

Women's Self Defense Syllabus

Avoiding Danger

- I. Danger Awareness**
 - A. Avoiding Dangerous Situations**
 - B. Identifying Dangerous Situations**
 - C. Identifying Dangerous People**
- II. Establishing Boundaries**
 - A. Verbal Boundaries**
 - B. Distance Management**
 - C. Physical Boundaries**
- III. Simple Escapes From Unwanted Contact**
 - A. Unwanted Hug Escape**
 - B. Double Wrist Grab Escapes**
 - C. Single Wrist Grab Escape**
 - D. Shoulder Grab Escape**

Standing Defenses

- I. Mental Preparations**
 - A. What To Expect In A Self Defense Encounter**
 - B. Dealing With Adrenaline And Fear**
- II. Protections Against Strikes**
- III. Striking Vulnerable Areas**
 - A. Knee Strikes**
 - B. Elbow Strikes**
 - C. Finger/ Palm Strikes**
 - D. Combination Striking**
- IV. Escapes**
 - A. Rear Choke**
 - B. Front Choke**
 - C. Front Choke With Wall**
 - D. Hair Grab Rear**
 - E. Body Lock Front**
 - F. Body Lock Rear**

G. Waist Grab Rear Defense

Ground Defense

I. Avoiding Sexual Assault

II. Getting Up From The Ground

A. Guard

B. Cross-side

C. Mount

D. Back Control

Weapons

I. Pros/ Cons Of Carrying a Weapon

II. When To Attempt Defense Against A Weapons

III. Knife Defense

IV. Gun Defense