his arms and smash your thumbs directly into his eyes. Follow up with another kick directly into his groin or the lower stomach area.

### **Rear choke**

If you find yourself being choked from the rear, immediately tighten and lower your neck. Now take your knee up, and do a foot stomp onto his instep. Then follow with an elbow to the ribs or a kick to the groin area.

### **The bear hug**

The moment you feel the assailant's arms engulfing your body you should begin your escape actions. Immediately cross your arms in front to prevent your breath from being squeezed out. Then notice where his feet are, and stomp his instep as hard as possible. Now take the elbow, and bringing it as close to the side of the body as possible, smash him in the ribs. He should let you go by now. So continue to turn your body into his, and do another elbow smash directly into his face.

## **Headlock**

When you find yourself in a headlock, quickly stomp on his toes with your foot, and simultaneously take the open palm and smash him directly into his groin. You can then use your other hand to reach up and grab his hair, pulling him backwards and then smashing his throat or groin.

## **Day four - WEAPONS**

There seldom will be a time when you find yourself completely without a weapon of some sort, no matter where you are going. In the average woman's purse there are numerous weapons, such as car keys, pens and pencils, combs and brushes, fingernail files, safety pins, and other sharp or pointed articles that make excellent and very effective weapons.

### **Pen or pencil**

This is a most effective weapon and the effect is devastating upon the attacker. Take the pen and hold it in your hand with your index finger pointed down along the length of the pen to the tip. Now you have an effective means of pointing the pen into your target area because all you have to do is to point your finger.



**Into the hand.** If your hand is grabbed and you are unable or do not wish to try another escape such as the wrist roll, grip the pen with the point facing down, and smash it into the back of the assailant's hand. He will let go.

**Into the eyes.** This is by far the most effective use of the pen and the most disabling to the assailant. As he reaches for you quickly take your pen as if you were drawing a gun and thrust your index finger into his eye. Your finger will bend but the pen will enter the eye, disabling him, usually permanently.

**Into the face.** You can thrust the pen into the following face areas, all of which are effective and disabling: the ear, the cheek, the throat. If done with speed and force, the pen will stick into these areas just like a knife would.

## **Keys**

Keys are usually found in a lady's purse. When walking to your car at night, always have your keys in your hand so you can quickly get in and drive off or use them for self- defense.

**Into the eyes.** Hold the key with your index finger covering the length of it. Take your finger and thrust it into his eye. The finger will bend, but the key will enter and cut the eye.

**For cutting.** Keys can also be very effective, when held properly and used for cutting, to both mark the attacker and possibly disable him. Hold the key in the hand with the major portion of the key protruding through the area of the second joint of the index finger. Now close the finger and place the thumb very tightly upon the key.

Check to see if the key is stable and does not move. This is important. Now the key is ready to be used for cutting or scratching. You can scratch or cut the face by taking the key and pulling it against the side of the face very hard and fast, or you can cut the hand if he tries to grab you. Cutting the face is an excellent way to mark the assailant for later identification purposes.

### **Pocket comb**

A hard plastic or metal pocket comb can be very effective and disabling when used properly.

**Eyes.** Hold the comb across the palm with the end being supported by the thumb. Then the comb can be used to grab and cut the eye. It can also be used to cut the face. The comb can also be run across the eyes by holding it in the palm with the teeth out. If the comb has a point on the end, it can be stuck into the eye just like you would a pen.

### **Brush**

Any brush of any type may be used.

**Into the eyes.** Take the brush and hold it in the palm with the bristle pointing outward and smash it directly into the assailant's eyes. The best angle to use is one that goes up and into the eyes.

**Pointed Brushes.** If the brush has a point, it can be used like a pen, but if it has a thick blunt end, it can be smashed into the teeth, stomach, or groin to stop the attack.

### **Actual Weapons**

Real weapons such as a gun, a knife, or a club are, of course, against the law to carry. However, you do have the right to defend yourself; and if you happen to have one of these weapons handy, it will prove devastating and maybe even deadly.

**A Gun.** A small hand gun, but not small caliber (.38 or above), can be deadly and is easily used. Target practice is not necessary although it can be valuable. The gun should be used as if it were a stick and you were pointing it. Do not try to look down the barrel and aim at a specific point. Just throw the gun up, point your index finger at your desired target, and pull the trigger. This will usually hit very close to your desired target and will always stop the man from further assault if he is unarmed, even if you miss.

