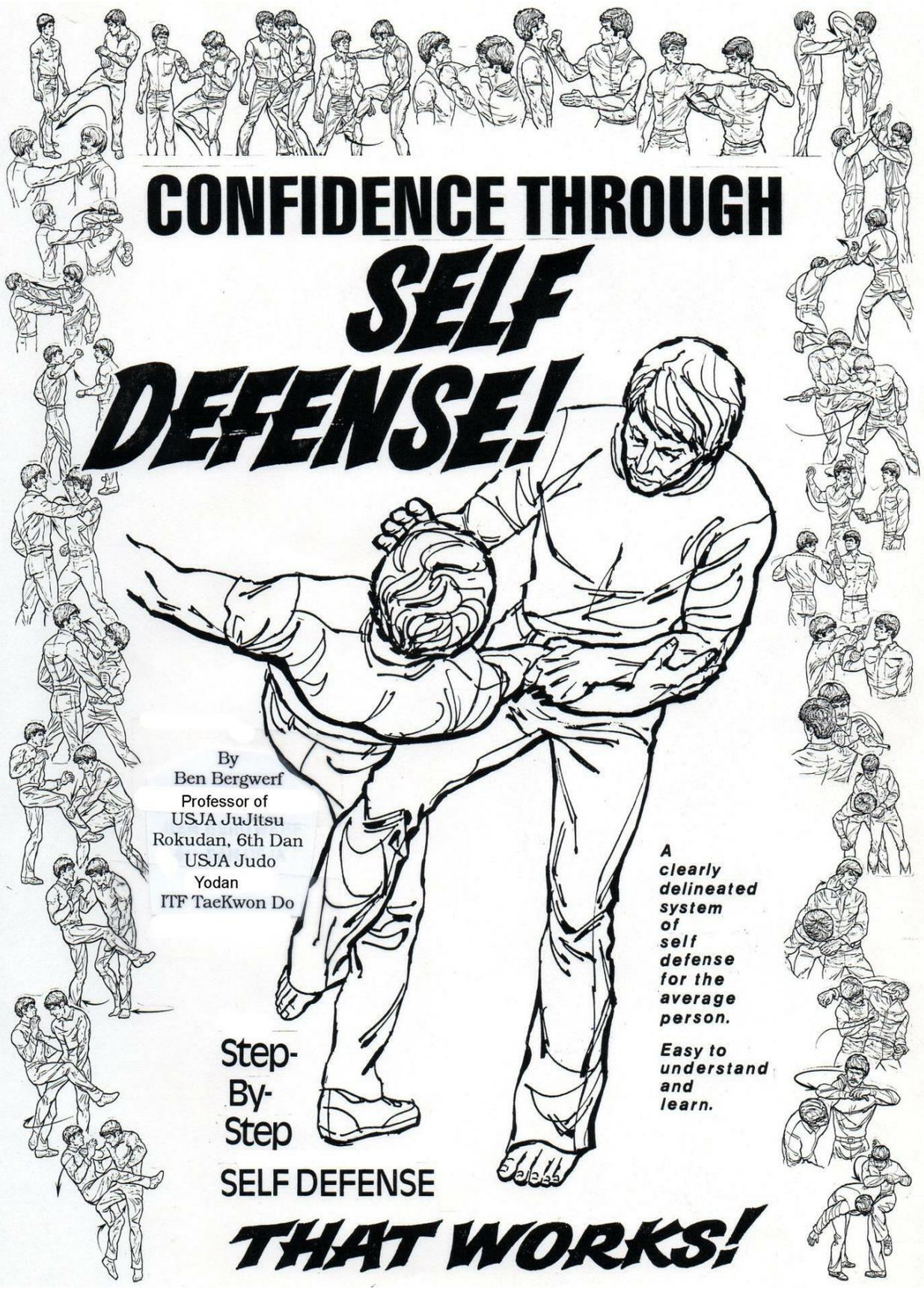


# SELF DEFENSE MANUAL

BEN BERGWERF

Self Defense that Works!



# CONFIDENCE THROUGH **SELF DEFENSE!**

By  
Ben Bergwerf  
Professor of  
USJA JuJitsu  
Rokudan, 6th Dan  
USJA Judo  
Yodan  
ITF TaeKwon Do

*A  
clearly  
delineated  
system  
of  
self  
defense  
for the  
average  
person.*

*Easy to  
understand  
and  
learn.*

**Step-  
By-  
Step  
SELF DEFENSE**

## ***THAT WORKS!***

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## WARNING AND DISCLA MER

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## SELF-DEFENSE

### What's in it for you?

Have you ever been in a situation where you felt uncomfortable because an aggressive person was trying to bully you?

This self-defense course has been specifically designed to give men and women the means, knowledge and ability to face an attacker without fear. You will gain the confidence to ably defend yourself against just about any type of attack.

The book is based upon real life situations and conditions that we find in today's often violent environment. It will teach you the principles of self-defense by providing a number of specific means of escape from attacks, muggings, or other dangerous situations. It is based upon the author's 55

years of experience in the various martial arts along with practical experience in personal security work. It is not designed to develop specialized dexterity and agility, as would be required in the pure martial arts. Rather, it is based upon the natural abilities that people have and to combine these with the material taught in this course into a practical means of self-defense, building confidence and a sense of security.

The book is written in an easy to follow style and concentrates on those defenses **that have been proven to work** on the street. The defenses can be learned by anyone and do not require any special skill or ability other than the desire to succeed.

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### **About the Author:**

Ben Bergwerf is a Rokudan (sixth degree black belt) in Judo and Kudan (ninth degree black belt) in jujutsu. For the past 60 years he has been practicing and teaching Judo, jujitsu, and self-defense methods. Born in The Netherlands, he emigrated to Wales and was national heavyweight champion of Wales, Great Britain for five years in a row, retiring an undefeated champion.

In the sixties Ben was a member of the Welsh National team in the Heavyweight Division competitions. Taught by European and Japanese champions, and recognized as an expert in the art, Ben is eminently qualified to bring a new dimension to the art of self-defense.

At age 18, when just a green belt in Judo, Ben captured the “Open” Judo championship in the over 400 member Jujutsu and Judo club in his native Holland, defeating even the Black Belt finalists. During his Army service as a Combat Judo instructor in the Artillery, he spent many hours perfecting his groundwork techniques to become one of the most respected grappling specialists, and later winning many of his matches on the ground.

He continued his Judo and Jujutsu career in Wales, Great Britain under the great Sensei Alan Petherbridge, Captain of the 1964 British Olympic Judo team to Japan and other greats such as Senta Yamada Shihan, Kaiwashi Shihan and Matshushita Shihan, to name but a few.

Ben used his training well. For several years he worked as a security specialist, body guard, and Chief of Security.

Presently, Professor Bergwerf teaches Combat Judo at The Citadel, a military college in Charleston, South Carolina, and keeps in touch with the latest developments in the martial arts, thereby improving his own style. He believes that training and learning never stops, and applies this credo to the martial arts, his teaching, and his professional career. To this end he also gained his Yodan rank in Korean TaeKwon Do.

Educated as a Mechanical Engineer, Ben has a Masters Degree in Business Management from Lake Forest Graduate School of Management and was the Director of Engineering in a Chicago, Illinois Hi-Tech R&D company.

Ben was the key person to start the USJA's Jujutsu division in 1994, and was the Chairman of the Jujutsu Division and Chair of the rank board for over 10 years. In 2001, he was awarded 9<sup>th</sup> degree black belt, Kudan, and was awarded Professor of Jujutsu rank in the USJA.

Sensei Bergwerf also published the recent Jujutsu manual on Amazon. A 560 page illustrated manual with over 600 photographs and their descriptions.

### **Acknowledgments:**

This book would not have been possible without the help of a number of dedicated martial arts practitioners, my students, assistant instructors, or the very fine artist who drew the illustrations.

My thanks to Alan Petherbridge, the charismatic captain of the first British Judo team for the 1964 Tokyo Olympics, European Gold Medallist, and my first "Competitive Judo" Sensei. My competitive Judo coach and a tower of a man, whom I greatly admire.

To Anton Geesink, first non-Japanese World Champion, fellow Dutchman, and an inspiration to all who practice Judo/Jujutsu.

To the many Japanese Masters who traveled the world to "spread the Judo gospel," and who were and are my personal inspiration.

Special thanks to my TaeKwon Do teachers, Henry Szachowicz sixth degree, and Gregory Youstra eight degree, both specialists in their own art.

### **Drawing Credits:**

Drawings lovingly done by Norman Helford, commercial artist, and one of my most dedicated students. He started in the art of jujitsu at the age of 64 and reached the rank of black belt at the age of 72, and a truly dedicated individual.

Thanks to all!!

Ben Bergwerf

Professor of Jujutsu, Kudan USJA F

## **INTRODUCTION**

The key question in assessing any self-defense system is simple - does it work? After all is said and done that is what counts, and that question is what has guided me in writing this manual. After testing various self-defense systems for more than 50 years I have found that many are designed to look good in a show or demonstration but don't necessarily work in practice on the street.

As a 1st, 2nd, and 3rd degree black belt competitive judo participant I learned many throws and defenses, but, as a working security specialist in Europe, I learned that not everything I did in Judo competitions worked in real life situations. I found that, much to my dismay, someone causing trouble didn't always come up and hold his hands or body in just the right position so that I could throw or handle him. He might grab me by the throat or from the rear in a way that made things more difficult. It forced me to improvise.

The judo competitions provided a kind of classroom or laboratory for selfdefense while the job as security specialist tested the research. Those experiences and years of teaching self-defense have resulted in the system I describe in this manual.

I have adapted all the proven Jujutsu (or Jiu-Jitsu etc.) and Judo principles into self-defense techniques that have been effective in the classes I've taught.

This system is based on the ancient Jujutsu which developed into the sport of Judo. Although Judo is the base, this system blends it with Karate, which is the empty hand fighting system from Japan, and Korean Karate, called Tae Kwon Do. You will also find elements of La Savate (French Foot fighting) and Combat Judo.

Do you need to know or understand all those mysterious Far Eastern fighting methods to master my system? Absolutely not. I have selected what I think are the best moves from those fighting methods and added other techniques that I know will work for the average person who needs some measure of self-defense and needs to learn it quickly. There are hundreds of throws, sweeps, and strangulations in Judo, but when you analyze the moves in a Judo contest, you realize that there may be only 10 to 15 movements that are basic and repeated over and over. The idea of this book is to teach you those basic movements and show you some ways to adapt them as you master the moves that work for you. The aim is to make self-defense as practical as possible. You don't have to be Hercules or have huge biceps to ward off an attacker. You can get out of trouble by applying the principles demonstrated here.

You will learn the movements progressively-going from the easy to the more difficult-and eventually, if you practice them often enough, you will do them instinctively. Even if you have to think for a second when you face danger, knowing these moves will help you defend yourself against any attacker. I am giving you the tools to work with. If, as a poor swimmer, you are thrown in the water and you have to

swim for your life it will be a long swim. But, if you can grab a piece of wood to hang onto, it makes things a little easier. That wood may become waterlogged and may sink eventually, but at least you'll have a better chance of making it.

The moves and techniques illustrated here will help you get out of tough situations. If you can master some of these moves you should be able to handle yourself much better when you are attacked or threatened. I will explain the basic principles of self-defense. You'll learn moves and techniques that may have seemed mysterious to you in the past. Knowing the basics will give you the tools to defend yourself. They are taught the way I

teach self-defense in my classes. All the moves in any good self-defense system are based on the idea of using your maximum power against the other person's minimum power, using his power to your advantage, and using leverage, pressure points, and weak spots on the body. The window dressing of each system may be different, but those basics don't change.

Almost 90% of what you will read here is designed for defense against attack. The moves are related to the situation of being grabbed or held - a defensive posture after the other person has made the first move. The key phrase is "What do I do then?" In each case, I attempt to answer that for you. In some cases, the only answer is offense. There are some offensive moves taught here (in the last part of the system) because in some situations it becomes almost mandatory to take the offensive. If you know that you are going to be attacked with a weapon you may or may not want to wait until someone hits or stabs you. Instead, you have to "react before your attacker acts." These offensive moves, when you gain the confidence to use them, can save you from disaster. They are offered in the spirit of self-defense, not to intimidate others. And certainly, great care needs to be taken during practice, to ensure that your partner is not injured.

What you need to learn this material is space in your home, time to practice, and a training partner with whom you can practice. The ideal time commitment is to practice these moves three times per week, but not on consecutive days. It's a good idea to stagger your sessions with a day off in-between. Monday, Wednesday, and Friday is a good schedule. If you can't manage three sessions per week then try for two, or even one. Practicing less than once per week will not be enough to master the system since moves are learned through scheduled repetition.

You don't have to go to a gym, but if you have access to a space that has a mat and some privacy, use it. If not, then clear a 10' x 10' space in your home and use a mat, or work in a carpeted area. You don't need any equipment. Wear gym shoes and a pair of denim or casual trousers. A T-shirt or sweatshirt is fine. When you get to the techniques to use when an attacker is grabbing your coat, you can put one on.

You should also have a training partner. You can work on these moves by yourself and learn the techniques but you will become far more skilled in

self-defense if you practice with someone else. You should alternate being the attacker and

the defender. This way you can each go through the moves at close to full power, demonstrating exactly how the methods work.

The best way to learn self-defense is to read the book, master the moves, and then take a self-defense class. If you have mastered the material here, a beginner's class might be too easy so you should investigate one at the intermediate level. You may find the methods taught in a self-defense class are not exactly what you learned from this book. That's not unusual or inappropriate. Learn all you can and figure out what works best for you. That's the key-what works for the individual. If you discover a better way to, for example, escape a strangulation, then practice so it will be the method you use automatically if faced with that situation. My feelings, and your body, won't be hurt if you don't use my method to the letter and if instead you use another method that works better for you.

The moves taught here (the same ones I teach weekly in my classes) can be learned quickly. They are proven techniques of self-defense, but they are not the only ones. Once you have mastered them don't be afraid to experiment and expand on the basic principles. A gentle warning- learning some of this material, whether from a book or in a class, can be frustrating - yet, other moves are so simple you'll be able to work them proficiently in minutes. Accept the easy moves as a good beginning then work on the more difficult ones. With some effort you will master each one.

If you read this book and work on the material several times per week for several months you will have mastered the system. It will work for you. The better you know the moves the more confidence you will have to use them when in trouble. Depending on how many times you have practiced them, you may do them instinctively when in trouble. But even if you have to think about the right move for a few seconds, you still stand a good chance of executing the correct move and escaping danger.

