

Women's Self-Defense Techniques



- **Making barriers:** You tell someone your limit
 - **Scalability:** Threat vs level of technique pain compliance to strikes to eye gouging to lethal force
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- **Mount escape** – bridge and roll, knee to groin
- **Guard escape** – 3-2-1 feet on hips, kick and get up
- **Side control** – knee in, kick and get up, or knee in to arm bar
- **Double hand choke from front** – arm wheel to release arms, elbow and run
- **Head lock from behind** – strikes to groin, step behind leg, elbow and run
- **Bear hug from behind** – wrap leg, strikes to groin, elbow and run
- **Back against wall** – fingers to windpipe, followed by groin or elbow to face
- **Pushed against wall with arm around neck** – protect neck, move hips to side, groin strikes, step foot behind, elbow to face
- **Wrist control** – single hand, double hand
- **Hair control** – grab hands and twist to one side while pushing with elbow, elbow strike , groin strike or kick