**Areas to shoot.** The head area will kill; the shoulders will stop; the legs will stop; and the stomach will stop him from further assault.

**How to carry the gun.** If the gun is carried in the purse, it should be taped to the side of the purse or put in a special compartment, not in the bottom of the purse so that you have to search around for it. Always have the gun loaded, but do not have a bullet in the chamber (if it is automatic). The gun should not be used as a threatening device unless you are willing to live up to your threats. Never say, "Don't come any closer or I'll shoot," unless you will actually shoot him if he moves.

## **THE KNIFE**

A knife can easily be carried in the purse. You should use a knife around six inches long, total, such as a paring knife. If carried in your purse, it should be taped to the side of the purse with one piece of tape over the blade to prevent you from cutting your hand when using your purse. This tape will not prevent the knife from stabbing or cutting an attacker.

**How to use the knife.** Conceal knife in your hand at all times so that the assailant does not become aware of it and try to take it away from you. Hold the knife with the point facing down your arm and the blade facing toward the outside of your grip. Grip with the last three fingers

down the handle and the index finger over the top. If the knife has a grooved area, the little finger can be placed down the blade slightly.

Now the knife should be in your hand hidden from sight. Stand with your empty hand facing out, as if to push him away, and with the knife hidden by your side. As he reaches for you, simply extend the arm very quickly, flip the wrist, and cut across his throat very fast. This is very effective and hard to stop.

**Areas of attack.** You can slash his throat, stick the knife into his eyes, slice his eyes, stab his neck, slit his wrist, stab his groin, or slice his fingers.

**Areas not to attack.** Never try to stick the knife directly into the chest for the chest bone will prevent its entering. Never into the stomach, it will usually get stuck and not stop him. Never into the top of the skull, it will not go in. Use it only to cut the leg, not stab it.

**Note:** I do not recommend you try to defend yourself against a gun or a knife because it takes a lot of training to do so. You should submit to his demands unless he is crazy or means to kill you. Then you have nothing to lose and might as well try to take the knife or gun.

**Club, stick, or umbrella.**

All of these weapons have a similarity that enables us to treat them as a whole. They are all hard, wood or plastic, with a curved or straight end. A club, such as a baseball bat, is excellent but is not easily carried on the street, but an umbrella can be carried even if it is not raining and can be very effective when used in the following ways:

**Into the stomach.** The umbrella can be flipped up and held in both of the hands and used to jab very hard and fast into the stomach. If it has a small point, it may go in; but even if blunt, it will knock the wind out of him. It can also be used to jab the ribs.

**Into the groin.** The umbrella may be swung up and into the ribs. It can be turned around to grab the groin with the hook, jabbed directly into the groin, or even swung like a golf club between the legs into the groin.

**The head.** The pointed end can be used to jab into the eyes. The blunt end can be smashed into the teeth. The handle can be wrapped around the neck so that the assailant can be kneed in the face, or the handle can be smashed into the teeth.

### **Day five - MULTIPLE ATTACKS**

If more than one person assaults a woman she must immediately size up the situation:

- (1) intent
- (2) routes of escape
- (3) available people around for help
- (4) a precise plan of action to be carried out with speed and power.

### **One in front, another behind**

If one man grabs you from behind and another comes in from the front, snap a kick into the groin of the man coming from the front, and then do a foot stomp on the man holding you. Follow up with an elbow into the ribs. Both men should be on the ground now, and you can follow up with a knee drop into the throat or a strong snap kick into the groin.

### **On an either side**

If held apart by two men, lean over to one side, and do a back kick into the groin area of that man, at the same time pulling the arm free as he tries to block. Swing the elbow into the face of the other man. Both should be on the ground, and you should stomp their throats or kick their groins very hard and several times. If three or more men accost you, your best plan is to give up or call for help. But if you are left with

no other action, you must try to escape, just get away, and not try to injure or disable all the men.

Quickly notice which one is the smallest of the group and run directly at him, grabbing his shoulders and turning him around. This is easy to do though it looks difficult. Run outside the group. If you have your purse, reach for a weapon, such as a gun. If you are not armed, get a pen. As the others approach, stick the pen into the first man's eyes. Perhaps the others will run. Then you run again, and each time they attack, stick the pen into their eyes, groin, or throat.

### **Purse Snatcher**

Always carry your purse over your shoulder with your hand on the purse. As you feel it being snatched, do not pull against him, but let him pull you forward or backwards and towards him. Then you can kick him in the groin or knee him in the groin. You can also swing the purse directly into his face if he tries to reach for you and you can kick him to the ground and swing the purse into his groin.