This book is also a foundation for future self-defense study. If you become very proficient at these moves your appetite may be whetted for more martial arts training. These moves will give you a good base and the next step is to

find a reputable martial arts school for further study. Even those who only casually use the book can learn something from it. If you use the exercise sequence outlined after this introduction and learn just a few moves, you'll do a better job of defending yourself. Don't expect to land a job as a bodyguard once you master this material, but also don't expect to be helpless if you are attacked.

Each week I teach these methods to people of both sexes, all ages, and every type of physical stature. All learn at least part of the program. With effort on your part you will master these techniques. That will give you a feeling of physical selfconfidence based on the fact that you know something your attacker doesn't. You'll enjoy that feeling - even if he won't!

I

## **CHAPTER 1**

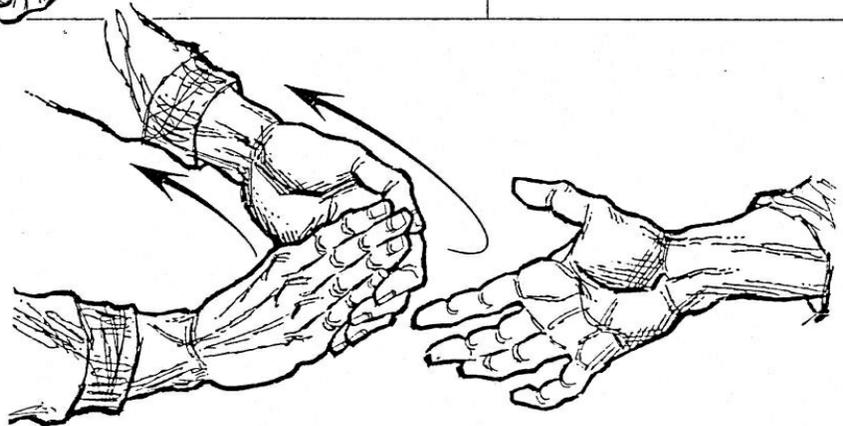
### **GRABS**

If you think about the times when arguments turned into fights, you'll probably remember that instead of squaring up outside, fists up, it was really a guy dragging on your coat or hanging onto your arm or grabbing around the head or the body. Usually, these things happened when you were either in a bar or some other confined space, with little room to do all the moves that would look so good in a movie or during a self-defense demonstration. Consequently, our first chapter will deal with the most common things that happen when an argument becomes a physical confrontation. Some techniques need to be modified to suit a specific situation. However, the principles always apply and can be utilized to great effect.

**SITUATION:** Your attacker has grabbed your full hand, and is squeezing hard.

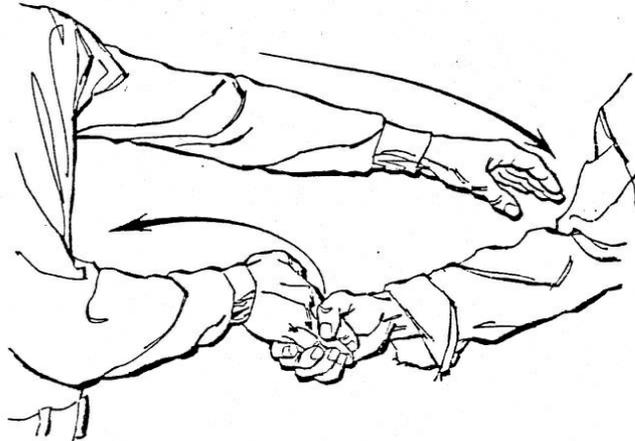
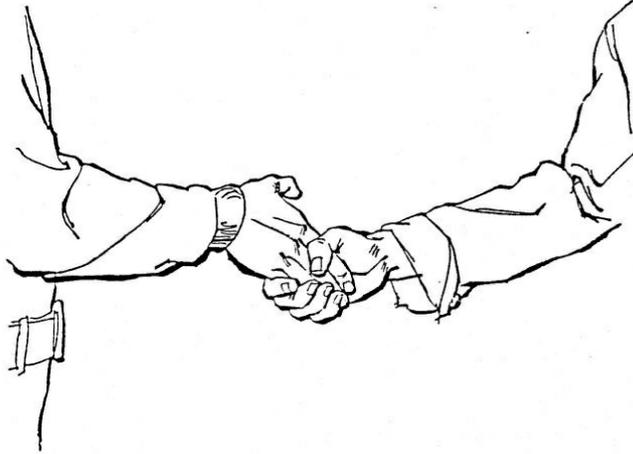


**ACTION:** A. Straighten out the fingers of the hand he has grabbed.



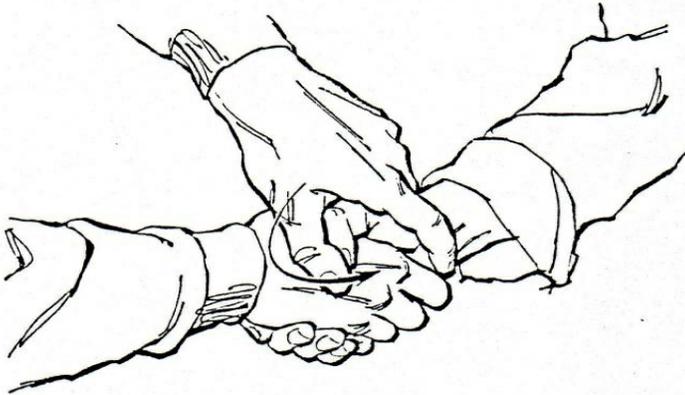
B. With your other hand, lift your own fingers up in a rotating motion, until your hand lifts out from his grip.

**SITUATION:** Your attacker has grabbed your hand and is squeezing the fingers. (Different from a full and solid grip to the hand.)

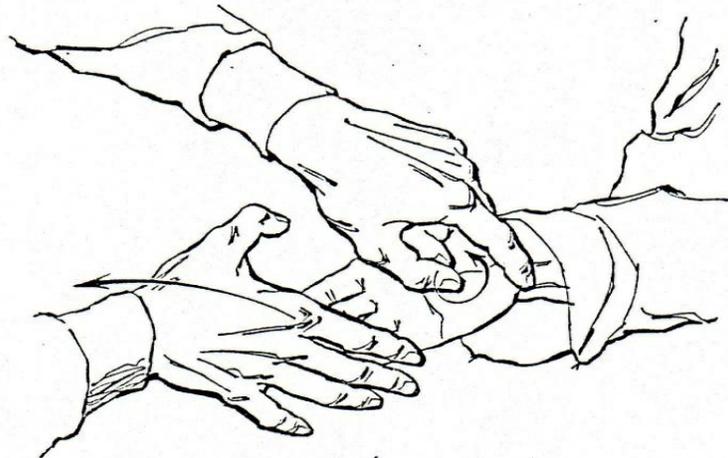


**ACTION:** A. Your other hand forms a V-shape with the thumb and index finger and pushes against the inside elbow of your attacker. At the same time you retract your fingers from his grip. The combined push-pull motion will separate your fingers from his grip.

**SITUATION:** Your attacker has grabbed your hand in a full grip and is squeezing hard.

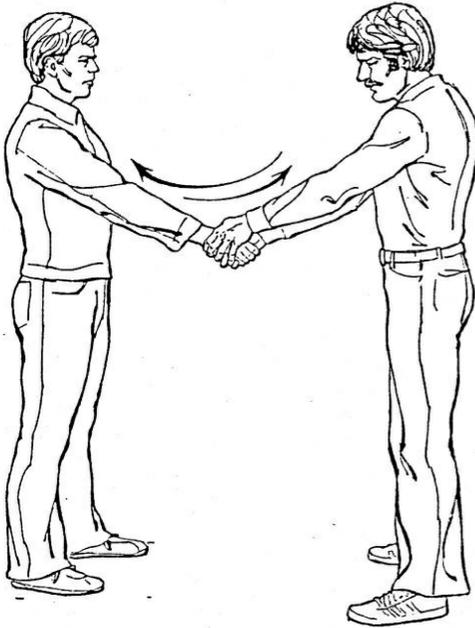


**ACTION:** A. With your other hand, use the index and second finger to encircle your attacker's wrist while your thumb rests on the nail of his thumb.

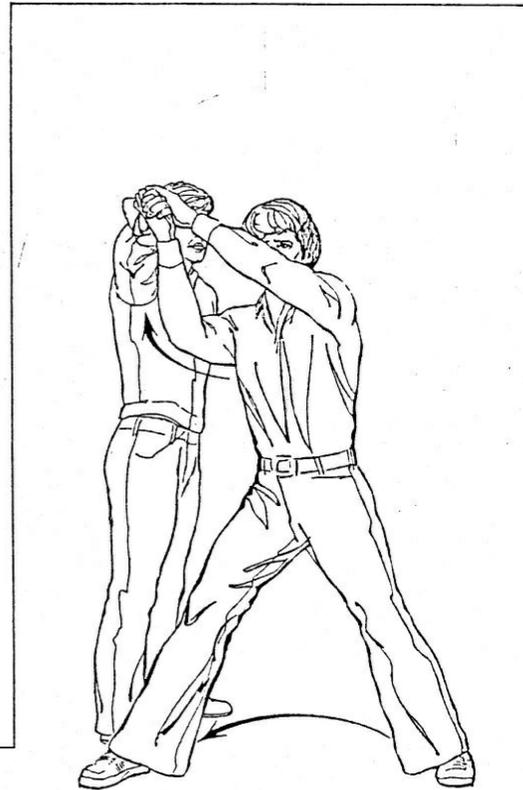


B. By folding the thumb in, as shown on illustration B, you are able to exert considerable pressure on his thumb, causing him to release his grip.

**SITUATION:** Your attacker has grabbed your hand, and after having tried to squeeze his thumb as shown on page 5, you have found yourself unable to release from his grip due to his greater strength, etc.



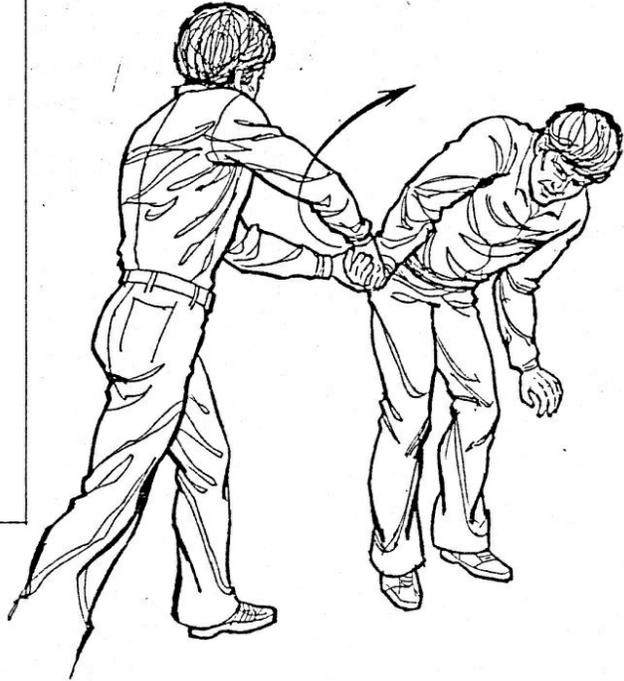
**ACTION:** A. With your other hand, cover the back of your attacker's hand and make a tight grip with both hands on his.



B. Your foot steps to the side of his foot while you move his hand up to about face level to allow your head to pass underneath his arm.



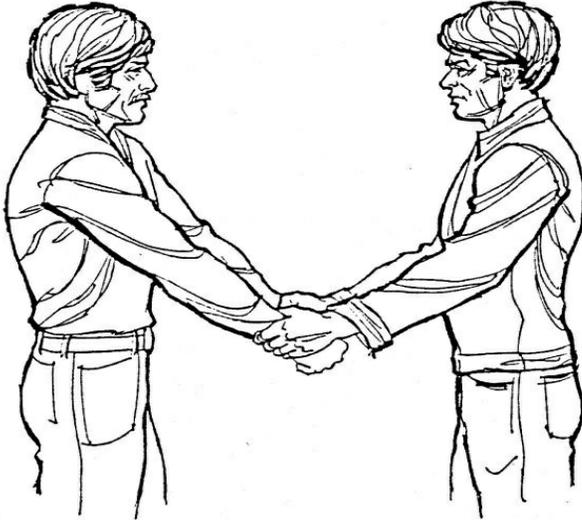
C. Maintaining the grip on his hand, you now step all the way through and keep twisting his arm in the direction that you have stepped.



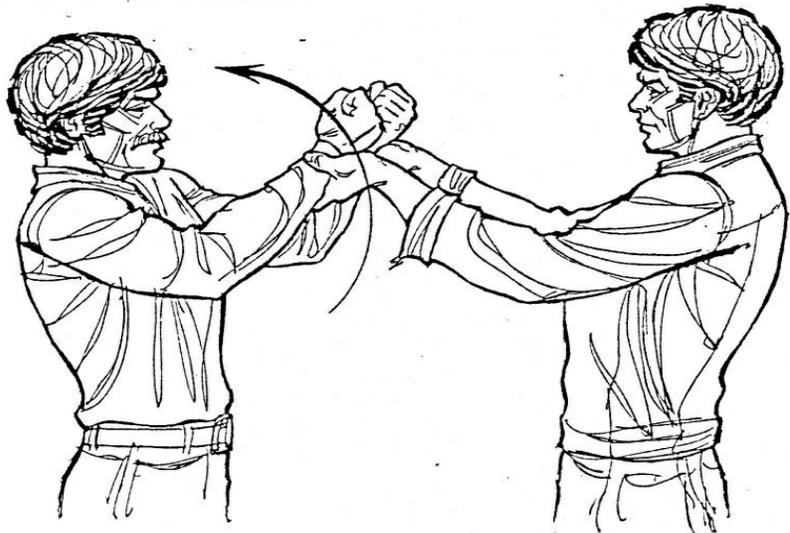
D. By maintaining the grip on the hand you have now twisted his arm and are causing an excruciating pain in his shoulder which can be increased by rapidly moving his arm up, causing it to come out of the shoulder joint.

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**SITUATION:** Your attacker has grabbed both your wrists, with his thumbs on the top.



**ACTION:** A. Make two fists curled in towards yourself, and move your hands in an upward direction in-between your attacker's arms.



B. It can be seen that by moving in this direction you are using all your power against the weaker hold that your attacker now has. By continuing the upwards motion you simply release the grip on your wrists.

**SITUATION:** Your attacker has grabbed both your hands with his thumbs underneath.



**ACTION:** A. Move your right hand towards your attacker's chin while your left hand twists inwards to grab his wrist. Since you are moving in the direction of his thumbs your power is considerably greater than the power he has to restrain your motion.

