

Targets for Self Defense

Striking the following targets properly will stun, disorient, inflict pain and/or incapacitate your attacker.

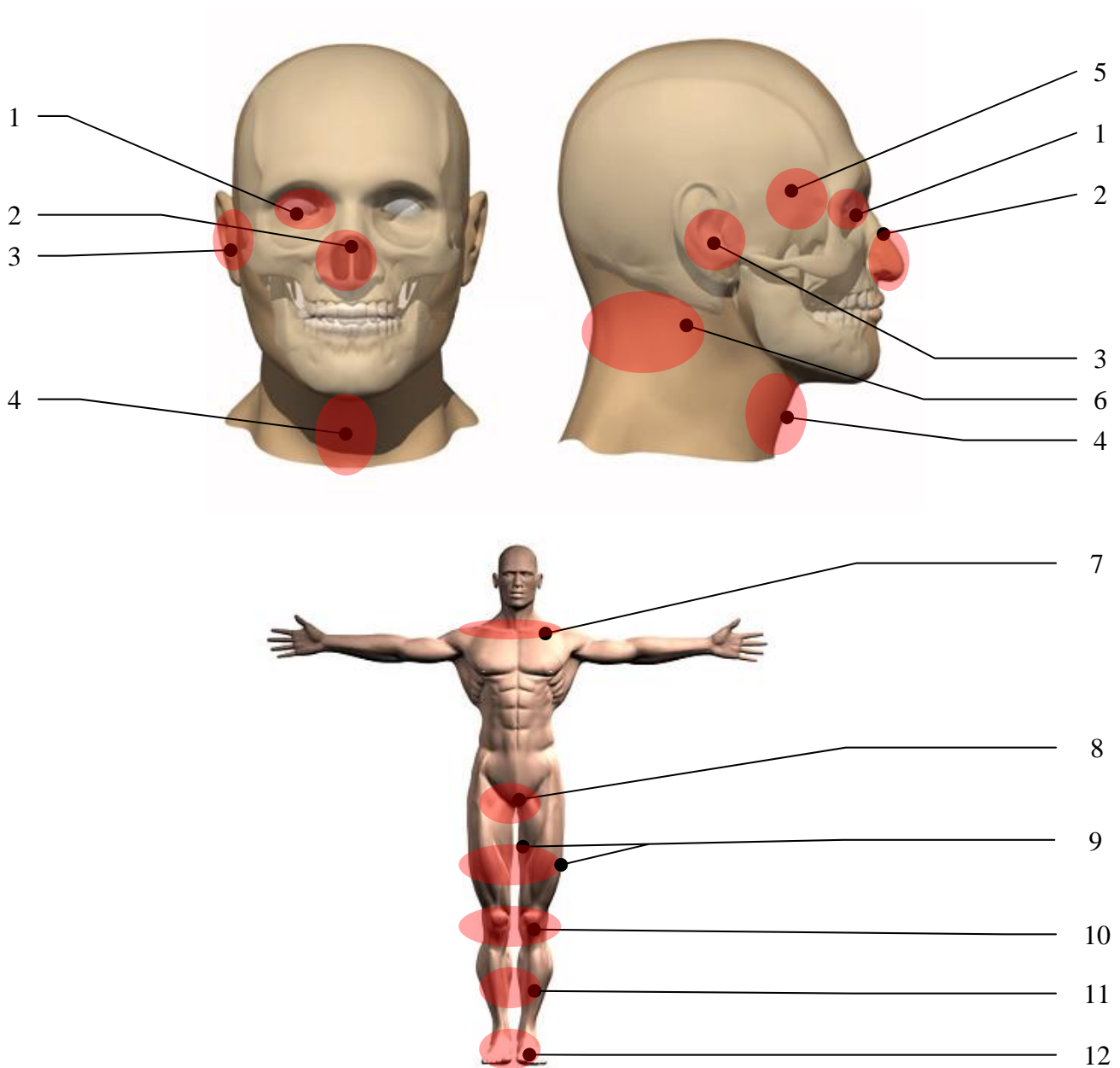
WARNING: Attacking these targets may result in severe injury or death. Do not strike these targets unless your life is in jeopardy and you have no other option.

- **Eyes:** Attack with a fingertip poke, claw or by grabbing the sides of the attacker's head and pushing in the eye sockets with your thumbs. Striking this area can cause great pain and temporary blindness.
- **Nose:** Attack with a palm, fist or hammer fist. Alternatively, fingers can be inserted in the nostrils to force the attacker to pull away. Striking this area can cause heavy bleeding, eye watering, difficulty breathing and intense pain.
- **Ears:** Attack with a cupping slap over the ear opening. Striking the ears in this manner causes pain, balance problems and can possibly rupture the ear drum. The outer ear can also be grabbed and twisted causing pain and severe bleeding.
- **Windpipe/Trachea:** Attack this area with a punch, chop, web of thumb or an elbow. Striking this area can cause breathing difficulty and possibly severe damage to the windpipe.
- **Temple:** Attack with a hammer fist or elbow. Striking this area can cause severe pain and disorientation and possibly a concussion.
- **Mastoid Process and base of skull:** Attack with a hammer fist or elbow. Striking this area can cause pain, disorientation and possibly unconsciousness.
- **Collar bone/Clavicle:** Attack with a hammer fist. Striking and breaking this thin bone can cause severe pain and difficulty in using the arm.
- **Solar Plexus:** Attack with an elbow or knee. Striking this area causes pain and difficulty breathing.
- **Groin:** Attack with rear hammer fist, slap, knee or top of foot. Striking this area can cause severe pain, nausea and disorientation.
- **Inside of thigh:** Attack with an elbow or knee. Striking this area can cause pain and numbness. You can also pinch this area to cause severe pain.

- **Outside of thigh**: Attack with the knee or shin kick. Striking this area can cause pain, numbness and temporary loss of the use of the leg.
- **Knees**: Attack with a kick using the bottom of your foot. Striking this area properly can stop forward motion, cause pain and possibly cause the loss of use of the leg.
- **Shins**: Attack with a rear heel kick. Striking this area can cause severe pain and numbness.
- **Top of foot**: Attack with a foot stomp. Striking this area can cause great pain and breaking the small bones of the foot will limit the attacker's ability to use the foot.

With the exception a few of these targets, these areas do not rely on pain compliance alone. This means that when attacked properly, these targets will yield the desired results even if your attacker has diminished pain reception due to alcohol or drugs.

12 Primary Targets: A Visual Guide



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|---|---------------------------|----|-----------------------|
| 1 | Eyes | 7 | Collar bone/Clavicle |
| 2 | Nose | 8 | Groin |
| 3 | Ears | 9 | Inner and outer thigh |
| 4 | Windpipe/Trachea | 10 | Knees |
| 5 | Temple | 11 | Shins |
| 6 | Mastoid and base of skull | 12 | Top of foot |