### **Day six - RAPE TECHNIQUES**

If you find yourself approaching the actual rape, you still have many defenses before the act can be started or even during the act. If you are knocked to the ground, rapidly roll yourself up into a small ball,



holding your arms around your knees and placing your head very tightly into your knees.

Now the assailant will have to try to untie you as you are. If he should succeed in pulling your arms apart, you can kick straight up and usually catch him in the groin or strike him in the eyes as he bends over. You are fairly well protected in this ball, and he can usually only kick you in the back. But that is better than being raped. Remember, he must unroll you, and that causes him to use both of his hands, thus freeing you to kick or strike him.

If he tries to pull your arms apart from the side wait until he get close enough and then while he is pulling on one arm let go of the other and strike him in the eyes.

If he starts to get on top of you and tries to spread your legs, you can use a hard knee straight up into his groin, and you can even do this during the act sometimes.

During most rapes there will be a slight amount of time to act. Strike him very forcefully in the eyes or smash his groin. If you succeed in even a very slight injury and if he stops, before he can recover, immediately smash his throat, jab his eyes repeatedly, and kick his groin over and over until he is in agony and cannot pursue you.

Remember, do not fear making him mad and thus not act. Try your very best and never submit. Just one knee into the groin will stop him.

**Note:** If he has a knife to your throat during the act, it is best advised not to try escape unless you are certain he is going to kill you, and then you have nothing to lose.

If the assailant is trying to hit your face, you can protect yourself by simply putting your hands on the top of your head and locking them in front of your face. It is impossible for him to pull your hands off of your head, for he cannot lift you straight up, and if he pulls down your head can follow your hands by bending. He can only yank them off your head, and that will not give him time to hit you before you can try a swift kick into his groin or a knee into the groin.

### **Day seven - MEDITATION**

Meditation can serve to relax your mind, calm your nerves, soothe your spirit, and give you the necessary mind control to stay calm in the face of an emergency and use the appropriate action or avenue of escape. I suggest you practice your meditation techniques every day. I will present several different methods for your practice.

### **The Tiger Eye**

The purpose of the Tiger Eye is to promote total sensory awareness, enabling you to see, hear, and feel everything going on around you.

To begin with, sit upon a soft cushion on the floor with the legs crossed. The right leg should be put down first, followed by the left.

The knees should be as flat as possible and the back should be held very straight but comfortable. The neck should be straight and the eyes half open. The eyes should not be moved around during this practice. The breath should be circular. Start the breath into the stomach area and fill it; then proceed to fill the chest. Hold for a few seconds, concentrating only on the breath.

Now begin to exhale slowly from the chest and then out of the stomach area. Relax a few seconds and begin again. One should breathe slowly and steadily and concentrate on breathing in a circular motion.

After you have breathed like this for several minutes, you are ready to begin to practice your Tiger Eye. Let us assume for our purposes you are practicing in the living room of your home. Look at one point on the wall directly in front of you and do not move your eyes. REPEAT-do not move your eyes. Now begin to notice all the things in the room without moving your eyes. You can see the wall directly in front and any chairs against the wall.

You can see pictures hanging on the wall and the texture of the wall. You can see the floor directly in front of you all the way to the wall, and you can see the ceiling above you with the light fixture hanging from it. You can see the chairs placed around the room on both sides of you and in front of you. You can see the walls on both sides of you, and you can see any lights, tables, or pillows around you in the room. You can, in effect, see everything in the room.

Now listen. You can hear yourself breathe; you can hear the traffic going by your house; you can hear the TV if it's on in the other room; you can hear people talking or walking in other rooms of the house. You can hear every noise in the room and in the house. So you are completely aware of your surroundings. You cannot be surprised in this position of awareness. No one can sneak up on you; no one can jump out of the corner because you see everything in the room.

And because you hear all noises, and people make noise when they walk, you can hear quite easily if someone is sneaking in the room. You will find yourself very relaxed and also very aware while in this meditative state. This kind of meditation can be practiced at any time and under any circumstances.

Let us suppose you are walking in the parking lot to your car. Rather than being paranoid and trying to look at every car and jumping at

every sound, just fix your eyes on your car, or on a spot ahead of you and practice your Tiger Eye.

You can now see any movement by any person in the parking lot. You can also hear any movement of someone walking near you. So you are totally aware of what is happening in the parking lot, and at the same time you are relaxed and can act from a calm and relaxed mind rather than a frightened or nervous mind.