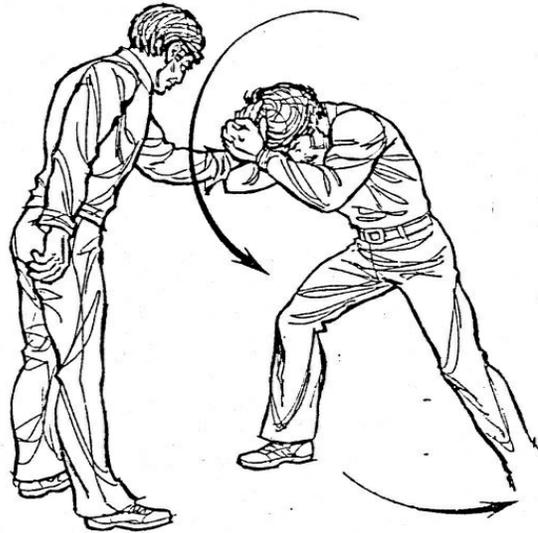
B. Pushing with the heel of your hand against his chin will cause him to fall backwards, while you control this motion with your left hand. Your aim to get out of the grip has been accomplished and later chapters will show how you can utilize your advantageous position to now render your attacker helpless.



**SITUATION:** Your attacker has grabbed your hair.



**ACTION:** A. Keep a close look at your attacker's other hand and legs to be sure that he is not going to attack you.

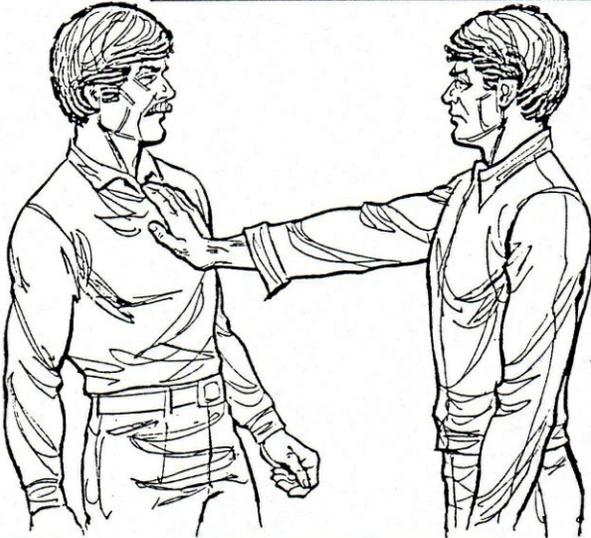


B. Move both hands to the top of your head and trap his hand by putting pressure on the crease between his hand and his wrist. At the same time take a step back with one leg. By bending your head and body down you will force him to bend down also, or have his wrist broken.

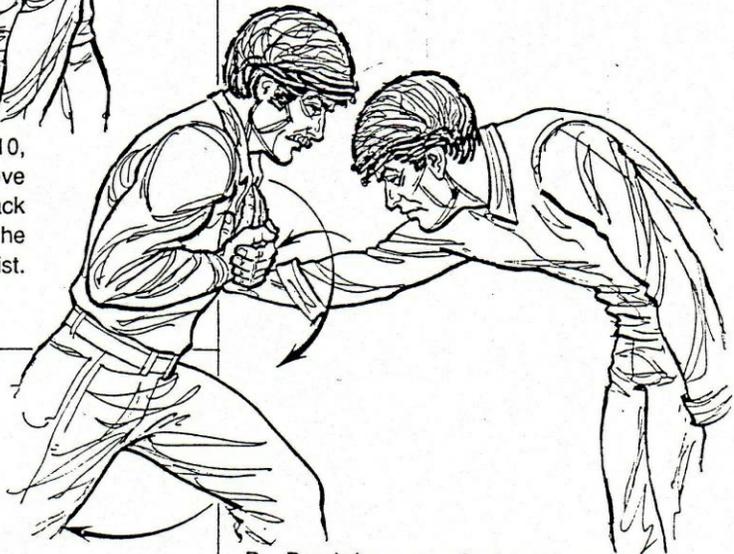


C. After you have made him bend down, rapidly return to your standing position and use your knee to inflict damage to the bottom of his face. Be sure to bring the knee underneath his jaw and not into the front of his face since contact with his teeth might cut your knee.

**SITUATION:** Your attacker is pushing against your chest trying to force you backwards.



**ACTION:** A. Similar to the Situation on page 10, keep an eye on your attacker. Move both your hands to cover the back of his hand putting pressure on the crease between his hand and wrist.

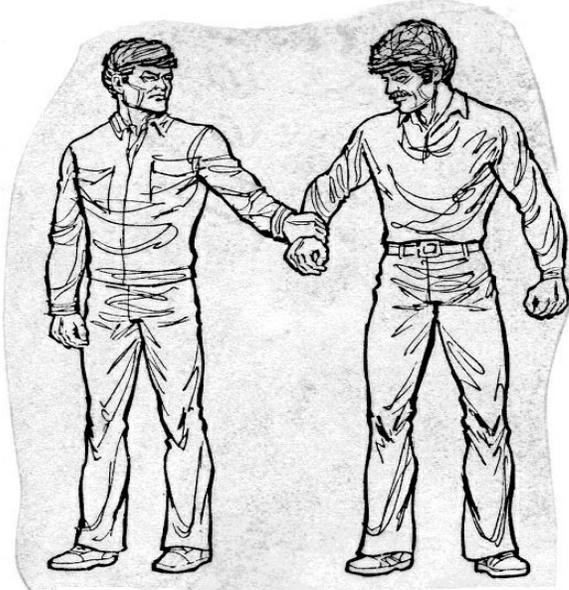


B. Bend down your body while stepping back with one leg, but in this case, keep your head looking straight forward.



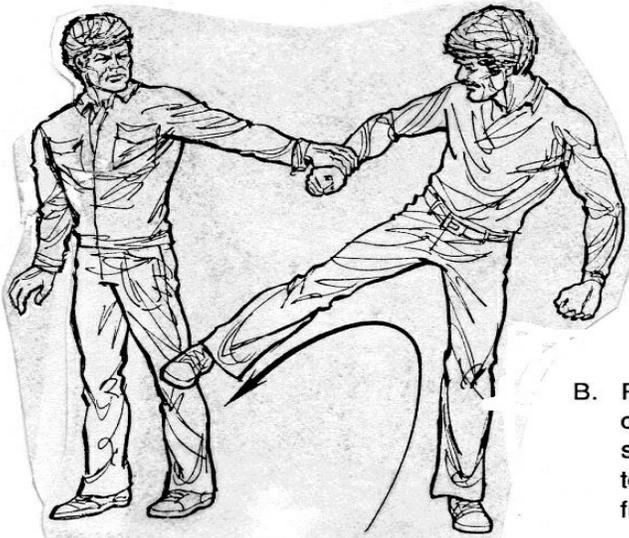
C. Rapidly move your knee back up to inflict damage to the lower part of his face.

**SITUATION:** Your attacker has grabbed your wrist from the side and is trying to force you to come with him.



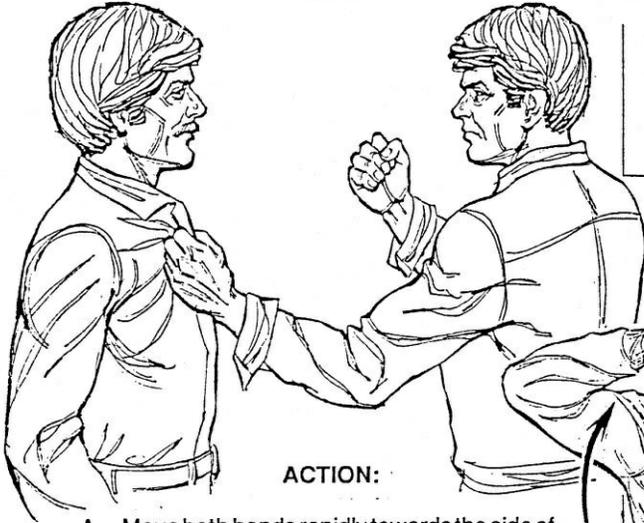
**ACTION:**

- A. Shift your balance to the leg which is furthest from your attacker.



- B. Raise your leg and sharply kick with the side of your foot to the side of his knee inflicting sufficient damage and distraction to allow you to release your hand with a circular motion from his grip.

**SITUATION:** Your attacker has grabbed the front of your coat and is about to hit you with his fist.



**ACTION:**

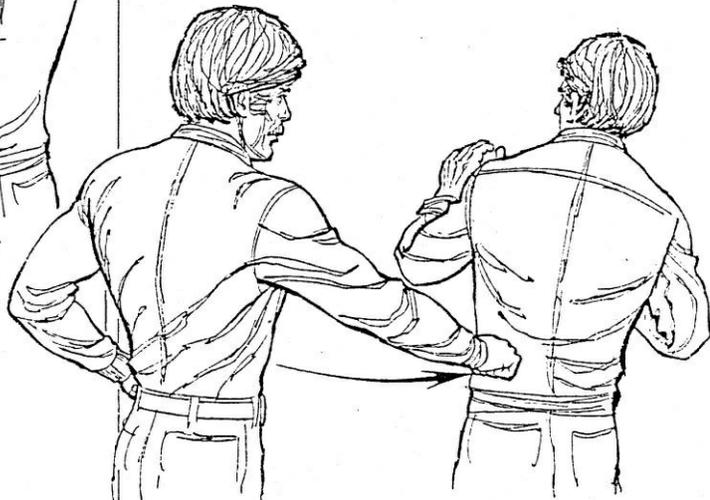
- A. Move both hands rapidly towards the side of your head to first of all fend off the blow which you are expecting.



- B. Then, by holding your fist cupped in the other hand, move the elbow over the arm that is holding your coat.



- C. By moving your elbow against the back of your attacker's wrist you will force his hand away from the grip on your coat while at the same time turning his body away from yours.



- D. This gives you the opportunity to punch him in the kidney area.

**SITUATION:** Your attacker has grabbed the front of your coat, high up, and is standing closer to you.



**ACTION:** A. Move your hands up similar to the Situation on page 13, and again, move your elbow over your attacker's arm thereby trapping his hand between your upper arm and your chest.



B. Move the arm nearest your attacker around his arm and underneath back to the position where you can grab the front of his coat.



C. Your other hand will go to the top of his coat close to the chin while at the same time your leg will put pressure on the side of his knee. Now, pushing with your foot and pulling with both hands, he will fall to the floor with the possibility of his trapped wrist becoming dislocated.

**SITUATION:** Your attacker has grabbed your shoulder with his right hand. (If left hand, actions are reversed)



**ACTION:** A. Your right hand will go towards the top of your attacker's hand putting the thumb on the back of his hand and your fingers underneath.

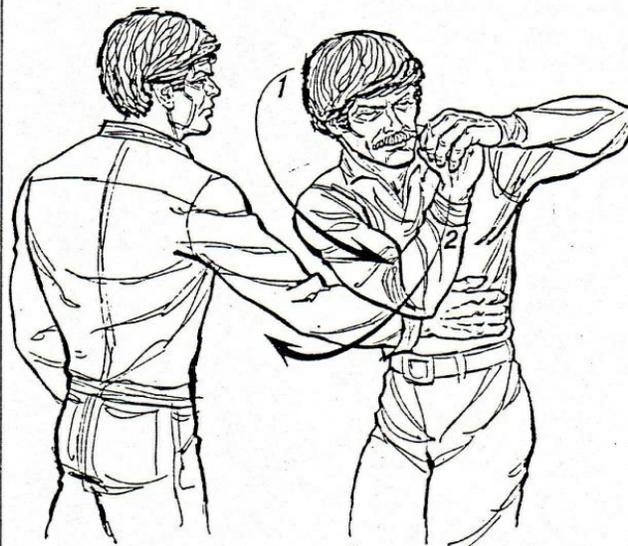
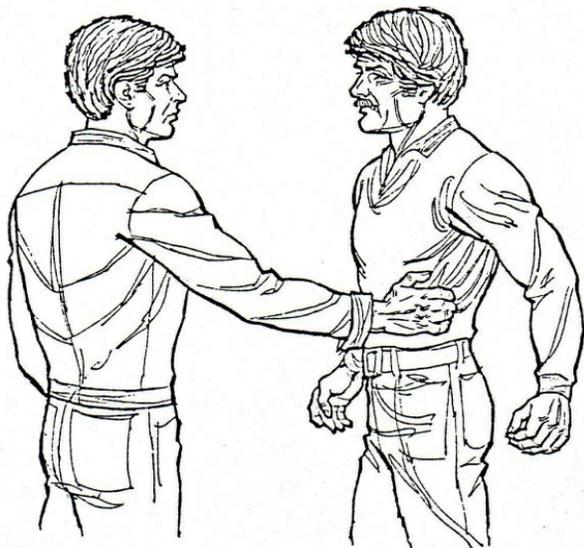


B. Maintaining pressure on his hand twist your body towards your right and allow your left hand to also come up to his hand, making sure that the thumb of your left hand will be next to the thumb of your right hand thereby trapping his hand.

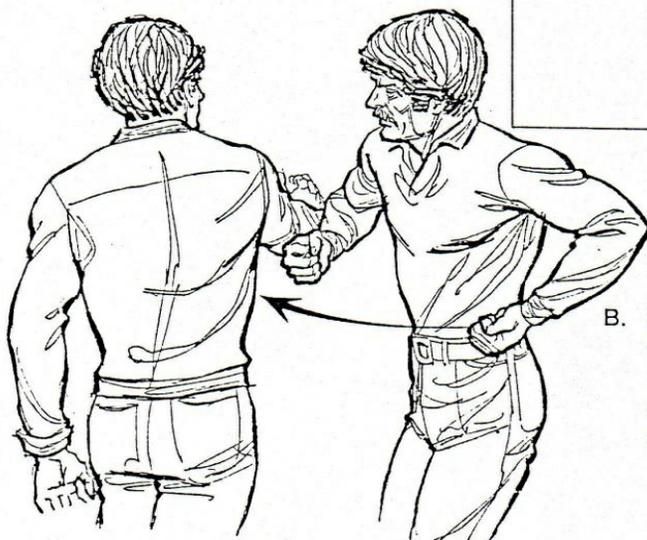


C. Putting sharp pressure on his hand with your thumbs will force his body to bend down or have his wrist broken.

**SITUATION:** Your attacker has grabbed the side of your coat or body.



**ACTION:** A. Bring both hands up towards your face covering your right fist with a cupped hand.

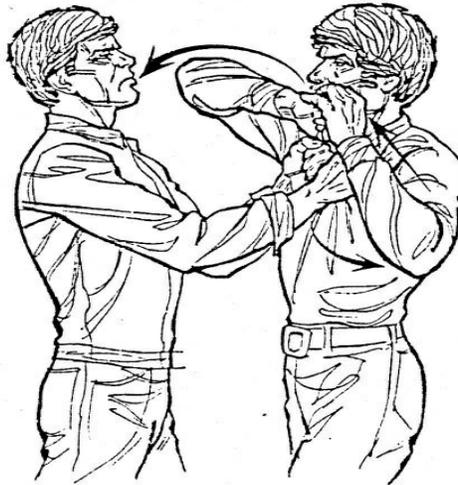


B. By moving the elbow behind your attacker's wrists and turning your body sharply to the right you will force his hand away from your side. This would allow you to punch his kidney, similar to the Action shown on page 13.

