Krav Maga – Female Self Defense Programme
10 Most Common Attacks

The 10 Most Common Attacks
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Welcome!

Firstly, let me start by saying thank you & welcome to your first introduction to Krav Maga, it is an honor & privilege to help you begin your journey towards mental & physical empowerment.

This manual is designed to do exactly what it says: To give you an introduction to specific scenarios and various situations that you may find (or have found) yourself in. More importantly, it will give you a basic plan to deal with them should they occur.

I have worked with multiple police agencies, response forces & various law enforcement officers & researched statistics from around the world to find out what the top 10 most common attacks are against females in a real life scenario that range from anything involving domestic abuse through to sexual assault. The result is the information you will find in this booklet.

So what is Krav Maga & how does it help with the above?

Put simply, Krav Maga is a functional, adaptable & devastatingly effective form of self-defense that was designed to applicable to anybody regardless of size, gender, experience or capability.

Utilizing simple mechanics & reflex movements of the human body, it is a direct, no nonsense martial art designed to end a fight or situation quickly & emphatically. The martial arts you see in movies are very far removed from the reality & brutality of what a real life street altercation looks like. It isn't pretty & it isn't scripted. Just like Krav Maga

Like any martial art, Krav Maga takes years to master & there are hundreds of techniques for thousands of scenarios. So take it from me, you aren’t going to become a Black Belt just from reading this manual. However, what it will give you is the basic knowledge of how to deal with common threats & situations that can take place in locations such as clubs, remote areas or even in your own home.

Mastering a few basic combatives alongside the principles and knowledge of what do to in various scenarios can make all the difference & stand you in good stead in the event of an attack or assault

My friend & student, Ronnie James Hughes will be your guide throughout & will go into more detail regarding how this manual works. He is one of the top instructors in the world of physical training, psychological motivation, a top Kravist as well a lifelong ambassador for the protection & empowerment of women & children’s shelters & charities. He has designed this course with great care & consideration so you are in good hands

All that remains for me to say is that it is a pleasure to welcome you into our Krav Maga family & it is my hope that I get to work alongside you someday in the future. In the meantime if you have any questions regarding anything in this book or Krav Maga in general please feel free to contact me via email (Details at the back of this booklet)

David Kahn-3rd Degree Black Belt-US Chief Instructor IKMAP
Before we begin...

I got involved in Krav Maga many years back now for a few reasons....

The first being that I grew up in an environment where I witnessed domestic abuse. Mental, physical & emotional. It only now that I have grown up & stepped away from it that I realize how bad it was.

Most times I didn’t see it happen, but I heard it. And even when I didn’t see it or hear it, I would see the after effects. The bruises, the crying & the fear that it caused. But when you are younger, you aren’t in a position to do something about it. You’re scared & not physically capable to do anything.

I was also bullied as a kid. For a little while at least anyways. But, as long ago as it may be, it doesn’t leave you. Ever. And I’m sure that anyone who has suffered at the hands of bullies would say the same.

The other reason was when someone very close to me was the victim of a sexual assault. Before that point in my life, rape was just a word you heard on TV or in papers. It wasn’t something you could really relate to or associate with. And then you meet someone who has suffered that terrible ordeal.

And then you realize how life destroying it can be. Not just for the individual themselves but for those around them as well, such as friends & family who aren’t equipped to help. It was a turning point for me.

Imagine being a father or a mother to a daughter who comes home one day & tells you that they have been sexually assaulted. What do you do or say? Put yourself in the shoes of that of a protective brother or sister who has to constantly see their sibling walk around in fear or masking their newest bruise, courtesy of their abusive partner. Maybe you have met the person of your dreams but because of their previous experience, you can’t help them move past what happened & allow themselves to be in a loving relationship?

How do you feel? What is your response? I’m guessing it’s a mixture of rage & helplessness?

It is heartbreaking to have to watch someone destroy themselves over something which was not their fault. To witness another human being take the blame for the cowardice actions of another, whether it be domestic, psychological or sexual abuse is just gut wrenching....So what do you? What can you do?

After a while you come to realize that no matter how hard you try, you cannot take back what happened to that person. You can only be there for them if they need you. But what you can do is to make a stand against abuse, empower others, mentally & physically so that maybe, just maybe....It can be prevented from happening to someone else’s daughter, sister or mother. That’s what you can do.

This booklet is dedicated to those people who have suffered at the hands of weak, cowardice individuals but continue with courage, pride & dignity to keep a brave face & live your life regardless.

Thank you for being an Inspiration on what true strength really Is

This is for you...... You know who you are

Ronnie James Hughes
Krav Maga – Female Self Defense Programme
10 Most Common Attacks

How To Use This Manual

This manual is not going to make you into Xena Warrior Princess. Neither is it going to turn you into the next UFC Female Champion!

What is going to do is give you the basic tools to get specific jobs done.

Namely, your survival & preservation in common scenarios. How does it do that exactly?

Throughout this booklet you will see a list of the 10 most common attacks on females as compiled by various law enforcement & emergency services from around the world. The aim of this manual is to show you a simple & effective principle to deal with each of these attacks.

It should be noted that these defenses, like any other martial art, ARE NOT FOOLPROOF!

They are a guideline only. A set of principles & not rules. They are open to interpretation to suit your capabilities or the situation itself. Why do we only cover 10? Well otherwise this would be an encyclopedia & not a manual. The Krav Maga curriculum is vast and I reiterate: This is a basic introduction! To learn more you are going to have train more in Krav Maga

As they are scenario based they can be learnt in any order you see fit.

We want everybody regardless of age, experience, background or capability to have the basic fundamental knowledge to defend themselves (or others) in situations that they may find themselves in.

Again it must be stressed that this is an INTRODUCTION and not a full on tutorial on how to become an elite Kravist. No, for that you will have to take the next step after the Top 10 Most Common Attacks and find a Krav Maga (or any other martial art for that matter) and begin learning with a certified instructor.

Alternatively, you can get in touch with us & begin your real journey with the Krav Maga Functional Fighting Fitness Programme where we will start to cover the basics of physical readiness & Krav Maga Combatives

More information is available at the back of this booklet

With all that said….let’s get started!
(A) A water bottle (Not optional)
(B) Your training manual (Not optional)
(C) A timer/stopwatch or wrist watch (Not optional)
(D) A workout mat or flooring (Optional)
(E) About 8ft by 8ft of training space (Minimum)
(F) A training partner (Optional)
Disclaimer

Please note: This programme is completely optional participation. Any physical injury or damage caused is completely the user’s responsibility & does or will not hold Krav Maga Cayman responsible in any capacity whatsoever.

Further to this, no 3\textsuperscript{rd} parties can hold Krav Maga Cayman responsible for any injuries or damage caused as a result of personnel using the knowledge in this manual to cause harm or damage to persons or property.

You participate at your own risk under the knowledge that the scenarios & training in this booklet involve physical contact which may result in injury if not conducted in a safe & responsible manner.

All users should consult with a certified professional medical practitioner before commencing with this programme.
What Is Krav Maga?

“Krav Maga (Hebrew for Contact Combat) is a fighting system designed to work against any attacker. It was founded by a gentleman named Imi Lichtenfeld who devised the system to survive during wartime Europe when conflict was rife in everyday life and survival was an everyday occurrence.

Imi quickly realized one thing when it came down to preservation in violence:

The key is your mindset. You must be able to transition from a highly disadvantageous position to an advantageous position instinctively and simultaneously without hesitation. You must turn the tables on your opponent immediately.

Self-preservation is a powerful motivator, and so is protecting others so when you have to defend yourself you must dominate your attacker and incapacitate him/her decisively.

Krav Maga’s core techniques provide culminate building blocks for a formidable self-defense foundation. A few mastered techniques go a long way and are highly effective in most situations.

The essence of Krav Maga is to neutralize the threat quickly as there are no rules to an unscripted fight. It is this lack of rules which distinguishes self-defense from sport fighting.

In sport fighting, the following are not permitted:

Eye gouges, throat strikes, head butts, biting, hair pulling, striking the spine, back of the head, small joint manipulation, kneeing or kicking of opponent on the ground.

These are precisely the techniques and tactics that we emphasize in Krav Maga, particularly for females (Keep in mind however, that the level of response must be proportionate to the level of attack!)

You don’t need to master hundreds of techniques to become a Kravist or competent Krav Maga fighter.

In Krav Maga we prepare for all kinds of attacks but always promote the first option of non-conflict resolution. Prevention is always better than cure SELF AWARENESS SELF DEVELOPMENT SELF DEFENSE.

Although there are no set rules or ways to end a fight there are preferred tactics that incorporate Retsev (Continual Combative Motion), a seamless combination of defense and attack to overwhelm and incapacitate an attacker utilizing anything and everything to end the fight immediately.

It is this method which forms the backbone of Krav Maga and the one in which your training will be built upon.”
“So That One May Walk In Peace”

Thank You Imi

Kida
**Why Should Females Practice Krav Maga?**

A better question is “If our justice systems were better, would we have to resort to self-defense to ensure our safety?”

Sadly, in today’s complex & inadequate judicial systems there are so many technicalities in regards to sexual assault that offenders rarely ever get prosecuted or charged.

A terrifying statistic is that 70% of sexual assaults go unreported by the victim for fear of reprisal from the attacker or because of the social stigma attached.

The many different views and variations in laws from country to country or even state to state often means that the victim, even if they do press charges is fighting an uphill battle from the start even after they have mustered up the courage to report the incident.

It appears that in today’s society, the law favors the criminals. And to further the problem, the criminals are aware of this.

So, what is the solution?

In Krav Maga we always think that prevention is better than cure. Avoiding a fight is a lot more beneficial than engaging in one and the same can be said of sexual assault, physical abuse or harassment.

To that end think of Krav Maga like a credit card (and that doesn’t mean go shopping and max it out ladies!)