### **The Candle Meditation**

It can be quite relaxing and refreshing to meditate using a candle as a point of attention. Simply sit on the floor in front of a candle placed about six feet away and lightly fix your gaze on the base of the flame. Relax, take a few deep breaths, and begin to practice circular breathing while watching the flame.

Some thoughts worth considering while looking at the candle are: The candle is not affected by words and does not burn one bit brighter because we call it a beautiful candle or does not burn any less because we call it a plain candle. It is not affected by what other opinions of it are. It has but one singular purpose and one goal-to burn. To burn completely and fully unaffected by words or criticism. Yet it can defend itself, for if you try to put it out with your hands, it will burn you.

So it should be with your life. You should have but one singular purpose-to live. To live your life completely and fully, regardless of others' opinions of you or of your abilities. Always strive to shine your brightest, and try to stop making irrelevant and unnecessary comparisons about yourself.

For example, if you compare yourself to a movie star, you are usually not very pretty; but if you compare yourself to a burned person, you are very lovely. If you compare your body to a model's, you usually feel ugly; but if you compare yourself to a cripple, you feel perfect and ashamed that you felt so badly about your perfect body before.

There is an ancient Chinese proverb by Wang Yang-Ming that says, "Wishing to have flowers to look at, you then consider them good but the weeds evil, but should you use the weeds for medicine, you would consider them good. Thus good and evil springs from the likes and dislikes of your Own Mind." So why make yourself unhappy because of a comparison or criticism of another. Compare yourself to yourself, and be happy with yourself. You are the only one who can really make yourself happy or sad.

## **Relaxation**

The ability to relax is extremely important to everyone and can aid in improving performance, increasing endurance, calming the nerves, and even preventing injury by improving awareness.

The relaxation technique is as follows: Lie on the floor with the feet together and the palms face down on the sides of the body. Look straight up and do not move the eyes. It is important not to move the eyes. Now take a deep breath, hold it a second, and tighten the feet. Now relax and exhale, and as you do say mentally to yourself, "Relax, my feet are relaxed." Now take a deep breath, and tighten the calves. Hold the tension a second, and as you release the breath say gently to yourself, "My calves are relaxed."

Take another deep breath, and tighten the thighs. Hold it a second, and as you release the breath, relax the thighs. Your legs are now completely relaxed. You no longer wish to move your legs; you could move your legs, but you no longer wish to move them. Take a deep breath into your stomach, hold it, and as the air leaves your stomach, relax your stomach. Now breathe deeply into your lungs.

As the air leaves your lungs, relax your chest, and let your breath become very subtle and soft. Now breathe and tighten the arms and hands. Hold the tension a second. Then relax, and as the breath leaves, your arms become very relaxed. Your entire body is now very relaxed,

and you feel as if you are floating on a cloud, very calm and very relaxed. Take a breath and tighten your neck and shoulders. Hold it, and as you let your breath out, relax your neck area.

Now take a breath, and make a large frown, an ugly face. Now relax and breathe out and relax your face more and more until your jaw almost drops open. Your entire body is now completely relaxed, and you feel extremely calm and relaxed. The only thing left to relax are your eyes. Gently close your eyes. You should immediately start dreaming now. Just let your mind roam and relax.

Dream of soft and nice things. Imagine you are floating on a raft in a calm lake or sailing on a cloud. Relax and feel the air flow through your body. Relax and dream; relax and dream. Now to come out of this relaxed atmosphere, you should not just jump up. Gently open the eyes, and take a deep breath. Move the fingertips and the toes. Breathe again and move the arms and the legs. Breathe again, bend the arms and legs, and move the hips. Now rub the back of the neck, and calmly sit up relaxed in a meditative posture for a few more seconds. You will feel very relaxed and quite calm and refreshed. This is truly a valuable way of relaxing and should be used by all serious students.

### **Application of meditative practice**



In order to be able to defend yourself, even with a gun, you must make up your mind that you will do it . . . that you will defend yourself against an unprovoked attack. You and you alone must decide inside yourself that you will and must act in this situation. No amount of training will help you if fear overcomes your mind and confusion prevents you from correct and speedy action.

Therefore, you must, during one of your meditation sessions, visually imagine yourself in an attack situation, and just as visually as if you were actually there, decide on your actions. Whatever they may be, whatever you could actually do under these situations, you must now practice in your mind. Step by step and part by part, and you must firmly resolve in your mind that in the real event you would take similar actions.