**SITUATION:** Your attacker has grabbed both lapels of your coat or shirt with his hands.



**ACTION:** A. Bring your hands in front of your face and cup your right fist with your left hand.

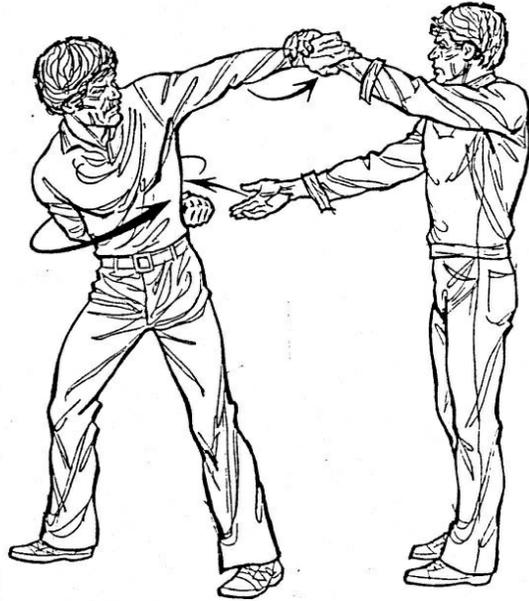


B. Sharply move your right elbow towards your attacker's face hitting the side of his chin. This will release his grip.

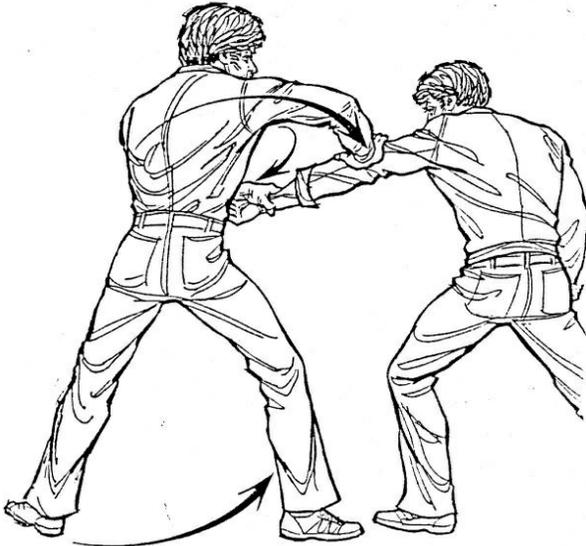
**SITUATION:** Your attacker has grabbed your wrists behind your back.



**ACTION:** A. Step forward with your right foot while folding your right arm behind your back.



B. By twisting your body in a semi-circle you will now release your right hand while allowing you the opportunity to grab his left wrist with your left hand.

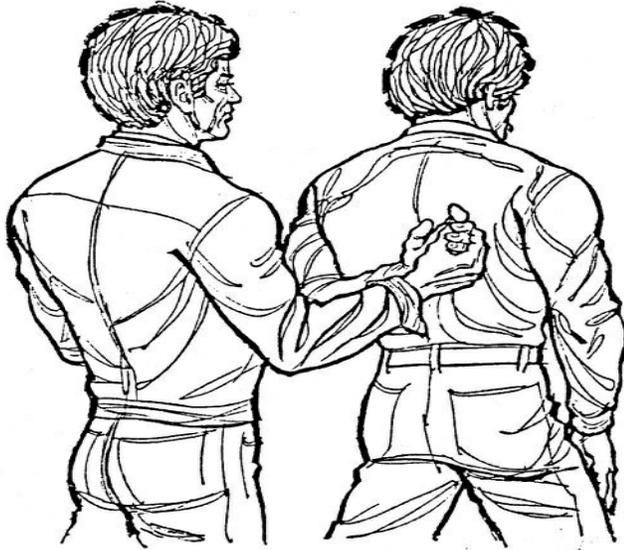


C. Continue pressure on his elbow, forcing him to the floor.



D. Continuing this pressure could ultimately dislocate his arm.

**SITUATION:** Your attacker has folded your arm behind your back and is keeping it locked.



**ACTION:** A. Make a fist of your right hand and move your elbow up.



B. By turning towards your right (the opposing side where your arm is held) you are now able to aim with your elbow towards your attacker's jaw. Depending on the force applied, you could dislocate or break his jaw.

## CHAPTER 2

### Body Holds

Sometimes the attacker grabs just a portion of your body, clothing, or arms. Other times he tries to encircle the whole body, generally with both arms, and has very close, intimate contact with you. In such cases it would be very effective to hit, kick or punch your attacker before he actually has firm hold of you. However, we are dealing here with a situation where it is too late for that, and he has already grabbed hold of your body. Usually, since it is a hold and not a kick or a punch, you have a split second to recognize what he is doing, organize your thoughts, and perform the appropriate defense. In time, when you have practiced these moves, they will become natural reactions and you will automatically slip into the proper defense for the specific attack. The right way to learn this is to very slowly and deliberately consider what the proper action is then slowly and deliberately move through that particular action. Once you have mastered the move you will automatically be able to speed up the process to get out.

**SITUATION:** Your attacker has encircled your waist with both his arms while allowing freedom of both your arms.



**ACTION:** A. Move both hands towards your attacker's head.



B. With one hand grab the rear of his head or hair while the other hand forms a cup and presses underneath the chin. Exert a twisting pressure on the head causing his head to turn. It forces him to release the grip around your waist.



C. Continue the pressure underneath his chin and the pull on his hair, completely breaking the grip and forcing him to the ground.

**SITUATION:** Your attacker has applied a frontal bear hug around the top of your body enclosing both your arms.



**ACTION:** A. Straighten out your body and form your hands into fists.



B. Sharply bend your arms at the elbows and apply a blow to your attacker's kidney area with your fists from both sides. This will cause a sharp pain in his side causing him to release his hands.

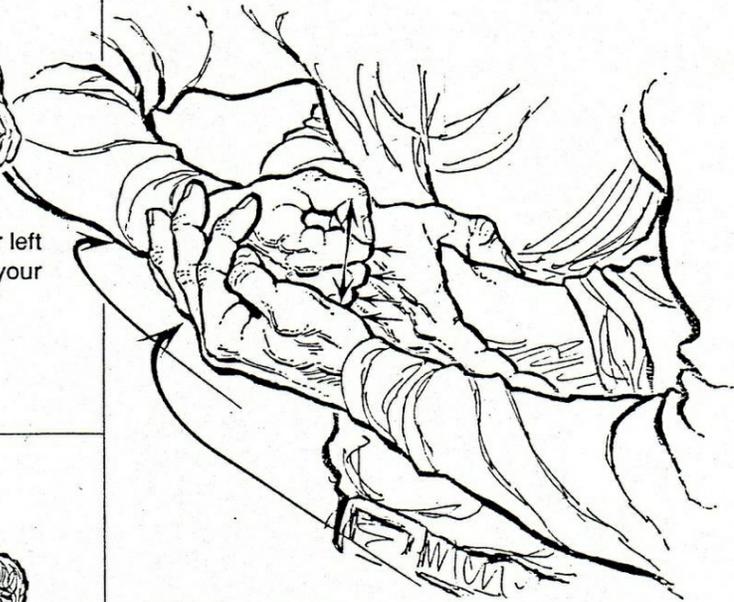


C. Step back with the right foot while throwing a spear hand to his throat.

**SITUATION:** Your attacker has grabbed your upper torso from the rear applying pressure to your chest by interlocking his own hands. Your arms are free to move.



**ACTION:** A. Make a fist with your right or left hand and cup the fist with your other hand.



B. Rapidly rub the knuckles of your fist over the back of your attacker's top hand creating a painful action that causes him to temporarily release his grip. (This action is somewhat similar to the movement of a stick over a washboard whereby the ribs of the washboard are similar to the bones in the back of your attacker's hand.)



C. As soon as he has somewhat released his grip around your body you rapidly turn around with one elbow raised aiming this elbow for the side of his head.

**SITUATION:** Your attacker has grabbed your upper body from the rear with both of your arms enclosed.



**ACTION:** A. By looking over either shoulder see where your attacker's feet are placed.



B. Lift up the knee of the appropriate leg and rapidly step down with your heel on the instep of his foot. **NOTE:** This action can be applied in almost all cases where you are grabbed from the rear although it is mainly related to having been grabbed with the arms tightly enclosed around the elbow area.

**SITUATION:** Same as Situation on page 26 but your attacker has now grabbed you somewhat higher around the body.



**ACTION:** A. With the right hand grab your attacker's right leg or trousers.



B. While maintaining a good grip on the trouser leg, turn your hips away from him creating a space for your right leg to step through his legs.  
*ALSO*

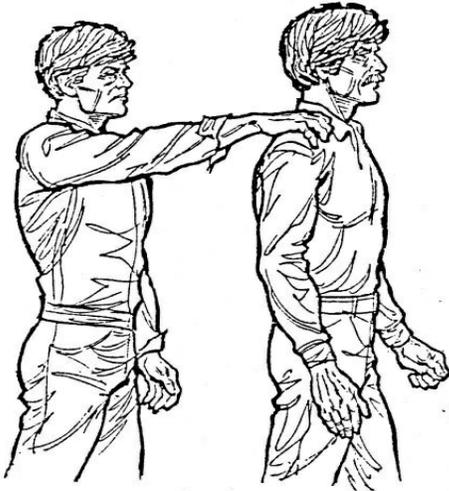


C. Step behind his left leg while bending the body slightly downwards.

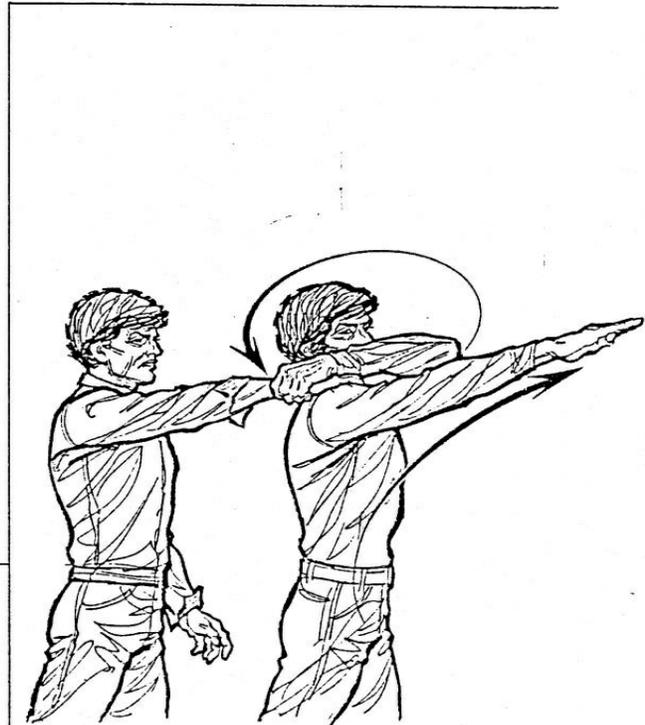
D. Now move up your right arm towards his armpit in a circular motion. Continue the movement until he falls over your slightly bent right leg.



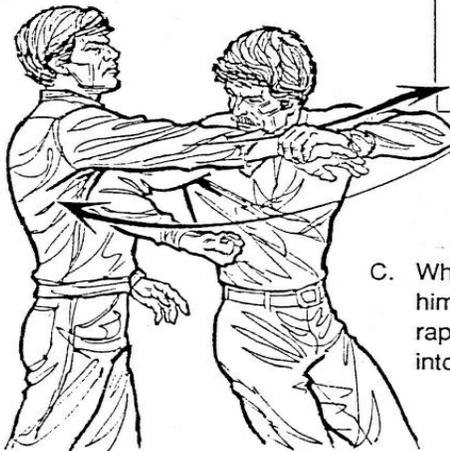
**SITUATION:** Your attacker has grabbed your right (or left) shoulder from the rear.



**ACTION:** A. Verify that your attacker's right hand is touching your right shoulder (or vice-versa).



B. Use your left hand to reach in front of your face grabbing his wrist. At the same time your right hand goes forward away from the body to create the inertia required for the next motion.



C. While you are turning your body towards him, pull forward with the left hand and rapidly move the elbow of your right hand into the side of his chest.

**SITUATION:** Your attacker has grabbed you around the knees from the rear.



**ACTION:** A. Cup the fist of one hand with the other and twist your body towards his.



B. Point down with your elbow towards your attacker's neck and strike a blow in this area. This will cause him to release the grip around your knees allowing you to roll forward out of this hold or to step away from him.

**SITUATION:** Your attacker has encircled your head from the rear and trapped your arms with his. (The classical Full Nelson)



**ACTION:** A. Move your arms up in the air while twisting on the heels of your feet.



B. Continuing to twist sink all the way through until one knee touches the floor.



C. With one knee on the floor and the hands having reached your attacker's head start bending forward and maintain contact between his upper chest and your back.



D. Maintaining a grip on his head keep pulling him over your right shoulder. The completion of this defense will cause him to flip over your right shoulder while breaking his grip on your hold.

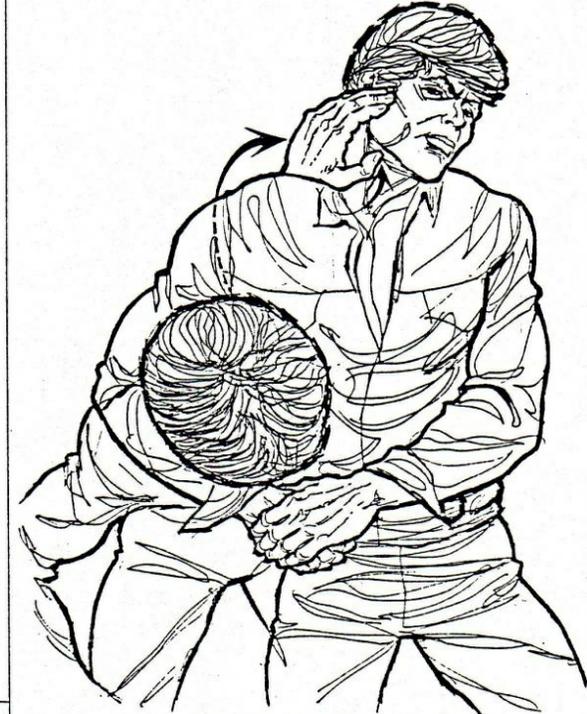
## CHAPTER 3

One of the more frightening and awkward holds is when your attacker has a hold of your head, around the neck, and is squeezing hard. There are, in principle, only three ways that your head can be held. The first two are in the standing position and the third is when you are lying on the ground. There are, of course, a large number of different ways to hold a person's head and each attacker will do it differently. For example, in the first head hold the illustrations show that the attacker is grabbing his own hand on the outside, whereas someone else might interlock the fingers or grab his own jacket. The danger of being grabbed around the head is that your attacker will want to force you to the ground and, in doing so, will put a lot of strain on your neck. Therefore, it is **very Important to analyze quickly** which way he is holding you and perform the appropriate defense.