> “It’s better to have it and not need it, than to need it and not have it”

That said, attacks happen when we least expect it or are able to deal with it and in a violent encounter there is no time to think, you must react instinctively, emphatically & without hesitation.

If we do not have the knowledge or autonomous response then it makes it a lot easier for the attacker to carry out their intentions.

There is a very good analogy that it is better to beg for forgiveness than ask for permission and in the case of defending your life by any means necessary, there is a never a truer word said.

Do what you must to survive, deal with the consequences later.

As idealistic as it may seem to have the police or someone come to the rescue should we be attacked, the reality is that the responsibility of saving your life may well one day come down to you.

And that is why females should do Krav Maga....
20 Tips To Minimize Potential Attacks

1. If you are uncomfortable in a situation, leave

2. If someone is too close, create distance between yourself and that person. Keep your hands free

3. Do not enter an elevator or closed environment with anyone who makes you uncomfortable

4. If you feel someone is following you, move to a heavily trafficked public area

5. Avoid travelling alone at night or taking unknown shortcuts through densely populated areas

6. Be particularly vigilant in public restrooms, especially those with free access

7. Avoid allowing anyone wishing to sell you something, to approach you

8. Limit the amount of information and locations you display or register on social websites

9. Do not provide any information to strangers, especially personal information

10. Should a vehicle approach, especially if the door is open, then stay away

11. In a parking lot, Keep your keys in your hand, and park your car facing out for rapid departure

12. If someone attempts to grab you, scream and attract as much attention as possible

13. When carrying a bag, place the shoulder strap over your chest. Try not to display money or expensive items in public

14. Do not wear earphones in an unfamiliar environment. If you do, keep the volume low

15. In a risky situation, it always good to have an open phone line so that someone can summon help or call the police

16. Note that alcohol and violence often go hand in hand together. Be aware of closing times to avoid placing yourself in harm’s way

17. Lock your doors and windows, both in your vehicle and at home

18. Ensure unknown visitors identify themselves

19. Fight with the determination and knowledge that your life is at stake

20. Above all, trust your instincts
What Is The Definition Of Rape?

There is no nationally accepted legal definition of Rape across the world; instead, each country has their own laws. These definitions can vary considerably, but many of them do not use the term rape anymore, instead using sexual assault, criminal sexual conduct, sexual abuse, sexual battery, etc.

One legal definition commonly used within the United States is as follows:

(a) Rape. — Any person who commits a sexual act upon another person by —

(1) Using unlawful force against that other person;

(2) Using force causing or likely to cause death or grievous bodily harm to any person;

(3) Threatening or placing that other person in fear that any person will be subjected to death, grievous bodily harm, or kidnapping;

(4) First rendering that other person unconscious; or

(5) Administering to that other person by force or threat of force, or without the knowledge or consent of that person, a drug, intoxicant, or other similar substance and thereby substantially impairing the ability of that other person to appraise or control conduct;

Is guilty of rape and shall be punished in a court of law.
What Is The Definition Of Sexual Harassment?

Sexual harassment may occur in a variety of circumstances - in workplaces as varied as factories, academia, Hollywood and the music business. Often, but not always, the perpetrator is in a position of power or authority over the victim (due to differences in age, or social, political, educational or employment relationships) or expecting to receive such power or authority in form of promotion. Forms of harassment relationships include:

- The perpetrator can be anyone, such as a client, a co-worker, a parent or legal guardian, relative, a teacher or professor, a student, a friend, or a stranger.
- The victim does not have to be the person directly harassed but can be a witness of such behavior who finds the behavior offensive and is affected by it.
- The place of harassment occurrence may vary from school, university, workplace and other.
- There may or may not be other witnesses or attendances.
- The perpetrator may be completely unaware that his or her behavior is offensive or constitutes sexual harassment or may be completely unaware that his or her actions could be unlawful.
- The incident can take place in situations in which the harassed person may not be aware of or understand what is happening.
- The incident may be one time occurrence but more often it has a type of repetitiveness.
- Adverse effects on the target are common in the form of stress and social withdrawal, sleep and eating difficulties, overall health impairment, etc.
- The victim and perpetrator can be any gender.
- The perpetrator does not have to be of the opposite sex.
- The incident can result from a situation in which the perpetrator thinks they are making themselves clear, but is not understood the way they intended. The misunderstanding can either be reasonable or unreasonable. An example of unreasonable is when a woman holds a certain stereotypical view of a man such that she did not understand the man’s explicit message to stop
Domestic abuse can be broadly defined as any form of abusive behaviors’ by one or both partners in an intimate relationship, such as marriage, cohabitation, family, dating, or even friends. It is important to remember that abuse is always intentional, and cannot happen by accident. Domestic violence has many forms, including:

- Physical aggression (hitting, kicking, biting, shoving, restraining, throwing objects), or threats thereof
- Sexual abuse
- Emotional abuse
- Financial abuse (withholding money or controlling all money, including that of other family members)
- Social abuse (restricting access to friends and/or family, insulting or threatening friends and/or family), controlling or domineering
- Intimidation
- Stalking
- Passive/covert abuse (e.g., neglect)
- Economic deprivation

Domestic violence may or may not constitute a crime, depending on local laws, severity and duration of specific acts, and other variables. Alcohol consumption and mental illness have frequently been associated with abuse.
What Is The Definition of Assault?

Simple assault can be distinguished without the intent of injury upon another person. The violation of one's personal space or touching in a way the victim deemed inappropriate can be simple assault. Common law states that an assault is not committed by merely, for example, swearing at another; without threat of battery, there can be no assault.

Laws on assault vary by country & state. Since each country or state has its own laws:

It can be primarily defined as follows:

- An attempt to cause or purposely, knowingly, or recklessly causing bodily injury to another
- Negligently causing bodily injury to another with a dangerous weapon
- Causing bodily harm by reckless operation of a motor vehicle (vehicular assault).
- Threatening another in a menacing manner.
- Knowingly causing physical contact with another person knowing the other person will regard the contact as offensive or provocative
- Causing stupor, unconsciousness or physical injury by intentionally administering a drug or controlled substance without consent
- Purposely or knowingly causing reasonable apprehension of bodily injury in another
- Any act which is intended to place another in fear of immediate physical contact which will be painful, injurious, insulting, or offensive, coupled with the apparent ability to execute the act
Domestic Violence is when a partner physically, verbally, emotionally and sexually abuses their intimate partner by exerting power and control over them. Domestic violence occurs in all cultures, races, religions, classes and same sex relationships. We find that domestic violence is perpetrated by men and women, 95% of reported domestic violence cases are men abusing women and 5% of reported domestic violence cases are women abusing men.

If we take a look at the diagram below we can see how the cycle of abuse, in whatever form, occurs-

If you are a victim of domestic violence then hopefully this diagram will give you a better insight into the behavior of your abuser & you should immediately seek help & advice to remove yourself from the situation. If you are someone who is concerned for a friend or relative then please contact someone who can help via the details at the back of this booklet.
Krav Maga – Female Self Defense Programme
10 Most Common Attacks

The 6 Stages Of Abuse

Phase 1: Honeymoon period- This is when the abuser is at their most kind & caring as they try to atone for their previous actions of abuse & will do anything to compensate for their behavior & make the victim think that everything is ok. Or this is the beginning of a relationship when the abuser is presenting a false identity & establishing trust on the part of the victim.

Phase 2: Change in behavior- At some point, the abusers mask will slip slightly & there will be small changes in behavior such as irritability, unaffectionate, passiveness & unease.

Phase 3: Tension building - In this phase there is usually tension building from the batterer/abuser and there is usually signs of psychological manipulation such as blame, blackmail or insults

Phase 4: Event or Trigger – At this stage the abuser is on a hair-trigger (a sensitive tipping point) & their own low self-esteem & inner dialogue is causing them to seek an unjustified outlet of behavior. Much like a piece of dynamite seeking out a flame

Phase 5: Violence – Through no fault of their own, the victim will unwittingly do or say something completely innocent or inadvertently trigger the explosion of violence from the abuser

Phase 6: Apologies & Regret: The abuser is full of temporary remorse & becomes upset at their actions & behavior seeking to justify their actions through blame on the partner & other invalid justifications that manipulate the mind of the victim into shouldering some of the blame for what has occurred

*This cycle of violence will not end until one partner leaves or seeks treatment*

If you think that anybody you know is suffering from abuse & you notice these signs of behavior, please ensure that you speak to them & give them an outlet. Just having someone there to listen & understand what they are going through is like a lifeline.

If you are the victim of domestic abuse or you notice any of the patterns & behaviors outlined above then you must immediately seek help. There are people out there who want to help you & can give you the guidance & support required. Details at the back of this booklet
Types Of Abuse

There are five types of abuse and they usually start with the less noticeable first and become more obvious as the abusive relationship continues.

The Five Types of Abuse are as follows:

- **Emotional (hurting pets, playing mind games)**
- **Verbal (calling names & insults)**
- **Technological (Checking phones, Social media, Emails)**
- **Sexual (forcing sex while sleep or based on religious connotations)**
- **Physical (killing, punching, choking)**

I’m sure now you’re asking so who are these men, will I know that he is an abuser by looking at him, what makes them tick and what signs can I look for in my partner to determine if he is an abuser/batterer. I will tell you that no you can’t tell if someone is a batter/abuser by looking at them but there are some tell-tale signs and behaviors. So looking deeper into the mind of the abuser I want to now provide you with a few of the behaviors that are typical for batterers.

**Profile of an Abuser/Batterer:**

- **Jealousy:** questioning her constantly about whereabouts, and jealous of time she spends away from him
- **Controlling behavior:** Not allowing the victim to get a job, leave the house or bathe without abusers permission (or behaviors such alike)
- **Isolation:** Makes partner move away from family and friends so that she depends on him solely for support
- **Religion/Blackmail:** Forces her to have sex against her will utilizing manipulated marriage verbalization or emotional blackmail
- **Sexist:** Holds very rigid gender roles: Believes that her job is just to cater to him, he is the “king of the castle.”

