

Self-Defense Part 2  
Owens Training and Consulting Inc.

- Situational Awareness
- Confidence
- Run or escape if possible
- Balance and footwork/ Stay on you feet
- You will get injured but you will survive
- Protect the head and face/ Blocks/ Best block-don't be there
- Be a warrior if attacked/make noise
- Palm Heel Strikes
- Hammer Fist
- Punch
- Elbow Strike
- Knee Strike
- Front Kick
- Foot Stomp
- Ear slap
- Eye Poke/Defense against death, great bodily injury (GBI) or rape
- Bite
- Shark bites
- Pepper Spray
- Magazine Strike
- Flashlight Strike
- Pen Strike to vital areas/Defense against death, GBI or rape
- Keys
- Escape from wrist grab/Turn toward thumb
- Hammer fist arm
- Escape from bear hug/Drop weight turn and attack groin or any available area
- Escape from ground/ Attack the eyes
- As soon as the opportunity arises, escape. Do not give suspect a chance recover
- **Never Let Anyone Destroy You**