**SITUATION:** Your attacker has encircled your neck and head from the side.



**ACTION:** A. Tuck your chin into your body while moving your left hand up behind your attacker's back.

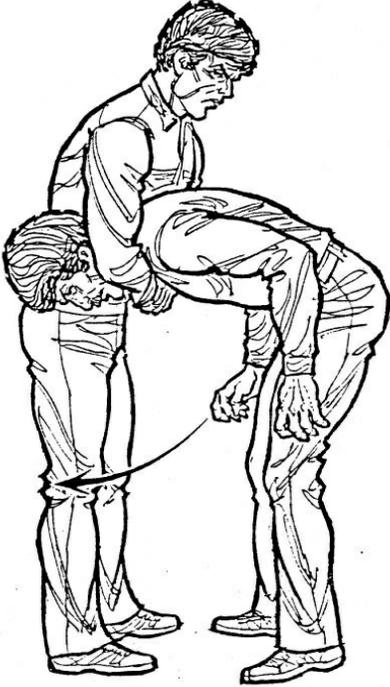


B. Reaching over his shoulder press your thumb in towards his neck just underneath the jaw.

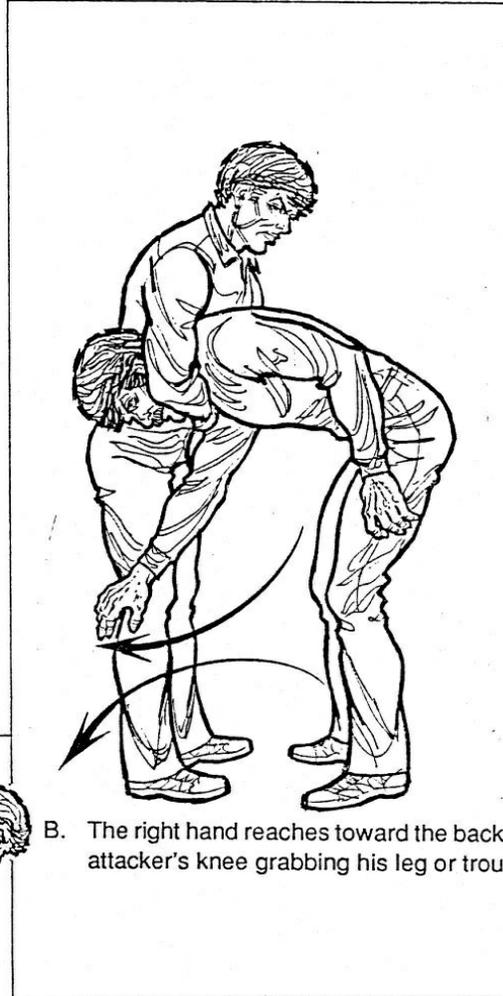


C. Continuing the pressure on his head and moving your body up will cause him to bend backwards. This will allow you to apply a kidney punch to his body area completely releasing you from the grip.

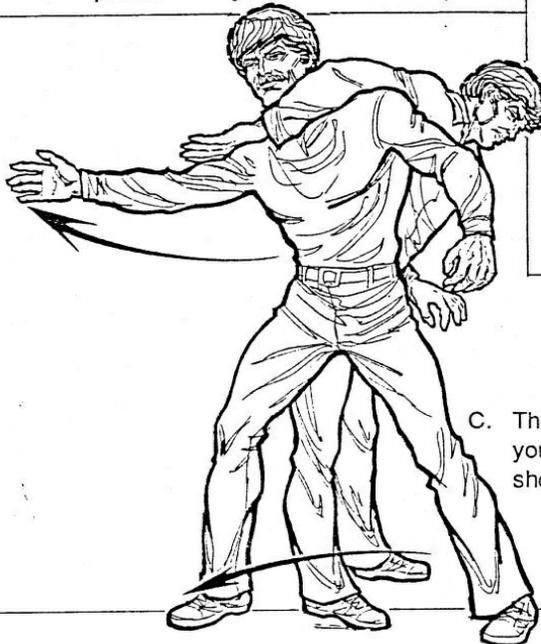
**SITUATION:** Your attacker has encircled your head and neck from the front.



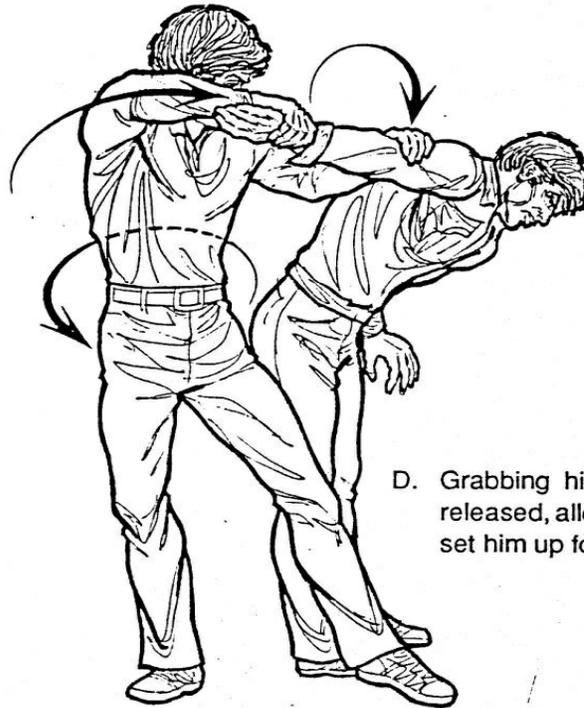
**ACTION:** A. Tuck your chin in towards your chest to relieve some of the pressure on your neck.



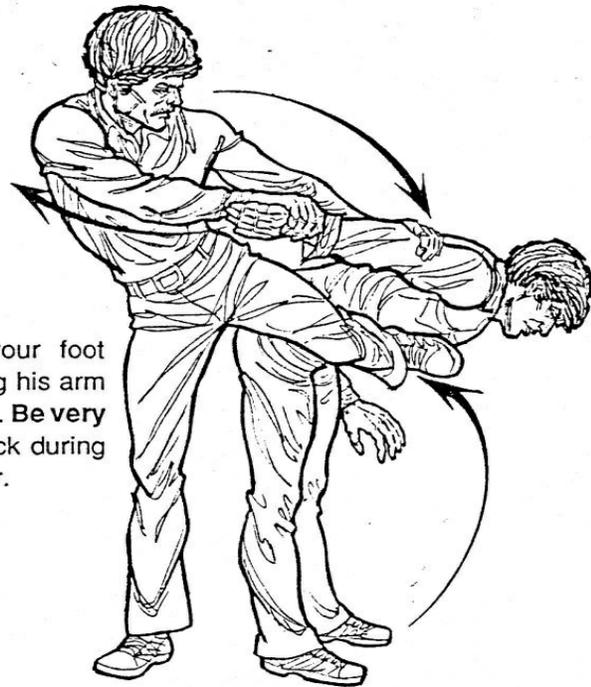
B. The right hand reaches toward the back of your attacker's knee grabbing his leg or trousers.



C. The right leg steps through the gap in-between your left leg and his right leg while the right shoulder forces his hand backwards.



D. Grabbing his arm, which has now been released, allows you to control his body and set him up for a kick in the solar plexis.



E. Rapidly moving the heel of your foot towards his body while controlling his arm can cause serious damage to him. **Be very careful** to stop short with this kick during practice with your training partner.

**SITUATION:** Your attacker has grabbed your upper body from the rear with both of your arms enclosed.



**ACTION:** A. Move your left hand up towards your attacker's face.

B. Push your thumb into his neck just underneath the jaw forcing his head backwards.



C. When enough movement of his head has occurred move your left leg over his face forcing him back even further with the power of both your leg and your hand. This will release his grip around your head by freeing his right hand.



D. Grab his free arm and apply pressure on the wrist eventually breaking his arm at the elbow joint. Be sure to maintain pressure on his face with your leg.



# CHAPTER 4

## Strangulations

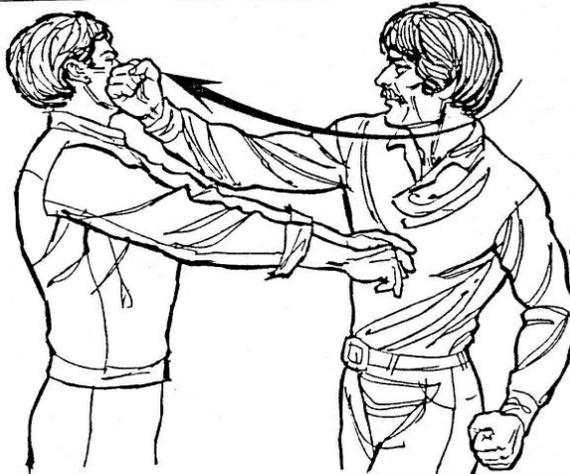
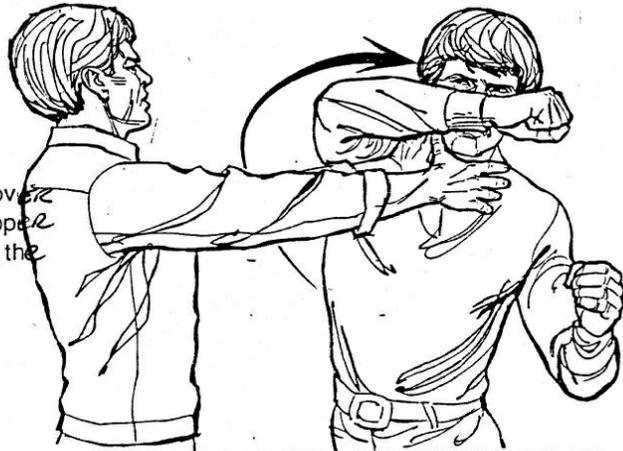
A most disconcerting attack is being strangled by an attacker. If this strangulation is from the rear it is even more confusing since it is often a total surprise. Again, as with other moves, you have some time to analyze what is being done to you and then perform the appropriate defense. The important point is not to panic because your throat is being held, since you have a certain number of seconds to collect your thoughts. Use these seconds to select the appropriate defense and then act with all the power that you have. During the stages where you are learning the moves you should go through the slow and deliberate movements required to extricate yourself. Your training partner will help you by not putting any pressure on your throat, which might otherwise create a panic situation. After this has been tested a few times and the proper moves become easier for you then slowly allow your partner to increase the pressure on the throat to simulate the real thing. It should be noted that strangulations are usually performed with two hands to the throat but may also be performed with an arm around the neck from the rear. There are many variations of strangulations but all are related to the basic moves shown in this chapter.

**SITUATION:** Your attacker applies a frontal straight arm strangulation.



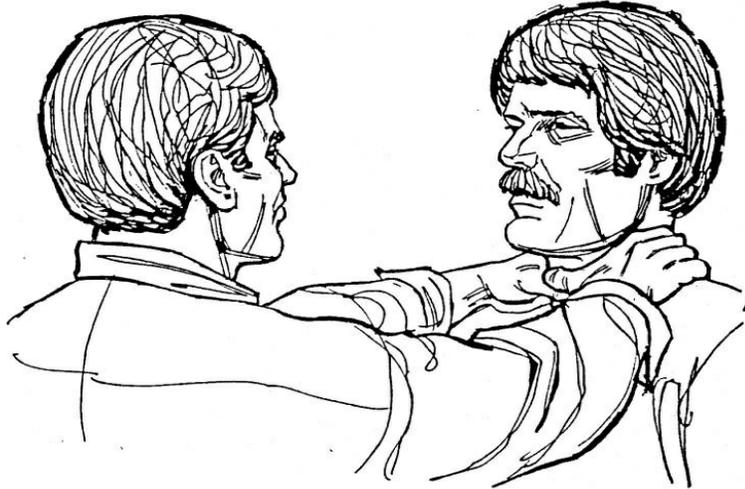
**ACTION:** A. While pivoting on the ball of your feet move your right arm up in a circular motion.

B. Continuing the circular motion over your attackers wrists twist the upper part of your body thereby breaking the strangulation on your neck.



C. Return the back of your fist in a straight arm motion towards the side of his jaw.

**SITUATION:** Your attacker applies a frontal strangulation, his arms are bent.



**ACTION:** A. Holding the fingers on both hands very stiff rapidly move the hands up towards your attackers throat passing your hands through the space in-between his arms.

B. Make contact with the fingertips of your hands to both sides of the throat in one simultaneous motion.



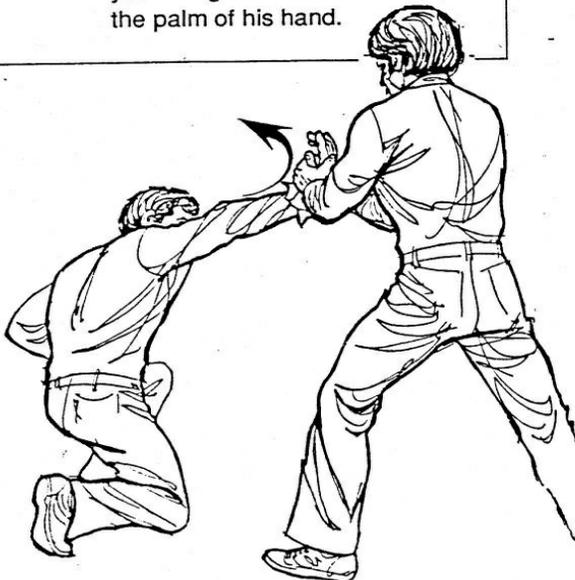
**SITUATION:** Your attacker is applying a frontal strangulation with both arms straight.



**ACTION:** A. Move the top right (or left) hand over the top of your attacker's arms and grab his opposing hand applying pressure with the thumb on the back of his hand with your fingers underneath - the palm of his hand.



B. Turn the hand in a circular motion while allowing your left hand to come up to your right hand also applying the thumb of the left hand to the back of his hand.