Men that abuse are very clever, smart, and extremely charming. Most of these men have a personality that draws people in because of their level of charm this is part of their art to deceive and manipulate. This is why often times when a victim does report an assault she is not easily believed because people usually say “not him, he is so nice’ “you are so lucky”, All of this plays into his because if he gets people outside of the home to buy into his deceit the victim has little if no support. Most batterers are seen as “Dr. Jekyll and Mr. Hyde” because of the stark contrast in their public and private selves.
Rape is not a sexual activity. Rape is a hate crime. It is usually used to exert and establish power and dominance over the other, to take something away from the person (her honor, her virginity, her reputation, her life), or to get revenge against her family or clan.

The purpose of rape is to hurt another human being while often making one feel superior as well.

It often stems from an inner dialogue of inadequacy on the part of the male. This can come from a series of rejections from females in the past or from an upbringing in which sexual abuse was involved. Either to the rapist themselves of they witnessed abuse in a domestic environment to another.

The belief systems & programming from influential peers such as fathers, close male relatives & role models in the person’s life can heavily affect the individual’s outlook on females & objectify them as a means & end to gratification & to be used & seen as such. In many undeveloped countries & isolated communities, the psychology can be considered somewhat “backward” & medieval in its thought process. See the Delhi Gang Rape case from 2012 as an example.

Religion, outdated gender role beliefs & ignorance towards females are also grounds on which a potential rapist can accumulate justifiable reasoning (In their own mind that is) to physically attack & sexually assault a female.

More often than not, the rapists suffers from a form of male inadequacy & does not feel superior in certain circles of male gender & so seeks to enhance his self-worth & superiority by preying on someone who is physically weaker than them to do so. In a scary statistic, in 70% of cases of rape, the victim knew her attacker & doesn’t press charges for fear of repercussions & social stigma.

In today’s society, females are working In positions of power, authority & influence. The laws of equality are ever improving & rightly so. But in certain demographics in which some males do not hold a basic education or literacy these high powered & independent women make the male feel inferior. Actually, the individual CHOOSES to feel inferior, let me make that abundantly clear now so there is no misinterpretation on that matter.

As stated above, rape is a hate crime that stems from an individuals misguided belief system that they are within their “god given right” to treat women as objects or that, through no fault of her own, a female who lives a life of independence & free will, can influence a person with low self-esteem & worth to commit the act of rape to “bring her down to earth” or to “show her who’s boss”.

There are other psychological make ups that contribute towards the creation of a sexual predator which include narcissism, mental instability & perceived racial inadequacy but the above is most common.

The end result in summary being that a sexual predator seeks to have power over someone else weaker than then because they are weak & have no power over themselves. This is why the act often becomes a repeat offense due to the person’s inability to find inner self worth or alternative trains of thought in regards to the outlook of females in a modern society. Regardless, any act of rape is inexcusable.
How Do Sexual/Physical Attacks Happen?

The Triangle Of Victimization

If we take a look at the diagram below we can see that 3 things need to be in place for any attack, sexual or otherwise, to take place.

These are:

(a) An attacker

(b) A victim

(c) A location/opportunity

Much like the “Fire” triangle where we have Fuel, Heat & oxygen, if we remove just one of these elements then the fire cannot start.

So, although we have no control over an attacker’s intention, we can influence their decision based on how we conduct/carried ourselves

I.E Not being a victim

Obviously we must go to varying locations for work, socializing etc. but we can limit the opportunity for an attacker to carry out their intentions
The Top 10 Most Common Attacks

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*Note- The scenarios in this booklet are designed with male vs female attacks but the same principles still apply in most cases*
The R.A.P.E Principle

React * Attack * Prevent * Escape

Much like the acronyms to situations that emergency services use, in Krav Maga for females we use the aptly titled R.A.P.E to instill a memorable autonomous reflex that is easy to remember.

It stands for the following:

R = React

A = Attack

P = Preservation

E = Escape

Should you find yourself in a situation where you are being attacked or restrained, you MUST pick your opportunity & timing to make your escape. Trying to muscle or out strengthen a bigger opponent is going to physically exhaust you. To that end, preserve energy & use your wits to execute the correct technique. For an attack or sexual assault to take place, the assailant MUST at some point expose themselves in some way or another. It is at this exact moment that you take advantage.

Remember, a predator wants a victim, not a problem. BY all means, fight back & prevent yourself being put in the worst of positions but should you find yourself there, you need to remain calm to assess the situation, preserve your energy. Further to this, when you remain calm, it can make the attacker confused or complacent. Take full advantage either way of this & get out of there.

React – React to the situation with the correct technique & principles

Attack- Do not allow the attacker any time to think or regroup. Keep them on the back foot with continual combat motion & utilize everything around you (Weapons of opportunity)

Preservation- Once you have handled the initial attack, remove yourself from the situation. Do not allow the attack to continue. Call the police; get a barrier (door/car/person between you and the attacker

Escape- Exactly what it says. Run for like your life depends upon it. Because it just might
**Scenario 1**

**The Front Choke/Grab**

In most cases of Male vs Female violence, the male is not looking to strike the female, although it does happen. Instead, he is looking to control & subdue by using intimidation firstly, then physical violence next.

To gain power & control over the victim, he will often use his strength & force to incapacitate the female so that she is compliant with his wishes (whatever they may be).

This is why the front choke is so effective as it is extremely up close & personal plus it is immediately life threatening due to the fact that the blood & airways are being cut off. The victim, in the moment of panic will do anything to stop the sudden rush of blood to the head and the deprivation of oxygen.

The key factor to remember here when defending this attack is not to try & go against the attacker's strength as you will exhaust yourself, making you more susceptible to further attacks.

Watch the video & notice how as soon as the hands are placed upon the throat of the defender, she immediately tries to control the wrist of the assailant whilst simultaneously striking to the soft tissue parts of the eyes/throat/mouth.

She then follows up with combatives to his lower body to create space & release the attacker's grip.

Regardless of how big or strong someone is, it does not take much pressure to pierce the eyeball with your thumb/fingers or tear the flesh of the lips with some well-manicured fingernails.

In the demonstration, the female does not wait for the attacker to establish dominance & to tighten his grip as this would put her at risk of going unconscious due to the limitation of blood & oxygen.

As with the R.A.P.E principle mentioned earlier, it is of the utmost importance that you respond quickly to throw off the attacker's plan & turn the tables.

As per the instructions & the lesson plan on the next page, work through with a partner or by yourself.

Keep to the basics & should you have any questions, then you can email any of the instructors listed at the back of this book.

In further lessons of the Krav Maga curriculum, we will go into how you can then control & incapacitate an attacker using the same principles for different grabs/holds.
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<td>Scenario Warm up</td>
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<td>3</td>
<td>Problem</td>
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<td>Defense</td>
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<td></td>
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<td>5</td>
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<td>Things To Do</td>
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<td>7</td>
<td>Things NOT To Do</td>
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<tr>
<td>8</td>
<td>Attacker</td>
<td></td>
<td></td>
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<td>9</td>
<td>Partner Practice</td>
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<td>10</td>
<td>Fitness Drill</td>
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<td>11</td>
<td>Solo Practice</td>
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<tr>
<td>12</td>
<td>Safety</td>
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<tr>
<td>13</td>
<td>Notes-</td>
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**Pluck & Attack (Simultaneous attack & defense)**

1. **Scenario**: Attacker grabs you by throat

2. **Scenario Warm up**: Stand face to face with your partner & take it in turns to try and grab the others shirt, collar or throat. The defender tries to stop the grip before it is established.

3. **Problem**: An attacker with unknown intent controlling your body.

4. **Defense**: Simultaneously pluck the attacker’s wrist & launch a counter strike to the soft tissue parts (Eyes/Throat/Mouth).

5. **Step By Step Guide**:
   1. As the attacker grabs onto you with their hand, immediately bring your arms up towards your head in a guarded position.
   2. Using a plucking motion, pull down & away on their wrist.
   3. Simultaneously strike to the soft tissue areas of the attackers face.
   4. Rotate your body away & continue to pull them off balance.
   5. Follow up with lower body strikes & combatives.

6. **Things To Do**: Simultaneous attack & defense
   - Use whole body motion to break grip.

7. **Things NOT To Do**: Just using the arms to try & break the grip.

8. **Attacker**: Grab you partner at various points (Throat, collar, shirt) with a double handed grip & push them off balance.

9. **Partner Practice**: Person A will be the attacker
   - Person B defends
   - Swap roles after 2 mins.

10. **Fitness Drill**: Try to perform as many variations in 60 seconds of throat, collar & shirt grabs with either hand. Change over every 60 seconds.

11. **Solo Practice**: Close your eyes & visualize the attacker placing the grip on you & respond accordingly. Repeat for 20 evolutions per side (imagine both arms).

12. **Safety**: Do not squeeze too hard on throats
   - Go slowly with the attacks to the face.

13. **Notes-**: Write down any information you feel is beneficial to your skill development here-
   - What you did well-
   - What you can do better next time.
A great fighter named Helio Gracie once stated that “I don’t care how big or tough a person is, everybody needs blood & air”

Helio Gracie is the man who pretty much invented Brazilian Jiu Jitsu and who’s family are the fore fathers of what is now known as UFC. So he knew what he was talking about.

When Jiu Jitsu burst onto the scene in 1993 with the very first UFC tournament it absolutely dominated all the other arts with its simple but brutal approach. And no other technique was more deadly than the anaconda like grip of the rear naked choke.

Fast forward to the new digital age of YouTube and live UFC matches and every Wanna Go Joe has the basic knowledge available of how to apply a rear naked choke to an unsuspecting victim.

In regards to this attack on females, it is usually used by in unknown attacks such as kidnapping or sexual assaults.