To get the proper benefit out of this book on self-defense you must find some techniques or defensive actions that you feel comfortable doing, and that you would actually do in a crisis situation. Perhaps you could not, under any circumstances, force yourself to stick a pen into an assailant's eye, or perhaps you are too frightened to try to kick him in the groin.

I am not suggesting a personality change, that you become tough and indifferent to others' lives, thereby enabling you to stick a pen into an

assailant's eyes, but I am asking you to become aware of your responsibility as a citizen and a parent. That you could never stick his eye to defend yourself is your decision; but if someone is attacking your neighbor or your children, you have the responsibility to help them to defend themselves.

And so you must find some of these techniques you feel comfortable with and make up your mind that you will do them if you find yourself or your family under attack.

## **FINAL THOUGHTS**

### **Passive resistance**

During the last few years as I have traveled around teaching various groups of women the techniques from my book I have found that a large number of women have serious doubts about their capacity to defend themselves. It's not that they doubt the techniques would work but rather they doubt that they could or would use them even to the point of imminent death.

The reasons they give for this lack of assertiveness vary with the individual, but a common theme seems to be that they just couldn't bring themselves to harm another person seriously. While I can sympathize with this concept I hasten to point out that their

responsibility is often not just limited to protection or surrender of their own personal rights. For all of these women come from families and some have families. They have a responsibility to the members of their family and to society itself not to let an assaulter molest and possibly even kill them just because they could not harm him.

Let me give you a graphic example. Suppose a woman came home and found to her horror and dismay her own child being molested. Surely under such circumstances this woman has an obligation to do more than just run for help or surrender to the assaulter, too.

There are plenty of weapons she could use to defend herself and protect her child, and I feel that she must. Every woman and man has a moral obligation to prevent a madman, as rapists surely are, from continuing his rampage with impunity.

Still, let us suppose that under some circumstances passive resistance might be appropriate, rather than overt violence. One might try passive resistance in such instances as with a rowdy date, drunk friend, or a mental patient. To simplify your choices for passive resistance I have devised a Four P Plan of Passive Resistance.

The first P of passive resistance is to persuade. This means that every effort of logic and common sense should be used in an attempt to try to persuade the attacker to stop his assault. You might try to reason

with the individual, use logical arguments, appeal to his sense of decency, try to understand him, help him understand himself, and thus stop his assault. Persuasion has worked under certain circumstances.

The second P of passive resistance is to plead. Here you try to appeal more to the emotions rather than to the logic. Explain in no uncertain terms that this is a horrible thing, and it will ruin your life and his-cry, moan, and beg for mercy. This plan too has merit and has worked under the right conditions.

The third P of passive resistance is to pray. Call upon the Lord for His divine assistance; pray out loud for the man's soul and for his forgiveness. Call upon his Christian rnorales (though he probably doesn't have any), and expect a miracle. This, too, has worked sometimes.

The fourth P of passive resistance is puke. When all the other three plans have failed, simply use the last bit of strength you can muster, and stick your finger down your throat.

Puke all over him and yourself. This often makes you unappealing or certainly less desirable but has the disadvantage of perhaps making him angry for spoiling his good time.

If this fourth P of passive resistance does not work, then I submit that you use one more P-punch. And thus begin your active resistance course of action. One should always size up the situation before any method of resistance is undertaken and then perhaps several methods may be tried. If you know the person and feel you can talk your way out of it, by all means try to do so. Don't immediately stick a pin into the eyes of someone who taps you on the shoulder in a parking lot.

### **Home invasion**

This brings us to one final point I would like to make. A large number of attacks and assaults occur in the victim's home, and there are certain conditions of which you should be aware. You should realize that if you hear someone in your house at night the chances are that this person is after you rather than your possessions. Professional burglars do not make a habit of working a house that is occupied. So the home invader is more likely a would-be rapist or assaulter. Since he is usually after you, you should prepare for an assault, and this is not done by picking up the phone and calling for help.

For even the best policeman could not get to your house in much less time than fifteen minutes-far too late to help. So you should first of all pick up a weapon, not a phone. Next, stand by the door, wait for him

to enter the room, and then strike him. It is usually not a good idea to hide in your room unless you have a trapdoor.

If you find yourself alone in your home, or alone with your children and someone has entered the house. You must have a plan of action. It is not the right time when you are in the emergency life of death situation to then start to decide if you are going to use passive resistance or physical resistance.