C. Continuing this motion, while making sure that his hand remains folded over, will force him to the floor.



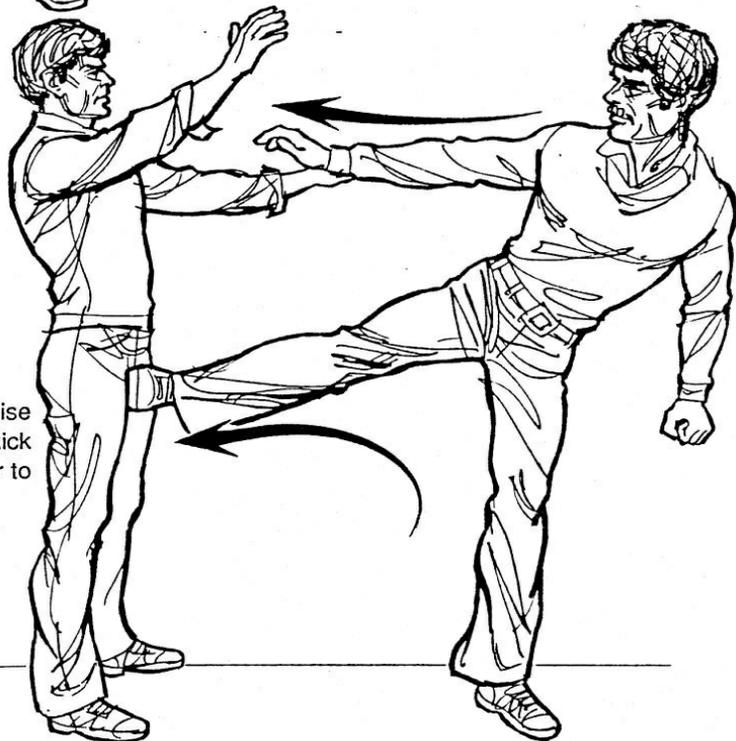
D. In this position you have total control over him allowing you to apply a front snap kick to his rib cage, completely immobilizing him.

**SITUATION:** Your attacker is applying a strangulation while standing to your left or right side.

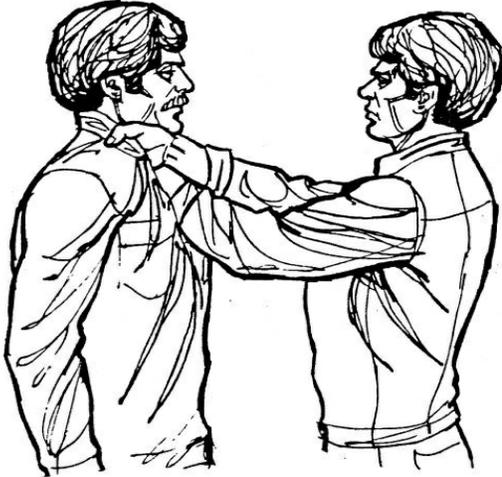


**ACTION:** A. Raise the hand that is closest to your attacker and push sharply against his chest with the flat of your hand (or, for a more severe action, press your rigid fingers in his throat).

B. When he starts to move away raise your right leg and apply a kick sideways to his lower abdomen or to his knees.



**SITUATION:** Your attacker has applied a cross-hand strangulation from the front.



**ACTION:** A. First of all, dig your chin in towards your chest to relieve some of the pressure on your throat.



B. Depending on which of your attacker's arms is on the top you will use the same side arm to make a downwards motion through his arms.



C. With the hand that has just gone through his arms grab your other hand and make an opening through which your head can turn between both your arms and his.



D. After you have moved your head and arms completely through the created opening attack the side of his face with your elbow by returning your elbow towards his face using one sharp motion.

**SITUATION:** Your attacker has applied a strangulation from the side, his arms are bent.

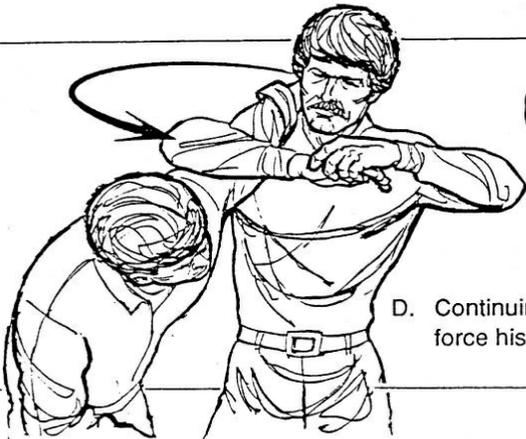


**ACTION:** A. With the arm nearest to your attacker make a circular motion with your arm behind the top of his arm.



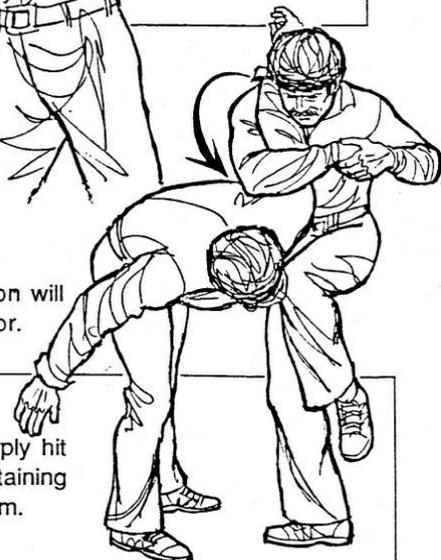
B. Raise your free arm to approximately eye level ready to receive your encircling arm.

C. By grabbing your own hand and putting pressure on the back of his arm you are able to release his grip on the back of your neck.



D. Continuing in a circular motion will force his head towards the floor.

E. With the opposing knee sharply hit him under the chin while retaining pressure on the back of his arm.



**SITUATION:** Your attacker has grasped your throat and is pushing you up against an obstacle.



**ACTION:** A. Tense up your throat muscles to relieve some of the pressure on your throat.



B. With the index finger of your opposing hand press down on the soft spot below your attacker's Adam's apple and continue this pressure until you move him away from you.

**SITUATION:** Your attacker has applied a strangulation from the rear, his arms are straight.



**ACTION:** A. Move your arms up towards your attacker's hands.

B. Grasp his little fingers with your thumb and forefinger, and while bending the little fingers backwards and out, remove his hands from your throat.



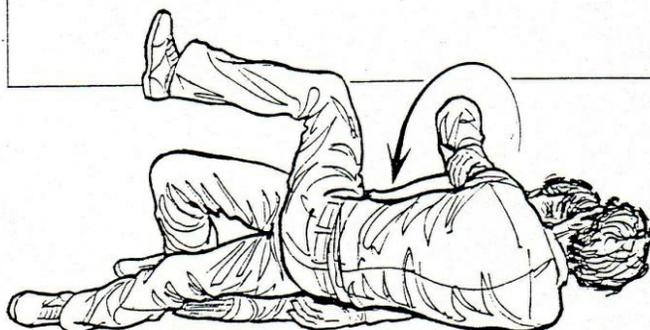
**SITUATION:** Your attacker has applied a strangulation with straight arms to your throat while sitting over you and on your abdomen.



**ACTION:** A. Move one hand to the side of your attacker's knee while the other hand applies pressure to his elbow.

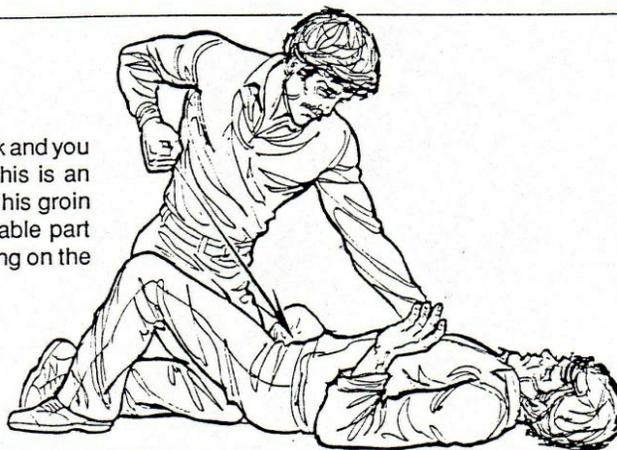


B. While maintaining pressure on the knee continue your pressure on the elbow pushing him away from you.



C. Continue to push him away and grab his elbow to allow you to follow his rolling motion.

D. He has now rolled away on his back and you are sitting in-between his legs. This is an ideal position to apply a punch to his groin area or towards any other vulnerable part that has presented itself, depending on the way you have rolled over on him.



**SITUATION:** Your attacker has applied a full arm strangulation to your throat from the rear and is bending you back.



**ACTION:** A. The first thing to do is to regain your balance by moving your lower back towards your attacker's knees creating a position where your center of gravity is below his.



B. At the same time that you are moving your body towards his body, grab his arm just above the elbow while your other hand moves up trapping his upper arm between your shoulder and the side of your forearm.



C. Maintaining constant tension and pressure on his arm keep bending your head forward and start to straighten out your legs.



D. Continuing this motion will raise him off the floor allowing you to turn your body even more and throwing him on the floor in front of you.



E. You will now have maneuvered him into an ideal position to attack him with your knee to the side of his rib cage or to apply a kick in the same area, depending on how he has fallen in front of you

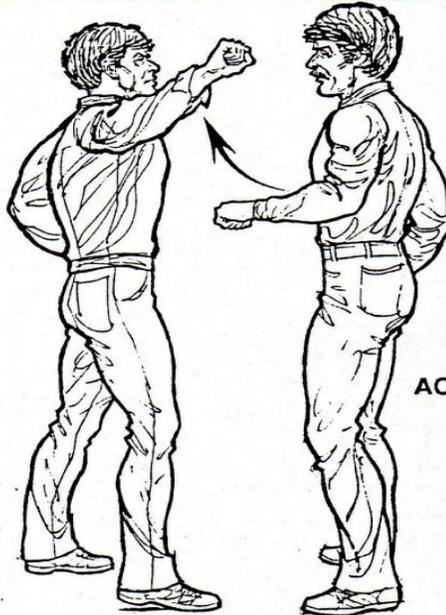


# CHAPTER 5

## Attacks (non-weapon)

As opposed to the previous chapters, this chapter will deal with situations where you are aware the attack is coming but you have not actually been grabbed. These attacks will generally be punches and kicks. If you are fighting a boxer it will be obvious from his stance if the person is proficient in the sport. In this case it would be important to stay away from the attacker until you see an opportunity to move in without receiving a serious blow. Dealing with a professional boxer deserves an entire book and would be somewhat difficult to include here.

**SITUATION:** Your attacker applies a swing blow towards your head.  
**NOTE:** As with all other attacks and defenses they are shown from one side only. Obviously, an attack could equally take place from the right or left side, and in these cases, the sequence of events is simply carried out in the opposite fashion.



**ACTION:** A. Move your left arm up to block your attacker's blow while stepping forward with your right foot.



B. Immediately after stepping forward with your right foot move your elbow towards his face.

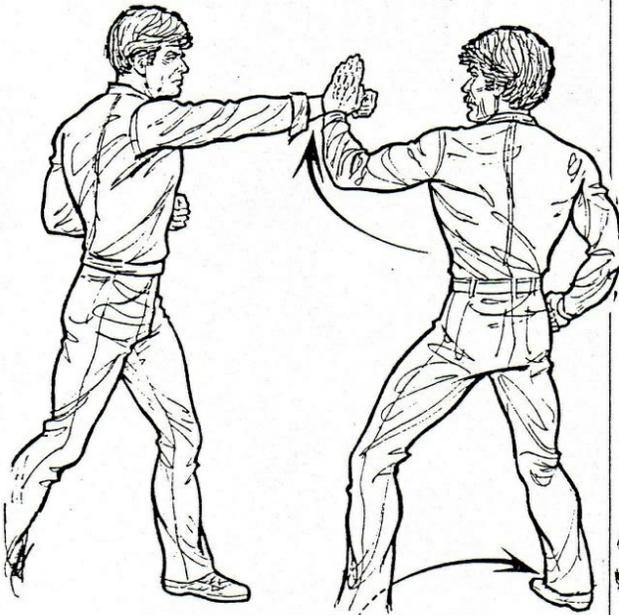


C. With the point of your elbow apply a blow to the side of his jaw making sure that your left hand maintains the block.

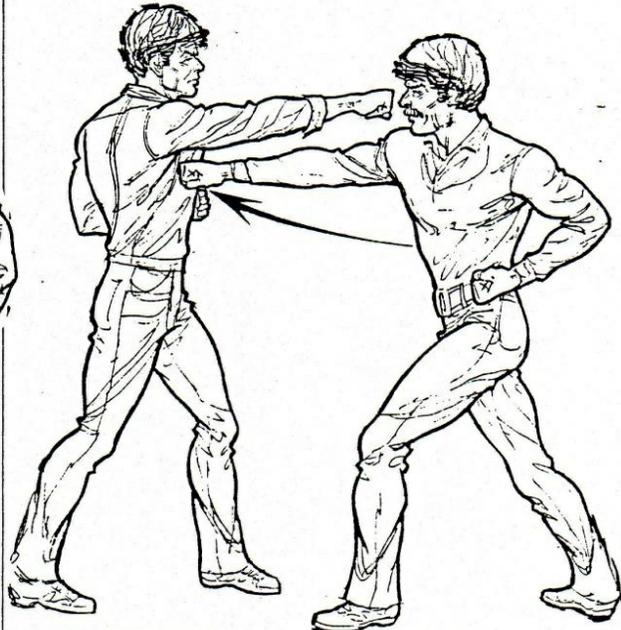
**SITUATION:** Your attacker shapes up in a traditional boxing stance and is ready to aim a right-handed punch towards your face.



**ACTION:** A. As soon as the attacker starts to throw the punch towards your face move up your left hand.



B. At the same time that the left hand makes contact with the side of his wrist and pushes it to the side your right foot has stepped back to position your body to the side of his direction.



C. By twisting your body in a left circular motion, while retaining your original footing, punch him just below his armpit with your right hand.

**SITUATION:** Your attacker will attempt to knee you in the groin while in a standing position.



**ACTION:** A. If your attacker strikes with the right knee turn towards your right while pushing his knee in front of his body.