In the demonstration you see that the defender is not waiting until the attacker has a full on grip and responds immediately by protecting the throat & using his hands to relieve pressure. In keeping with the principles of simultaneous attack & defense, she uses her leg to unbalance the attacker as he defends the choke.

She doesn’t lean forward to throw the attacker as without further teaching & experience she may put herself further into the choke and be in serious danger.

As she rotates out and away from the attacker she uses the momentum of her body carry on through and finish the attacker with combatives until the threat is neutralized.

In some cases the attacker may still keep the choke on and the battle to escape continues on the floor (a separate technique covered in further lessons of the Krav Maga curriculum)

In other variations of the choke, the same principle can be used but further techniques require different responses. A prime example of this would be when an attacker jumps on your back and wraps his legs around you (A term called getting your hooks in)

As before, keep with the basics of the technique for now

Further progressions are covered in the Krav Maga curriculum
### Choke Escape

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<th>Scenario</th>
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<tbody>
<tr>
<td>1</td>
<td>Attacker applies choke from behind unsuspectingly</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td><strong>Scenario Warm up</strong></td>
<td>Try to stop your partner from getting there arm around your neck</td>
</tr>
<tr>
<td></td>
<td>(reaction drill)</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td><strong>Problem</strong></td>
<td>Oxygen restriction, potentially fatal</td>
</tr>
<tr>
<td>4</td>
<td><strong>Defense</strong></td>
<td>Prevent the full choke from being applied simultaneous attack &amp; defense to protect the throat</td>
</tr>
<tr>
<td></td>
<td>&amp; off balance the attackers posture</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td><strong>Step By Step Guide</strong></td>
<td>1. Tuck the chin immediately</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Grab attackers wrist &amp; elbow with your closest hands &amp; pull down hard</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. Use your leg closest to the attackers arm that is choking you &amp; step/wrap outside of his</td>
</tr>
<tr>
<td></td>
<td></td>
<td>standing leg</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4. Sharply rotate your upper body at the same time pull down &amp; away on the attackers arm</td>
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<td></td>
<td>5. As you do so use a small sweep on the leg to take the attacker of his feet</td>
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<td></td>
<td></td>
<td>6. Push your weight forward and take the attacker off balance which will release the grip</td>
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<tr>
<td></td>
<td></td>
<td>7. Follow up with combatives</td>
</tr>
<tr>
<td>6</td>
<td><strong>Things To Do</strong></td>
<td>Tuck the chin immediately</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Prevent the full lock up</td>
</tr>
<tr>
<td>7</td>
<td><strong>Things NOT To Do</strong></td>
<td>Leaning back to expose the throat</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Turning into the choke</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Panicking &amp; kicking</td>
</tr>
<tr>
<td>8</td>
<td><strong>Attacker</strong></td>
<td>Stand behind your partner with an arm grip around their neck and then apply the choke</td>
</tr>
<tr>
<td>9</td>
<td><strong>Partner Practice</strong></td>
<td>Person A will be the attacker</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Person B defends</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Swap roles after 2 mins</td>
</tr>
<tr>
<td>10</td>
<td><strong>Fitness Drill</strong></td>
<td>With your partner, stand or sit behind them &amp; try to apply the lock around their neck with</td>
</tr>
<tr>
<td></td>
<td></td>
<td>either arm. Partner B tries to defend.</td>
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<tr>
<td></td>
<td></td>
<td>Change over after 60 seconds</td>
</tr>
<tr>
<td>11</td>
<td><strong>Solo Practice</strong></td>
<td>Close your eyes &amp; visualize an attacker initiating the attack &amp; carry out the drills as per</td>
</tr>
<tr>
<td></td>
<td></td>
<td>the video. Repeat for 20 evolutions</td>
</tr>
<tr>
<td>12</td>
<td><strong>Safety</strong></td>
<td>Do not squeeze too hard on the choke</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Use a mat</td>
</tr>
<tr>
<td>13</td>
<td><strong>Notes-</strong></td>
<td>Write down any information you feel is beneficial to your skill development here-</td>
</tr>
<tr>
<td></td>
<td></td>
<td>What you did well</td>
</tr>
<tr>
<td></td>
<td></td>
<td>What you can do better next time</td>
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</table>
**Scenario 3**

**The Rear Bear Hug**

In keeping with the theme of kidnap & unsuspecting attacks we will now look at the Bear Hug from the rear.

Often used to move a victim from one location to another to carry out either a sexual assault in a more secluded environment or to place them in a vehicle, the bear hug will more than likely be used by an attacker who is larger/taller as it enables them to lift your feet from the ground to be moved more easily.

There are a couple of key factors to remember here:

(1) It takes an awful lot of energy for an attacker to carry someone from one place to another, particularly if they are non-compliant & know how to use their bodyweight correctly and become “deadweight”

(2) They cannot strike you with 2 hands engaged but they do have the potential to slam you down, which isn’t good so by reacting quickly & building up your reflexes, you can minimize the possibility of getting picked up

It is important to remain calm as exerting too much energy will result in you exhausting yourself, thereby making yourself more compliant.

In the demonstration, watch how the defender immediately reacts by dropping her weight. This is done by spreading the feet wide to give a strong base of gravity & positioning. This makes it extremely difficult for the attacker to lift her from the floor due to the weight being passed the axis of his spine & center of gravity

Without hesitation she uses a multiple of attacks to both the attacker’s hands & head to cause disruption & confusion, eventually breaking the grip & turning towards him to follow up with combatives.

In future lessons of the Krav Maga curriculum we will cover what to do if that attacker manages to get his hands around your arms as well as your body & what to do if you are lifted off the floor

In the meantime, look through the lesson plan on the next page & practice with a partner

Keep to the basics & should you have any questions then you can email any of the instructors listed at the back of this book
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<tr>
<th></th>
<th>Scenario</th>
<th>Description</th>
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<tbody>
<tr>
<td>1</td>
<td></td>
<td>Attacker grabs from behind around your waist unexpectedly &amp; tries to drag you away</td>
</tr>
<tr>
<td>2</td>
<td><strong>Scenario Warm up</strong></td>
<td>Stand with your hands by your side. Your partner will try to come up &amp; try to place their arms around you to lift you off the floor</td>
</tr>
<tr>
<td>3</td>
<td><strong>Problem</strong></td>
<td>If the person lifts you up they could move you to another location (Abduction) or throw you down on the floor</td>
</tr>
<tr>
<td>4</td>
<td><strong>Defense</strong></td>
<td>Use your body weight to remain grounded, unbalance the attacker &amp; escape</td>
</tr>
<tr>
<td>5</td>
<td><strong>Step By Step Guide</strong></td>
<td>1. Immediately drop your weight and create a wide base with the legs&lt;br&gt;2. As the attacker tries to lift you, hook your leg inside theirs&lt;br&gt;3. Force your butt outwards and into the attacker to create further space&lt;br&gt;4. When attacker stops trying to lift you, pick your opportunity to strike to the hands, groin and elbow to the face until attacker releases fully&lt;br&gt;5. Use Retsev combatives &amp; neutralize the threat</td>
</tr>
<tr>
<td>6</td>
<td><strong>Things To Do</strong></td>
<td>Dropping the bodyweight&lt;br&gt;Stablishing a wide base &amp; hooking the leg</td>
</tr>
<tr>
<td>7</td>
<td><strong>Things NOT To Do</strong></td>
<td>Trying to kick &amp; flail around</td>
</tr>
<tr>
<td>8</td>
<td><strong>Attacker</strong></td>
<td>Sneak up behind your partner &amp; wrap your arms around their waste (Inside their arms). Try to lift them off the floor</td>
</tr>
<tr>
<td>9</td>
<td><strong>Partner Practice</strong></td>
<td>Person A will defend &amp; Person B will be the attacker&lt;br&gt;Change over after 2 mins</td>
</tr>
<tr>
<td>10</td>
<td><strong>Fitness Drill</strong></td>
<td>Grab onto your partner &amp; see if they can escape within 30 seconds. Repeat for 4 evolutions each</td>
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<td>11</td>
<td><strong>Solo Practice</strong></td>
<td>Close your eyes &amp; visualize the attacker trying to grab you &amp; respond accordingly. Repeat for 20 evolutions</td>
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<tr>
<td>12</td>
<td><strong>Safety</strong></td>
<td>Go SLOWLY&lt;br&gt;Do not lift the person high off the floor&lt;br&gt;Be careful when using elbow strikes</td>
</tr>
<tr>
<td>13</td>
<td><strong>Notes-</strong></td>
<td>Write down any information you feel is beneficial to your skill development here-&lt;br&gt;What you did well-&lt;br&gt;What you can do better next time</td>
</tr>
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Krav Maga – Female Self Defense Programme
10 Most Common Attacks

Scenario 4

The Hair Grab

One disadvantage that females have (in most cases) is that they have hair. Now this is all great if it’s just to stand back and admire her flowing locks but when it comes to violence it is an easy target for both male & female attackers. Mainly because there is lots of it but more importantly, it controls the head...which controls the body. A perfect leverage point to take you off balance

I don’t know about you but growing up with a lot of females in the house hold, one thing you never messed with was a girl’s hair. Hell hath no fury and all that.....

In a girl vs girl situation it becomes natural instinct that they grab onto each other’s hair trying to pull the opponent off balance like a follicular game of tug of war. The problem here is that in actual fact they are only defending instead of attacking. This is because both hands are being used to minimize the leverage their attacker can get on them. The Krav Maga way would be to control your own head with one hand whilst striking with your free limbs.

The same technique is used when a male grabs hold of the hair.

In the demonstration you will see how the girl being attacked immediately takes hold of the attacker’s wrist to stop him getting leverage & control. Simultaneously, she launches a barrage of attacks to his legs, head & body. When someone is pulling you, most of their weight is placed on their legs so it only makes sense to strike here to not only cause serious damage but to unbalance the attacker, thereby releasing their grip to regain composure. As he is doing this the defender follows up with combatives to neutralize the threat

Using the momentum of being pulled by the attacker, she goes against the instinct to resist as this would cause further pain & damage to her. It is literally like having your hair pulled out otherwise

The attack being shown is just one variation on many different types of hair grabs/attacks.

Even though there are lots of different ways your hair can be grabbed, the principle of controlling the wrist of the attacker whilst attacking with combatives immediately is the common response

In future lessons of the Krav Maga curriculum we will cover various different techniques including hair grabs whilst on the floor (being dragged)

In the meantime practice the technique & work through the lesson plan & drills on the next page.

As always, if you need further information then feel free to contact us via email on the contacts page
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<tr>
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<th>Scenario</th>
<th>Description</th>
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<td>1</td>
<td>Hair Grab Defense</td>
<td>Attacker grabs your hair unexpectedly &amp; tries to drag you away</td>
</tr>
<tr>
<td>2</td>
<td>Scenario Warm up</td>
<td>Stand with your hands by your side. Your partner will try to come up &amp; place their hands on top of your head. React by stepping away &amp; pushing their hand away</td>
</tr>
<tr>
<td>3</td>
<td>Problem</td>
<td>If the person is bigger &amp; stronger than you then trying to resist will cause further damage to your scalp &amp; neck.</td>
</tr>
<tr>
<td>4</td>
<td>Defense</td>
<td>Go with the attackers momentum &amp; utilize strikes to the lower limbs to incapacitate the assailant &amp; finish with combatives</td>
</tr>
</tbody>
</table>
| 5 | Step By Step Guide                                                       | 1. As the attacker grabs your hair, immediately clamp down with your closest hand to secure the wrist to the scalp  
    2. Turn towards the attacker with the momentum of the pull & immediately launch in combatives to the head, body & lower limbs  
    3. Keep attacking until the assailant releases his grip & continue the onslaught of Retsev until the threat is neutralized |
| 6 | Things To Do                                                             | Securing the wrist  
    Going with the attacker |
| 7 | Things NOT To Do                                                         | Resisting against the pull  
    Grabbing with both hands |
| 8 | Attacker                                                                 | Gently grab the attackers hair/head and begin to try & pull them away from their position with one hand |
| 9 | Partner Practice                                                         | Person A will defend & Person B will be the attacker  
    Change over after 2 mins |
| 10| Fitness Drill                                                            | N/A as this technique has to be done slowly due to the nature of the controlling of the head & neck |
| 11| Solo Practice                                                            | Close your eyes & visualize the attacker trying to control your head & respond accordingly. Repeat for 20 evolutions per side |
| 12| Safety                                                                   | Go SLOWLY  
    Do not grab hair tightly  
    Do not pull hard when moving away from the standing position |
| 13| Notes                                                                    | Write down any information you feel is beneficial to your skill development here-  
    What you did well-  
    What you can do better next time |
In previous scenarios we have looked situations where the attacker is grabbing, controlling & restraining the victim. In the next scenario we look at what happens when a strike to the face/head is involved.

2 things should be considered when defending a strike from a bigger person (male)

(a) Going toe to toe with a bigger & stronger person (male) in striking will not end well. That is just physics unfortunately. Even if you block a few punches, the sheer force & size difference will result in you getting hurt. DO NOT TRADE BLOWS.

(b) Waiting until you have been hit is not good. Even if it is just a slap, the force can stun & disorientate you leaving you open to further attacks or restraint.

So how do we deal with this scenario? We use what is known as the 360 Defense & Attack.

In the demonstration we see the attacker pull his arm back in a threatening manner (This is often a tactic used by male abusers to make the female intimidated) with either the intention to strike or to intimidate. Either way, the response is the same. Respond immediately regardless. If you feel that your physical well-being is in danger or you are under threat then do not take any chances.

Use the R.A.P.E principle as mentioned in previous chapters.

The quickest route from A to B is a straight line. With this in mind, our defender steps forward out of the line of trajectory whilst simultaneously using the arm closest to the attack to shield themselves from any impact. As she is doing this, her opposite arm is used to strike the attacker in his vulnerable areas (face, throat, chest) causing disruption to the assailants plan of attack. She follows up with a barrage of multiple strikes and immediately escapes.

Notice that she does not stop until the threat is neutralized. This is because if he gives the attacker a chance to regroup he may get the upper hand. This is particularly true if the attacker is bigger than you as they may take more than one strike to go down.

This defense, known as Gunting also works for a straight punch as it provides a shield for the skull and uses the elbow as a weapon. If you have ever banged your hands on someone’s elbow or hard bone you will know that it is extremely uncomfortable so imagine how painful it is if someone hits you with power?

Exactly.

In further lessons of the Krav Maga curriculum we will go into how you can then control & incapacitate an attacker using techniques such as the clinch to keep yourself safe from powerful strikes.

For now, learn the basic response as outlined in the demonstration.
### 360 Block & Attack

<table>
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<tr>
<th></th>
<th>Scenario</th>
<th>Imminent attack to the upper body (Torso &amp; head)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Scenario Warm up</td>
<td>Stand with your partner face to face at arm’s length and SLOWLY try to touch their head, shoulder in a Looping, slap motion</td>
</tr>
<tr>
<td>3</td>
<td>Problem</td>
<td>If you keep defending without responding then you will get hit eventually. Also, if you stay in the line of trajectory you will absorb more of the impact</td>
</tr>
<tr>
<td>4</td>
<td>Defense</td>
<td>Simultaneously block the attack &amp; launch a counter strike to interrupt the assailants attack</td>
</tr>
</tbody>
</table>
| 5 | Step By Step Guide                                                       | 1. Defend with arm closest to attacking limb  
                       | 2. Use FOREARM/ELBOW (Gunting) Not the hand  
                       | 3. Keep arm strong at 90 degree angle  
                       | 4. Use OPPOSITE hand to strike in vulnerable target areas  
                       | 5. Follow up with RETSEV combatives |
| 6 | Things To Do                                                             | Move INTO attacker  
                       | Keep chin LOWERED  
                       | Attack AGGRESSIVELY & QUICKLY (Burst) |
| 7 | Things NOT To Do                                                         | Blocking, pausing, then attacking when opportunity is gone |
| 8 | Attacker                                                                 | Use a “haymaker” swing attacker NOT a straight punch to simulate a facial slap |
| 9 | Partner Practice                                                         | Person A will be the attacker and will try to touch/strike Person B  
                       | Swap roles after 2 mins |
| 10| Fitness Drill                                                           | Person A tries to attack person B with either  
                       | 1. Left hand attack  
                       | 2. Right hand attack  
                       | Swap over after 60 seconds  
                       | Repeat for 3 rounds each |
| 11| Solo Practice                                                            | Close your eyes & visualize the attacker trying to strike you with a slap/threat to your head & respond accordingly. Repeat for 20 evolutions per side |
| 12| Safety                                                                   | Go SLOWLY, open hand attacks only  
                       | Use headgear & gum shields if available |
| 13| Notes                                                                    | Write down any information you feel is beneficial to your skill development here-  
                       | What you did well-  
                       | What you can do better next time |
Scenario 6

Wall Pin (By Throat/Collar)

Now we look at what happens if a person grabs hold of you with unknown intent & pins you to the wall. This is a very dangerous situation as you have nowhere to escape to immediately & very little room for maneuver. Are they going to strangle you? Hit you with their other hand? Head butt maybe? The possibilities are numerous.

In this position, there is very minimal room to get any striking leverage so the first thing we must do is remove the attackers grip whilst simultaneously striking to create space to escape.

Going against the attackers strength forward (towards them) is not going to work as they have the leverage & you don’t.

So, if we can’t go forwards & we can’t go backwards we have to go sideways.

Notice how in the demonstration as soon as the defender feels her back touch the wall she immediately brings her hands up to protect her face in case of an imminent attack. It also positions her hand for breaking the attackers grip with the rotation of her torso.

As she fully rotates her body she strikes in a downward motion on the attackers arm with her elbow to release the last part of the grip, also trapping his arm other arm with her hand.

Now that he is very briefly exposed she quickly fires an elbow directly into his face, followed by her forearm. This causes the attacker to move away to protect himself from further damage.

As she has created space with the defense she follows up quickly with strikes to the lower body & escapes.

In other variations of this technique in the Krav Maga curriculum we cover variations of this defense such as knee strikes to the groin.

For now, practice with a friend & review the lesson plan on the next page.

Keep to the basics & should you have any questions then you can email any of the instructors listed at the back of this book.
### Krav Maga – Female Self Defense Programme
#### 10 Most Common Attacks

**Elbow Strike & Release**

<table>
<thead>
<tr>
<th></th>
<th>Scenario</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>An attacker grabs you &amp; pins you to the wall by your throat/collar/shoulders</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Stand with your partner with your back against the wall. Let them place their hands on your chest/shoulder area and apply pressure. Try to escape using leverage (No strikes)</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>The attacker has leverage &amp; you have very little room for maneuver.</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Simultaneously break the attackers grip &amp; launch a counter strike to create space &amp; escape</td>
<td></td>
</tr>
</tbody>
</table>

**Scenario Warm up**

1. Tuck the chin immediately
2. Grab attackers hand by the thumb area & pull downwards as you bring your opposite arm up in a 90 degree angle to the side of your head trapping his opposite hand tightly.
3. As you do this quickly rotate your whole upper body towards the side you have gripped with your hand, ensuring you keep the trapped elbow high.
4. Once the grip is broken, quickly fire a straight elbow into the attackers face & extend the same forearm to knock him off balance.
5. From here, follow up with lower body combatives to the groin & knees to incapacitate the assailant.