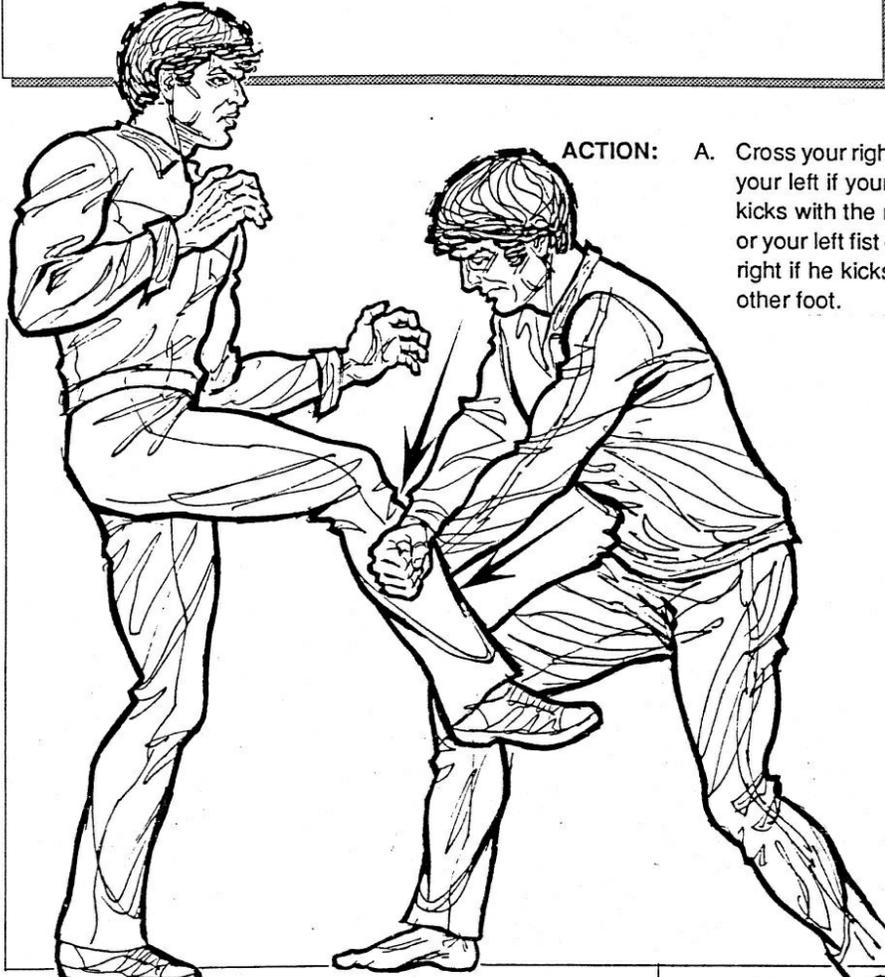


B. While turning your body raise your left leg reinforcing the protective motion that you started with your left hand.

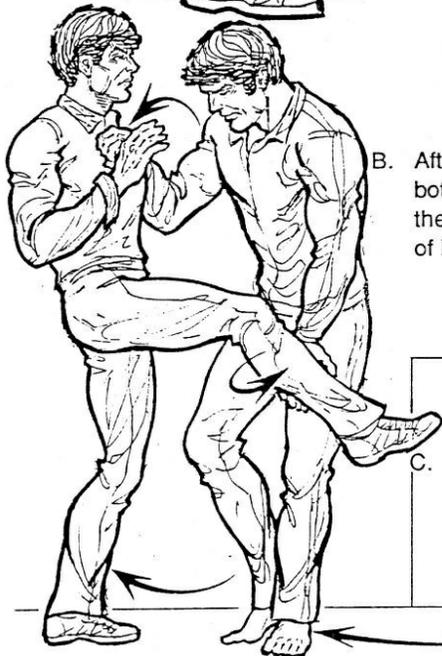


C. Immediately put your left leg down and raise your right knee. Make a left circular motion applying a blow to his abdomen with your right knee.

**SITUATION:** Your attacker applies a straight kick towards your body.



**ACTION:** A. Cross your right fist over your left if your attacker kicks with the right foot, or your left fist over your right if he kicks with the other foot.



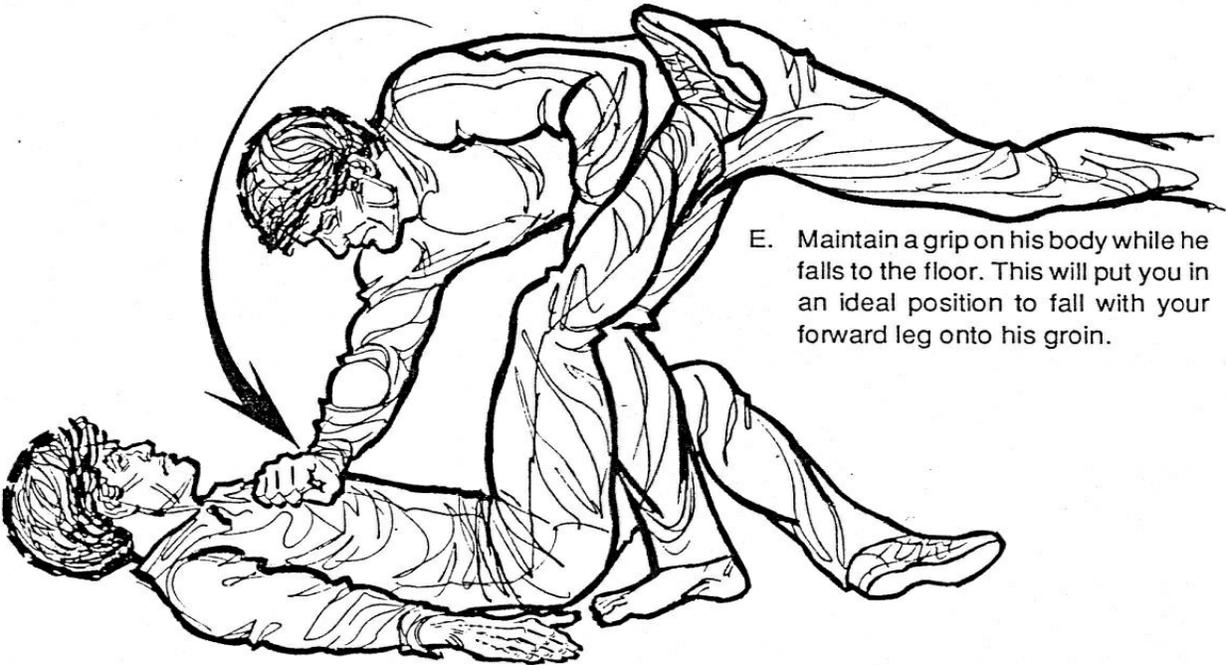
B. After having blocked the kick your bottom hand will grab his leg while the top hand will go towards the top of his coat.

C. While maintaining a grip on him with both hands your right leg will scoop with the back of your heel behind his knee.





D. Scooping his knee towards you, and applying pressure to the top of his chest while pulling the leg that had attempted to kick you, forces him backwards.



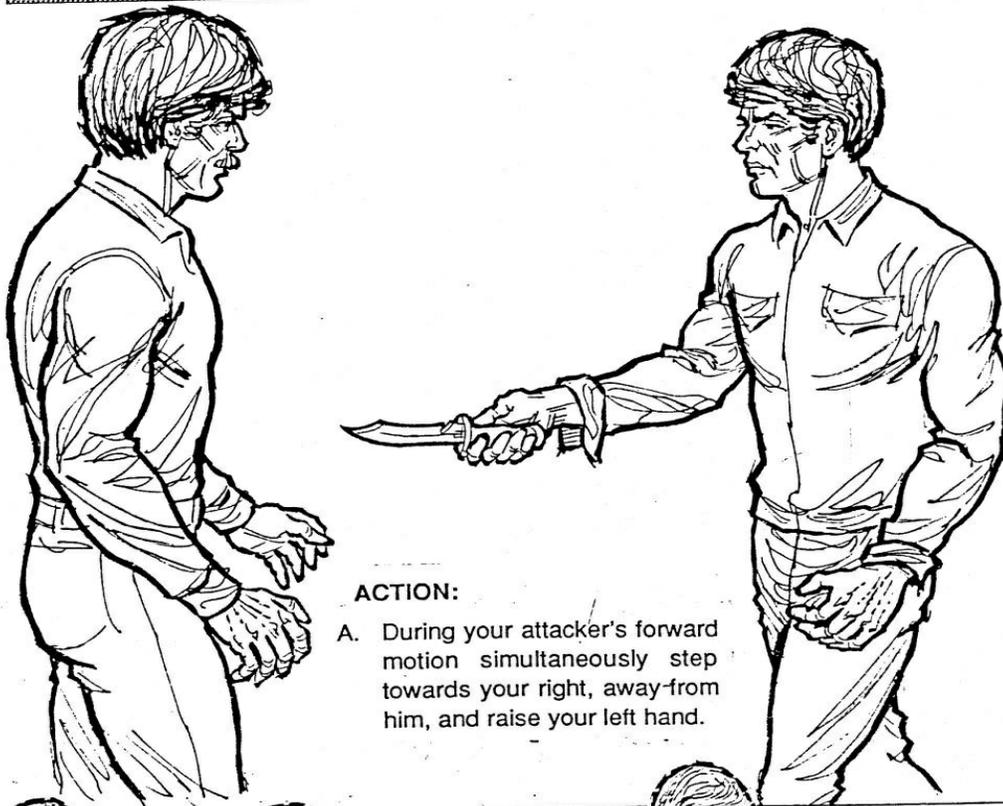
E. Maintain a grip on his body while he falls to the floor. This will put you in an ideal position to fall with your forward leg onto his groin.

## CHAPTER 6

### Attacks (with weapons)

I cannot stress strongly enough that the best defense against someone with a weapon is to get out of the situation as fast and as quickly as you can. It is infinitely preferable to get out of reach than to be deemed a hero who received a wound. It is better to have retreated than to lie bleeding on the ground defeated. The chances that you will receive some damage in a knife fight if the other guy has the knife are fairly good. It is just not worth your while to engage a knife fighter (or a person who has picked up a knife as a bluff) just to show how well you have learned your lessons from this book. Similarly, if a guy pulls a gun on you it is a lot safer to hand over your credit cards than to be the hero who has a hole in his head and is missing his wallet anyway. That does not mean that anyone who wants to mug you should be allowed to do so. It does mean that you are very careful about when you initiate your defense/attack. You have to be certain that your defense/attack has at least a 95% chance of succeeding. But there are times when you will know that your attacker is not going to be satisfied with just taking your money and that he will try to harm you. If this is the case, and you have no alternative, then you must use the powers at your disposal to defend yourself. This is the intent of this chapter-to show you what action to take under those conditions.

**SITUATION:** Your attacker is facing you with a knife and attempts to thrust the knife into your stomach.



**ACTION:**

- A. During your attacker's forward motion simultaneously step towards your right, away from him, and raise your left hand.



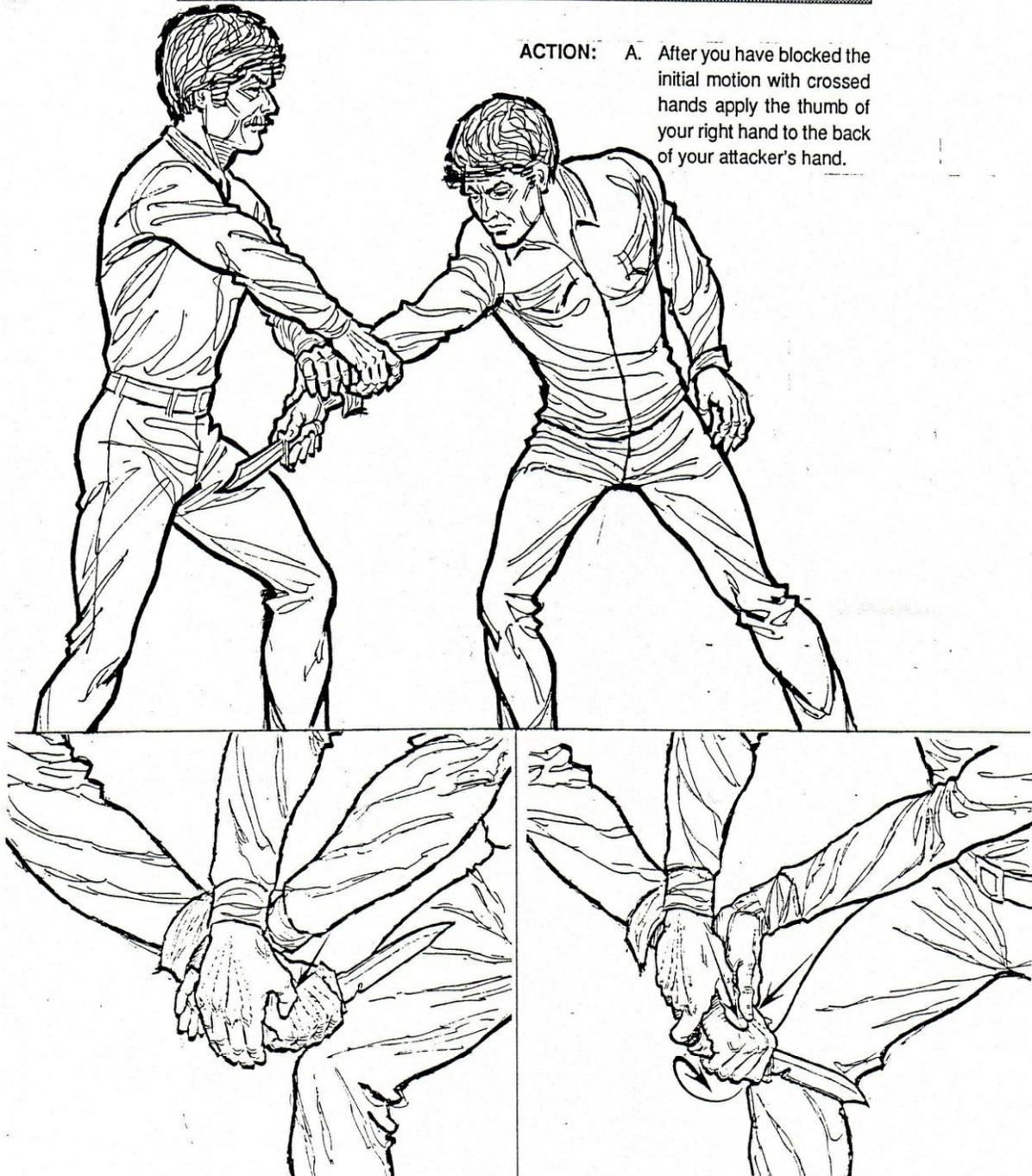
- B. Grab his wrist and guide his arm away from your body, generally in the direction that he intended to stab.



- C. Move your right hand towards your left, changing grips, and raise your right knee towards his chest. At the same time your left hand will grab his shoulder to maintain proper control of his body.