**Step By Step Guide**

**Things To Do**
- Reacting quickly as soon as the hands are placed on you
- Tucking the chin
- 90 degree bend in arm to secure the trap & break the grip

**Things NOT To Do**
- Just using the arms to try & break the attackers grip
- Stopping before the threat is neutralized

**Attacker**
- Grab partner with 2 handed grip & get close (face to face) with them

**Partner Practice**
- Person A will be the attacker and will try to attack Person B
- Swap roles after 2 mins

**Fitness Drill**
- Stand with 2 handed grip on partner as they place a forearm across your throat/chest area. They then try to keep you off balance so that you cannot attack with a close range head-butt.
- Change over after 60 secs & repeat for 3 rounds each

**Solo Practice**
- Close your eyes & visualize the attacker trying to strangle you against the wall respond accordingly. Repeat for 20 evolutions

**Safety**
- Don’t grip too tight on neck/shirts/shoulders
- Use protective headgear if available

**Notes**
- Write down any information you feel is beneficial to your skill development here-
  - What you did well-
  - What you can do better next time
I don’t think there are many positions/situations that can cause as much feeling of helplessness as the mounted pin. This is where an attacker has got on top of you, sat on your chest & has you pinned down by your wrists.

It is infuriating, disheartening & very dangerous as you can be head butted without any way to defend yourself.

There are some important rules to consider when being in this situation.

(a) Do not try to lift the person off of you with arm strength, you won’t do it & you will exhaust yourself
(b) Kicking your legs and flailing around will not work either
(c) Kneeing (Or trying to knee) them in the back isn’t going to help

The first thing we should look at is this:

What is the attacker trying to achieve? If they are on top of you, arms pinned down but aren’t doing anything then you must bide your time & wait for them to release their grip so you can then attack.

However, if they are about to head butt you or even bite you then you must take action

As we stated in a previous technique, if you try to go against the strength of the attacker you will lose. Instead see how the defender uses the largest muscles in the body (Quads & Glutes) to lift the attacker off balance with an upward hip thrust motion whilst simultaneously pushing her hands outwards (or upwards) causing the attacker to fall face first (make sure you tuck the chin so as not to get head-butted)

This causes the attackers weight to be displaced & so he has to let go to rebalance himself. As he does this, the defender immediately brings her hands inside to begin attacking to the vulnerable soft tissue parts.

The last part of the technique involves the defender shrimping away to create space & using her legs to strike & keep distance. From here she uses a get up technique to stand up & escape. In truth this technique is 2 techniques. The first being the hip thrust & the second being the shrimp & attack

Go very slowly with this technique as you can bang heads or face into the floor if done too quickly.

In future lessons of the Krav Maga curriculum we will cover what to do if you cannot escape from under the attacker
### Burst & Shrimp Escape

<table>
<thead>
<tr>
<th></th>
<th>Scenario</th>
<th>You are the bottom of the fight with attacker mounted on top of you, arms pinned down by the wrists</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Scenario Warm up</td>
<td>Lay down on the floor and try to get out/away from your partner within 30 seconds as they pin your wrists</td>
</tr>
<tr>
<td>3</td>
<td>Problem</td>
<td>Attacker is bigger, stronger and heavier than you, arms are trapped</td>
</tr>
<tr>
<td>4</td>
<td>Defense</td>
<td>Unbalance the attacker &amp; use body leverage to escape</td>
</tr>
</tbody>
</table>
| 5 | Step By Step Guide        | 1. Using your whole body, drive your arms upwards in a rapid motion as you thrust your hips up to the ceiling  
|   |                           | 2. As you unbalance the attacker, pull your elbows quickly into the center of your body (DO NOT LET THE ATTACKER MOVE THEM FROM HERE)  
|   |                           | 3. Immediately attack the soft tissue parts of the face to create space  
|   |                           | 4. From here use both hands to brace the attackers knee & shrimp your body out & away  
|   |                           | 5. As soon as you have a leg free, immediately strike with kicks to the face & torso  
|   |                           | 6. Use the get up technique to move away safely & escape                                          |
| 6 | Things To Do              | Tuck the chin  
|   |                           | Driving the hips UP & not ACROSS                                                                  |
| 7 | Things NOT To Do          | Pushing hips to the side  
|   |                           | Lifting arms forwards (bench press motion)                                                       |
| 8 | Attacker                  | Try to maintain top mount position                                                               |
| 9 | Partner Practice          | Person A will be the attacker  
|   |                           | Person B defends  
|   |                           | Swap roles after 2 mins                                                                          |
| 10| Fitness Drill             | Try to keep your partner pinned down for 30 seconds. If they don’t escape, repeat again for a maximum of 3 rounds then change over |
| 11| Solo Practice             | Close your eyes & visualize the attacker pinning you down & respond accordingly. Repeat for 20 evolutions |
| 12| Safety                    | Do not squeeze too hard on the wrists  
|   |                           | Use gum shield or protective head gear if available  
|   |                           | Use a mat                                                                                        |
| 13| Notes                     | Write down any information you feel is beneficial to your skill development here-  
|   |                           | What you did well-                                                                               |
|   |                           | What you can do better next time                                                                 |
Other than actually being killed, it is safe to say that being sexually assaulted is the most devastating event that can happen to someone. Male or female. It is single handedly one of the most despicable acts of human behavior ever imaginable.

Worse still is that the majority of sexual assaults are committed by someone that the victim actually knows which is often why most cases go unreported for fear of reprisal & the unconscious denial that the person could ever do that to them.

You can read through the information in the previous chapters in this book for more details & also via the links provided at the back of this manual if you want to know more about the definitions of sexual assault, rape, domestic abuse & sexual harassment.

So, let’s cut to the chase & deal with what is quite rightly so, a horrific situation to be in for anybody.

To begin with, try not to allow yourself to be put in this position. This is easier said than done, but remember that the attacker wants a victim, not a challenge. Do whatever you can to not allow the attacker to force you into this position. Often, a weapon (Knife or gun) is used to threaten the victim into compliance and this is covered in further lessons of the Krav Maga curriculum.

For now, let’s assume that you have fought as hard as you can & are now just physically exhausted or simply frozen with fear temporarily. In this position the attacker will have to move his hands away from the choke to adjust his belt buckle/zipper etc. for potential penetration to take place.

It is during this very moment that the defender immediately throws her legs over the attacker’s shoulder & creates a vice like lock with her legs. The attacker’s immediate reaction is to try & pull away. This gives her the perfect opportunity to bring his arm across & create a deeper hold on his upper body.

As you can see, the attacker tries to pull away but through the leverage & technique of the grip, the defender is slowly rendering the attacker unconscious.

This is what is known as The Triangle Choke & was developed in the martial art of Brazilian Jiu Jitsu. By creating a 3 point triangle of pressure on the carotid artery using the strongest muscles in the body (legs) it cuts off the oxygen to the brain whilst also creating a huge amount of blood pressure in the process. Within approx.. 6-10 seconds the attacker is rendered unconscious.

This technique is quite difficult to master but even when not applied properly it will cause immediate panic & confusion to an attacker & give you multiple variations to escape. Watch the demonstration & practice repeatedly with a partner. Read through the lesson plan & be sure to go slowly with your partner to ensure no one gets hurt or injured.

Be sure to know how to “tap”. This means that whenever you are in discomfort you tap your partner with your hand to signify to stop. It is essential that you know this particularly for choke techniques.
# Triangle Choke

| **1** Scenario | You are the bottom of the fight with attacker placed between your legs, your pinned down by the throat |
| **2** Scenario Warm up | Lay down on the floor and try to get out/away from your partner within 30 seconds as they pin you by your shoulders from between your legs |
| **3** Problem | Attacker is bigger, stronger and heavier than you with intent to sexually assault |
| **4** Defense | Use timing to apply the triangle choke & render the attacker unconscious |
| **5** Step By Step Guide | 1. Lay on the ground with attacker between your legs  
2. Grip the attackers wrists with both hands  
3. Drive/follow the attackers hand towards groin area  
4. Kick the same side leg over his/her shoulder and cross your feet  
5. As they try to pull away, lift your hips and push their arm across to the other side of your body, securing it with your arm/hand  
6. Use your opposite leg to pivot your body like arm bar  
7. Secure your free leg over the ANKLE of the opposite leg  
8. Lift hips, push down with the ankle and pull the head towards you with both hands until attacker/partner taps |
| **6** Things To Do | Ensure you get enough angle of the body to secure full lock up  
If the triangle attempt fails, resort to strikes & kicks to the face |
| **7** Things NOT To Do | Being too low to apply the leg grip  
Not locking the ankle up correctly |
| **8** Attacker | Try to maintain a dominant position in between your partner’s thighs. Simulate reaching down to your zipper/belt buckle area |
| **9** Partner Practice | Person A will be the attacker  
Person B defends  
Swap roles after 2 mins |
| **10** Fitness Drill | Try to keep your partner pinned down for 30 seconds. If they don’t escape, repeat again for a maximum of 3 rounds then change over |
| **11** Solo Practice | Close your eyes & visualize the attacker pinning you down & respond accordingly. Repeat for 20 evolutions |
| **12** Safety | Do not squeeze too hard on the throat  
Ensure that you “Tap” when in discomfort  
Use a mat |
| **13** Notes- | Write down any information you feel is beneficial to your skill development here-  
What you did well-  
What you can do better next time |
In Krav Maga we always like to stay on our feet in an attack. This isn’t because we don’t know how to fight on the ground. No. It’s because you never know who else, other than your immediate attacker is going to start laying the boot into you as you try to deal with your assailant. Plus it hurts like hell rolling around on concrete as opposed to nice soft mats.

But, as much as we like to stay off of the tarmac, invariably a lot of fights end up there and you need to know how to deal with them. Much like jumping into the sea & not knowing how to swim, if you go to the floor & don’t know the basics of ground fighting then you’re going to drown.

Being mounted or pinned with your back to the floor & your opponent on top of you is the second worst place to be in a fight. The first being pinned down on your front with your back to your opponent.

From this position it is very difficult to get any leverage to strike your attacker, thereby limiting your ability to neutralize the threat. The other factor is that he can hit you in the process, causing serious damage or in this scenario, strangle you.

As you can see by the demonstration, the defender immediately secures the attackers wrist so that they cannot pull away (crazy as it sounds, all will be explained) and thrusts the hips upwards whilst rolling to her side, carrying out combatives & then escaping.

The part that you don’t see initially is how she also traps the same side foot (the same side as his arm that she has secured) with hers. This causes him to have no support in which to post (has stability).

From here she uses the upward thrust motion of her hips whilst maintaining the grip so that he cannot put his hand out to regain balance (That’s why you keep hold of it)

If you imagine a 4 legged table & you took away 2 of the posts on the same side, it will topple over. Exactly the same principle here

The key factors here are remaining calm in the situation. If you panic and exert lots of energy you are going to exhaust yourself extremely quickly. This will put you further in danger as you won’t be able to defend yourself.

Again, there are multiple escape & defense techniques regarding the mount that are covered in the Krav Maga curriculum.
### Trap & Roll

| 1 | Scenario | Attacker mounted on top strangling you |
| 2 | Scenario Warm up | Try to get out/away from underneath your partner within 30 seconds as they try to touch your face |
| 3 | Problem | Attacker is strangling you & can hit you too |
| 4 | Defense | Unbalance the attacker & escape using combatives |
| 5 | Step By Step Guide | 1. Lay on the ground, back to the floor  
2. As the attacker places their hand on your throat, immediately grab either hand of their opposite wrist and grab the back of their elbow/triceps with the other  
3. Secure their foot with yours on the same side and thrust hips up to unbalance attacker ensuring you keep same side arm and foot trapped  
4. Establish dominant position & escape using combatives |
| 6 | Things To Do | Secure attacking arm as soon as possible  
Ensure same side trapping of foot & arm |
| 7 | Things NOT To Do | Allowing attacker to establish firm grip  
Lifting hips to the side & not upwards |
| 8 | Attacker | Try to maintain top position and keep grip (not tight) |
| 9 | Partner Practice | Person A defends  
Person B Attacks  
Swap over after 2 minutes |
| 10 | Fitness Drill | Try to remain on top of partner as they attempt to escape from underneath you. Change over after 60 seconds. Repeat for 3 rounds each |
| 11 | Solo Practice | Lie down on the floor and practice visualizing the attacker being on top of you. Run through the steps and try the technique on both sides for 20 repetitions per side |
| 12 | Safety | Go slowly  
Use a mat or soft flooring  
Use gum shields & gloves if available |
| 13 | Notes- | Write down any information you feel is beneficial to your skill development here-  
What you did well-  
What you can do better next time |
The final scenario is probably the worst in regards to physical damage done as it involves the attacker being on top of you on the ground whilst striking to your face. It is an extremely bad situation.

In Krav Maga we always like to stay on our feet in an attack. This isn’t because we don’t know how to fight on the ground. No. It’s because you never know who else, other than your immediate attacker is going to start laying the boot into you as you try to deal with your assailant. Plus it hurts like hell rolling around on concrete as opposed to nice soft mats.

But, as much as we like to stay off of the tarmac, invariably a lot of fights end up there and you need to know how to deal with them. Much like jumping into the sea & not knowing how to swim, if you go to the floor & don’t know the basics of ground fighting then you’re going to drown.

Being mounted or pinned with your back to the floor & your opponent on top of you is the second worst place to be in a fight. The first being pinned down on your front with your back to your opponent.

From this position it is very difficult to get any leverage to strike your attacker, thereby limiting your ability to neutralize the threat. The other factor is that he can hit you in the process, causing serious damage.

As you can see by the demonstration, the defender does the smart thing and immediately brings herself towards the attacker & stops the onslaught of punches by pulling the attacker towards her so that the attacker has to brace himself on the ground with his hands.

Whilst he is in this position the defender then wraps the attackers striking arm and traps his foot. The attacker is now unbalanced and the defender uses her hips to burst out from under his opponent and into a dominant position. From here she uses combatives to strike the attacker and removes herself from the situation quickly.

The key factors here are remaining calm in the situation. If you panic and exert lots of energy you are going to exhaust yourself extremely quickly. This will put you further in danger as you won’t be able to defend yourself.

In this scenario, whoever controls the distance, controls the damage. By limiting the leverage your attacker can get you will stay in the fight. At some point in the struggle he will try to use brute force & strength to muscle his way out, this is when you must pick your moment to burst out from the bottom of the fight.

Again, there are multiple escape & defense techniques regarding the mount that are covered in the Krav Maga curriculum.

Practice with a partner & keep it simple.
# Punch Block Defense

<table>
<thead>
<tr>
<th></th>
<th>Scenario</th>
<th>Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Attacker mounted on you punching you</td>
<td>Neutralize the attacker’s striking capability &amp; escape from underneath</td>
</tr>
<tr>
<td>2</td>
<td>Try to get out/away from underneath your partner within 30 seconds as they try to touch your face</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Attacker is striking you repeatedly</td>
<td></td>
</tr>
</tbody>
</table>

## Breakdown

1. Lay on the ground, back to the floor
2. As attacker tries to strike you bring your knees up into their back and sit up, wrapping your arms around their waist and pull them towards you.
3. Transfer your hands immediately to their shoulders and keep head close to their chest
4. As they try to strike you, trap the attacking arm with yours by wrapping it with your’s
5. Secure their foot with yours on the same side and thrust hips up to unbalance attacker ensuring you keep same side arm and foot trapped
6. Establish dominant position & escape using combatives

## Key Points
- Keep head protected at all times
- Secure attacking arm as soon as possible
- Ensure same side trapping of foot & arm

## Common Mistakes
- Allow attacker to get off too many punches
- Not keeping close distance
- Lifting hips to the side & not upwards

## Attackers Behavior
- Try to maintain top position and touch partners face.
- Use gloves if necessary

## Drill orders
- Person A defends
- Person B Attacks
- Swap over after 2 minutes

## Fitness Drill
- Try to remain on top of partner as they attempt to escape from underneath you. Change over after 60 seconds. Repeat for 3 rounds each

## Solo Drill
- Lie down on the floor and practice visualizing the attacker being on top of you. Run through the steps and try the technique on both sides for 20 repetitions per side

## Safety
- Go slowly
- Use a mat or soft flooring
- Use gum shields & gloves if available

## Notes
- Write down any information you feel is beneficial to your skill development here-
  - What you did well-
  - What you can do better next time
Summary

At the very beginning of this manual, we stated that this programme wasn’t going to turn you into a Kravist Jedi or the next UFC Female champion. And now that you have watched all the videos, read all the lessons & practiced lots...We are pretty sure that’s still the case

What we did promise was an introduction to some of the most common attacks on females & some options (principles) in how to deal with them. We hope that we have lived up to our end of the bargain

With that said I am under no illusion that there will be people out there who disagree with some of the techniques or criticize this programme, manual, booklet or whatever. And that’s fine. My response to you is this

“Learning a little bit of something is better than learning a large amount of nothing”

I am pretty sure that any person reading this, whether you are brand new to the martial arts world or if you are an experienced practitioner checking out a technique so you can criticize, or just one of those internet trolls, that you will have had the “what if I did this” conversation with yourself or your friends whilst watching & reading this

This is where a basic, simple & introductory technique goes from being a “Defense against a hook punch” to a “well, what if I threw a hook at this angle and then did a double somersault head-butt?”

Truth of the matter is nothing is certain & the only way you are going to build up your reactions, responses & ability is by finding a school or gym & training.

Look guys, let’s be honest, any martial art is not foolproof. Nothing is certain & you can be the best fighter in the world & still get beat. Look at UFC for instance. Skilled, trained fighters, who have practiced for years, still get knocked out, cut up, injured. No one is immune. That the reality of the street

But with dedication, practice & commitment to something you become better, more capable & confident in yourself & stand a much greater chance of survival & preservation should a situation arise.

It is my firm belief that the people who want to fight in the streets, do so because they are insecure & want to prove themselves against weaker opponents. In some cases they want to prove themselves against a bigger more capable person because if they win (via a sucker punch or weapon) then they can be a local legend for 5 minutes...And if they lose, well...at least they can brag to their idiot friends with a altered version of what really happened

So, In Krav Maga we aren’t trying to develop fighters, bullies or have a go heroes or prove who the best, No; we are simply trying to give those who don’t have the confidence or capability the opportunity to learn something that will stand them in a better stead than if they knew nothing
This programme is completely **FREE**. Take it, copy it, and share it with friends or whoever. I don’t want any money from it. I’m not in this to make money; I’m in it to make a difference. Send it out to all your work colleagues in a carpet bomb email, or post it through your neighbors’ letterbox but just get it out there!

Because that is exactly what this programme is meant to do. To get out there & be shared with people who NEED it. Not just for those who can AFFORD it.

If you are reading this & you know someone who could do with it in their lives then save it and then pass it on. Knowledge is & should be free. Especially the kind that can save people’s lives. It literally takes a few seconds to do so what are you waiting for? It could save a life.

I won’t lie to you, this is only the start of your journey & if you want to really learn Krav Maga then you’re going to have to take the next step & start training with an instructor at a school or gym near you.

But don’t worry if there is no Krav Maga schools near you. Jiu Jitsu & MMA is absolutely huge & there are literally thousands of schools/gyms worldwide so why not just type in “self-defense classes in (insert town here)” on Google & see what comes up? I am true believer that if females could start with one martial art it would 100% be Jiu Jitsu due to its philosophy & techniques. So why not check it out?

Krav Maga is just one way that I found was perfect for what I wanted. A realistic martial art to deal with the worst types of situations. For some you may just be happy doing some Boxercise classes or just hitting some pads with friends. Either way, find something you enjoy. That is most important.

However, if you do like what you have seen so far then why not take the next step & have a look at our Krav Maga Functional Fighting Fitness Programme and see what you think?

**In closing….**

No one martial art or technique is perfect, no one is indestructible, myself included & there are no right or wrong ways to learn how to defend yourself. To me, self-defense is not violence; it is merely physical communication for the moment when words & reason are no longer a choice. It is a last resort.

I don’t claim to be a “master”, an “expert” or a “fighter” of any sorts. I am merely a student of life & martial arts, under the tutelage of some amazing people & I am merely a messenger. Just a normal guy who knows what it’s like to see others suffer & wants to do something about it.

No one has all the answers, especially not me

But maybe, with just a little bit of knowledge & a push in the right direction we can offer others a fighting chance for whatever life throws their way.

To live & fight another day….Because that is exactly what life is every day

A fight……So Are you ready?

Thank you
Organizing A Female Self Defense Seminar

As mentioned above, it may not be viable for you to get to a Krav Maga school or to an MMA gym.

In some cases, people live outside of the main towns & cities with limited or no access to training facilities.

Learning online with your friends is great but learning in person with a fully certified instructor will help give you a realistic experience of how to perform the techniques outlined in this book.

We are fully aware of this issue & we receive lots of emails asking about how people can learn more but don’t have the access to a school or dojo.

With this in mind we have designed **Krav Maga Female Self Defense & Safety Awareness Course** conducted as a one off seminar at a location of your choice.

This 3 hour seminar covers all of the techniques & scenarios in this programme, going into greater detail to help develop your training & expanding on the situations outlined plus answering any questions you may have regarding other situations not covered in this manual.

During the seminar, we will cover everything from breaking down the psychology of an attacker through to dealing with the after effects & trauma that can be associated with an attack as well as multiple variations of the scenarios & expansions of the techniques too.

Further to this, all participants will receive a certificate of completion in recognition of their commitment to empowering themselves & others in a closing presentation from one of our certified Instructors.

Another added bonus of these seminars is that 10% of the proceeds will go towards helping a charity that benefits victims of domestic & sexual abuse, the CICC (Cayman Islands Crisis Centre).

So not only are you helping yourself but you are helping others in the process too.

If you would like to know more about organizing a seminar or if you are an advocate of raising awareness of domestic & sexual violence against women & would be willing to sponsor a seminar then please contact us on via the details provided.

We would love to hear from you.

Thank you.
Recommended Reading

All the above books & DVDs are available via Amazon & all good book stores

For more information please email David@Israelikrav.com
Useful Links & Contacts

1. Ronnie James Hughes – Israeli Krav Maga Instructor & Peak Performance Trainer
   www.mindbodylifetraining.com
   Email – Ronnie@mindbodylifetraining.com
   Cell - +1 345 325 7454
   Cell 2 - +447927437490
   Facebook – Ronnie James Hughes
   YouTube – Mind Body Life Training

2. David Kahn - US Chief Instructor Israeli Krav Maga
   www.israelikrav.com
   Email – David@israelikrav.com
   Facebook – David Kahn

3. Don Melnick- Senior Instructor Israeli Krav Maga – Cherry Hill Krav Maga
   Email – Don@israelikrav.com

4. Rinaldo Rossi – Senior Instructor, Black Belt Israeli Krav Maga
   Email – Rinaldo@israelikrav.com

5. The Cayman Islands Crisis Centre
   www.cicc.ky
   Ania Milanowska-Sedgley
   Executive Director
   P.O. Box 10454 A.P.O
   Grand Cayman, Cayman Islands
   KY1-1004
   Telephone:(345) 949.0366
   FAX: (345) 949.0124
   24 Hour Crisis Line 943.CICC (2422)
   E-mail: cicc@candw.ky

6. www.victimsupport.org.uk
   Official website for the support of victims of sexual assault and domestic abuse in the UK

7. www.nationaldomesticviolencehelpline.org.uk
   Official website for the support of victims of domestic abuse in the UK

8. www.thehotline.org
   Official website for the support of victims of domestic abuse in the USA
1. David Kahn – Bordentown NJ, USA
2. Rinaldo Rossi – Bordentown & Cherry Hill, NJ, USA
3. Don Melnick – Cherry Hill, NJ, USA
4. David Ordini – NYC, USA
5. Avital Zeisler – Manhattan, NYC, USA
7. Yigal Arbib – Netanya, Israel
8. Gus Bottazi – Connecticut, NY
9. Rick Blitstein – Miami, FL
10. Roy Elghanayan – Los Angeles, CA
11. Wes Thomas – Huntsville, Alabama
12. Corey Davis & Lou Packer – Alaska
13. Ronnie James Hughes – Cayman Islands, London & NJ
14. Jason Blitstein – Tampa Bay, FL
15. David Kyriacou – London
16. Nir Maman – Ontario, Canada
17. The Gracie Jiu Jitsu Family – Torrance, CA & Worldwide
18. Ty Gay – Redline Jiu Jitsu, Oklahoma

*Please note that some of the above named people are those whom I have trained with or under & are not officially associated with MBL or Krav Maga. I’m merely recommending them to you based on my previous experiences with them & do not intend to infringe on any aspects of their associations.*
The Cayman Islands Crisis Centre (CICC) is a locally run charitable company that was established in early 2003 in Grand Cayman. The primary mandate is to provide a safe haven for abused women and their children. The CICC acknowledges that domestic abuse is a violation of individuals’ human rights, and is not just a problem that affects the persons directly involved but also their families and the community. Everyone deserves the right to live a life free of violence. CICC is dedicated to seeing an end to this horrific crime and through their services and programmes they hope to educate the community in order to prevent domestic abuse towards women & children.

As ambassadors of The Cayman Islands Crisis Centre, Krav Maga Cayman offers **FREE** training weekly to any persons wanting to learn how to defend themselves in various scenarios. All we ask that you donate a few dollars to the CICC in our charity bucket.

We also offer private & confidential one on one training for victims of domestic, sexual & psychological abuse completely **FREE** to anybody who is in the CICC programme.

Krav Maga Cayman also conducts annual seminars to raise awareness & funds for the CICC where some of the top professional self-defense experts in the world deliver lessons in how to empower females both physically & mentally.

If you or anybody you know is a victim of domestic, sexual or any other violence then please reach out & contact the CICC who have the personnel & capabilities to help the individual or family.

**THERE IS NO EXCUSE FOR DOMESTIC ABUSE!**

CRISIS CENTRE 24 HOUR HOTLINE: 943-CICC (2422)

[www.cicc.ky](http://www.cicc.ky)
Krav Maga – Female Self Defense Programme
10 Most Common Attacks

The Next Step...

The Krav Maga Functional Fighting Fitness Programme

Staying In the Fight

Physical readiness does not just apply to a fight. It applies to life as well. How so? I hear you ask?

Well for starters, the more physically prepared (fit for various purposes) we are, the longer we can sustain stress, pressure & discomfort to achieve an objective. We are able to remain more focused, coherent & productive to fight against whatever life throws at us. Exactly the same principle in a physical altercation.

The more energy, sustainability & readiness we have in the bank, the greater the chance of winning the battle against a not so prepared assailant. What’s the use in being able to throw the perfect spinning back roundhouse upside down tornado head butt if after 2 times of doing it that you are physically exhausted & cannot continue fighting? You see my point?

What if there was a training programme available to you immediately that could help you with the following:

(a) Health & State of Mind
(b) Mobility & Function
(c) Strength & Conditioning
(d) Weight Loss
(e) Muscle Gain

But above all it would teach you the basic foundations of becoming a Kravist in the process?

If that does appeal to you then the very next step on your path towards physical & mental empowerment is in your hands

The KMFFF Programme is designed for beginners & experienced practitioners alike. It is flexible, adaptable & extremely effective. Just like Krav Maga. The programme contains the following:

(a) The Exercises – The 10 Primal Movements
(b) The Formats – 12 Different Functional & Adaptable Training Regimes
(c) The Combative Strikes – 4 Different Levels Of Techniques & Combinations
(d) Nutrition – What To Eat, What Not To eat
(e) Training Calendar
And much much more!

It is incremental & structured so that you can always evolve at your own pace, changing & modifying the formats, exercises & combatives to allow for variation and constant challenges for your mind & body

This programme is the next step in developing not only your body’s strength & conditioning but you basic skills & mindset in Krav Maga. For further information or you have any questions, as always you can contact me via the number or emails listed in the contacts section
Bio

Ronnie James Hughes is a former member of Her Majesties British Military. In a career spanning over a decade he served as a member of the Physical Training Specialist branch. After being selected for aptitude training he went on to qualify top of his class with highest honors from the Royal Naval School Of Physical Training.

During his service he trained personnel ranging from Captains & Commanders through to new recruits & Royal Marines at various establishments worldwide for operational readiness.

He represented the military in Boxing, Athletics, Football & Field Gun for over 10 years & upon leaving the military he gained his license as a SIA Close Protection Officer & Bodyguard where he continued his training in Krav Maga.

A keen advocate of martial arts from an early age, Ronnie began studying Israeli Krav Maga in 2005 after reading David Kahn’s first book “Mastering Krav Maga.”

Eventually, he would go on to train personally under David at his school in Princeton, qualifying as a certified Instructor in 2010. As a student of David’s he has since went on to train the Royal Marines, US Marines, New Jersey State Police & members of the FBI in Krav Maga and continues to work closely with David Kahn to bring Krav Maga to a greater audience.

He has had the honor of training with some of the best practitioners and highest ranking Black Belts of Krav Maga in the world in Israel, Poland & the USA respectively and continues to expand both his knowledge & skills to his utmost capability.

He has also had the privilege to train under the Gracie Jiu Jitsu family in Torrance California, qualifying as an instructor in Combatives, Survival Tactics for military & law enforcement personnel as well as Bully proof Self Defense & awareness training for children.

It is his ongoing mission to help make individuals the “strongest version of themselves” by providing training that strengthens the mind, body & spirit to achieve fulfillment in all areas of life.

A lifelong ambassador for the awareness of sexual & domestic abuse towards women & children, he works closely with various shelters & groups in Grand Cayman & UK.
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