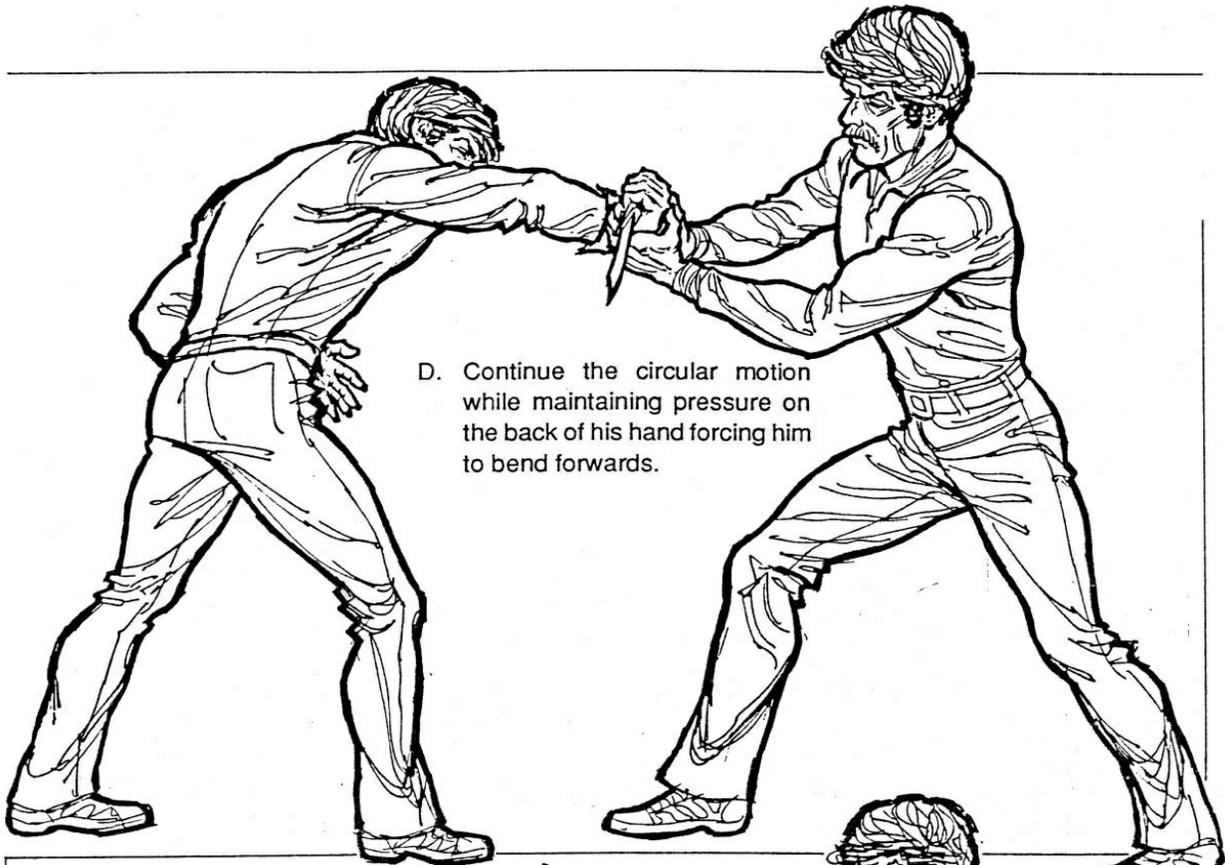
**SITUATION:** Your attacker attempts to stab you with a knife with a straight arm upward, circular motion.

**ACTION:** A. After you have blocked the initial motion with crossed hands apply the thumb of your right hand to the back of your attacker's hand.

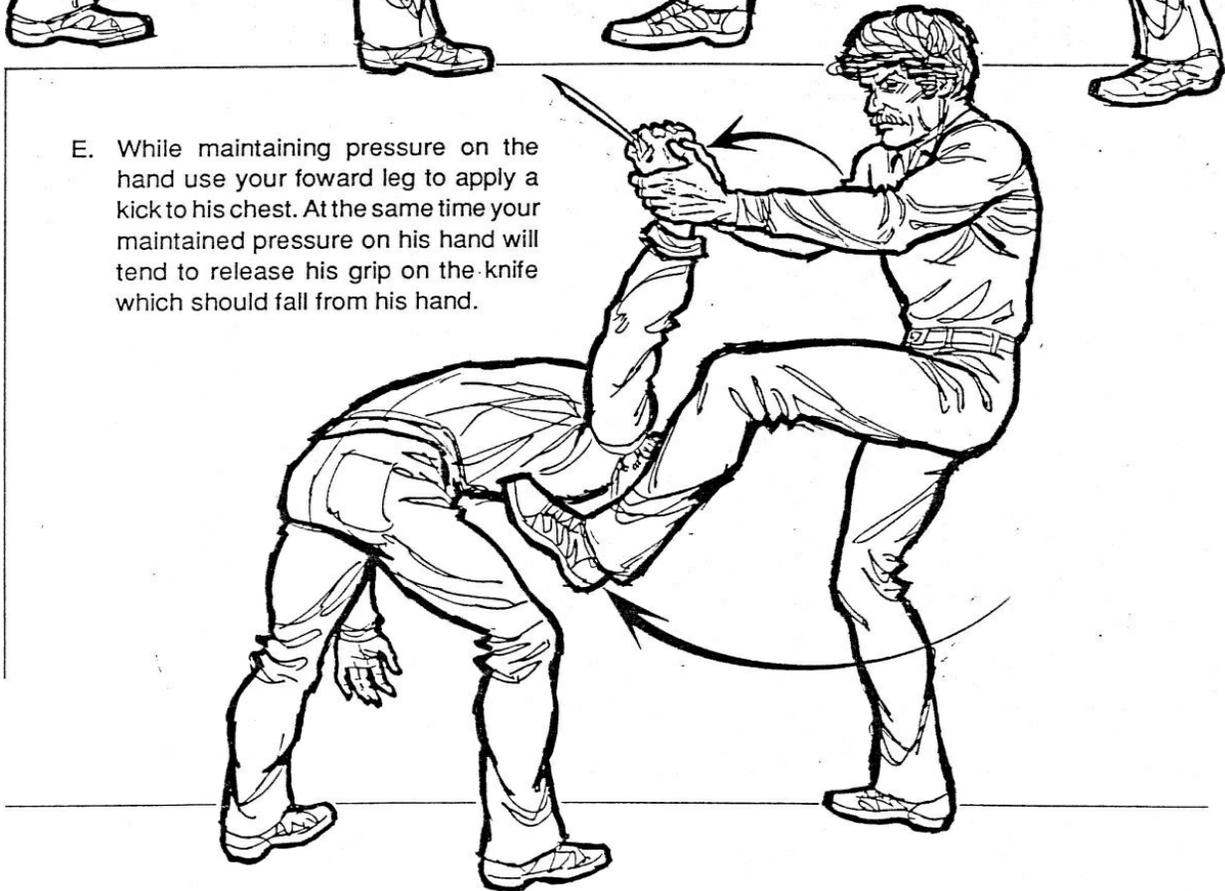


B. Grab his hand with your other fingers of the same hand.

C. While turning the hand in a circular motion twist your other hand and also apply the thumb of that hand to the back of his hand.



D. Continue the circular motion while maintaining pressure on the back of his hand forcing him to bend forwards.

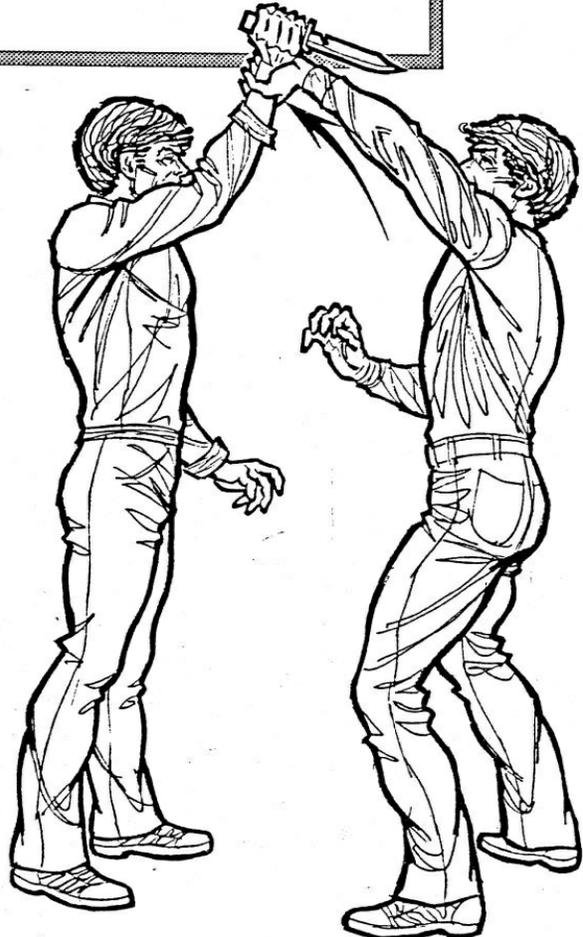


E. While maintaining pressure on the hand use your forward leg to apply a kick to his chest. At the same time your maintained pressure on his hand will tend to release his grip on the knife which should fall from his hand.

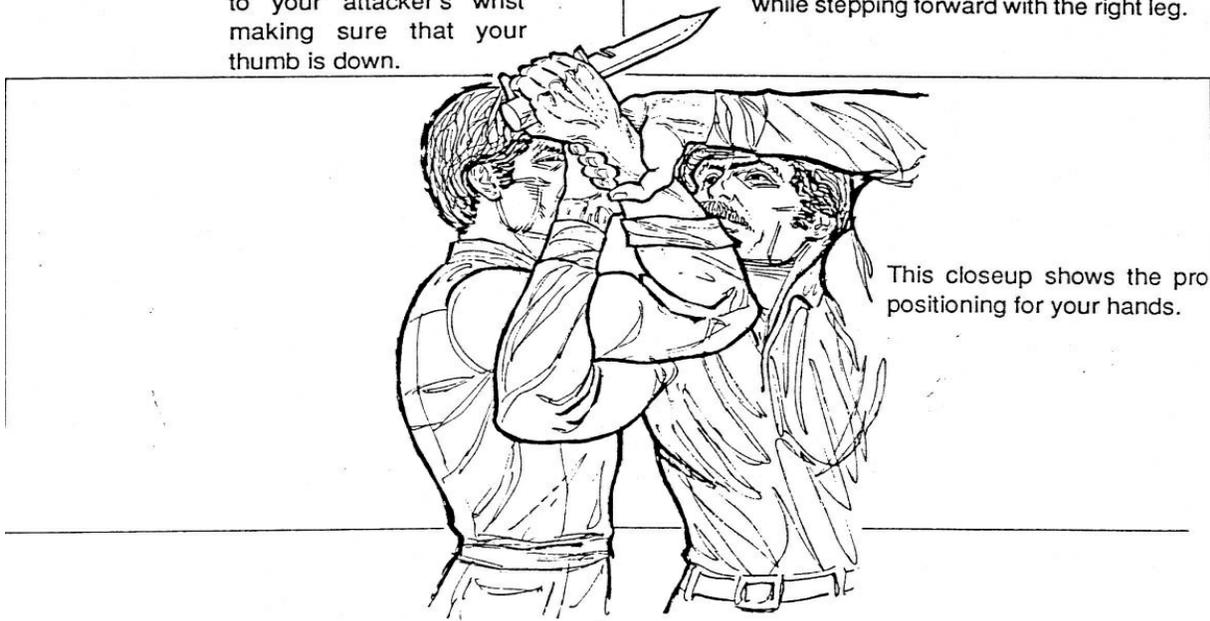
**SITUATION:** Your attacker intends to stab you with a straight arm downward, circular motion strike.



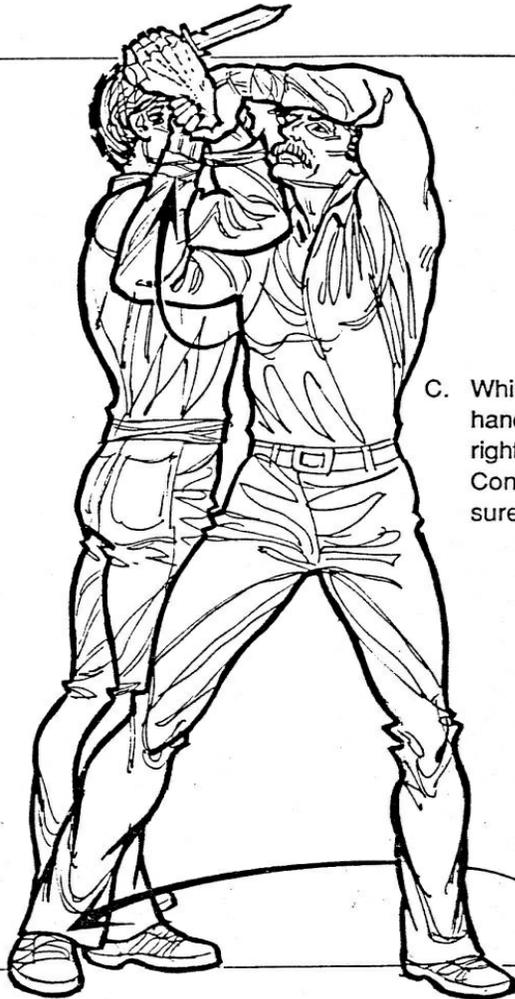
**ACTION:** A. Move your left hand rapidly to your attacker's wrist making sure that your thumb is down.



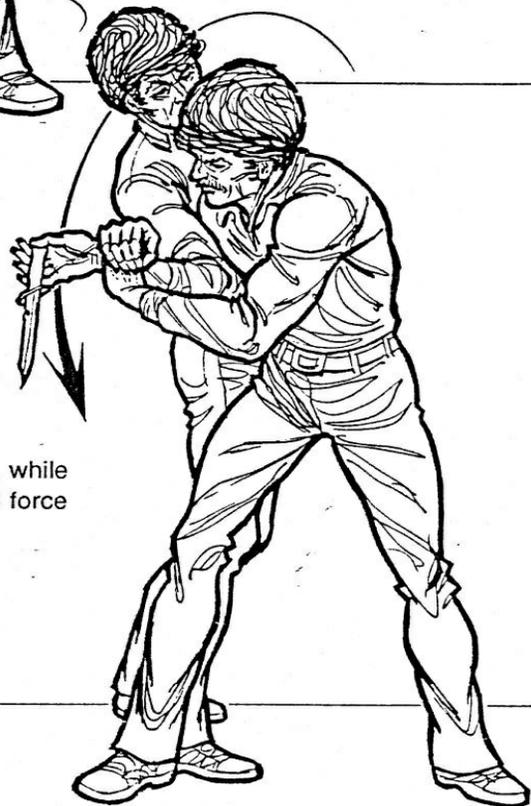
B. Bring your right hand behind his arm while stepping forward with the right leg.



This closeup shows the proper positioning for your hands.



- C. While maintaining the grip with your left hand reinforce this grip by clasping your right hand over your own left hand. Continue to bend his arm back, making sure that his arm stays at the 90° bend.



- D. Continuing pressure on his arm, while maintaining it at a 90° bend, will force him to drop the knife.

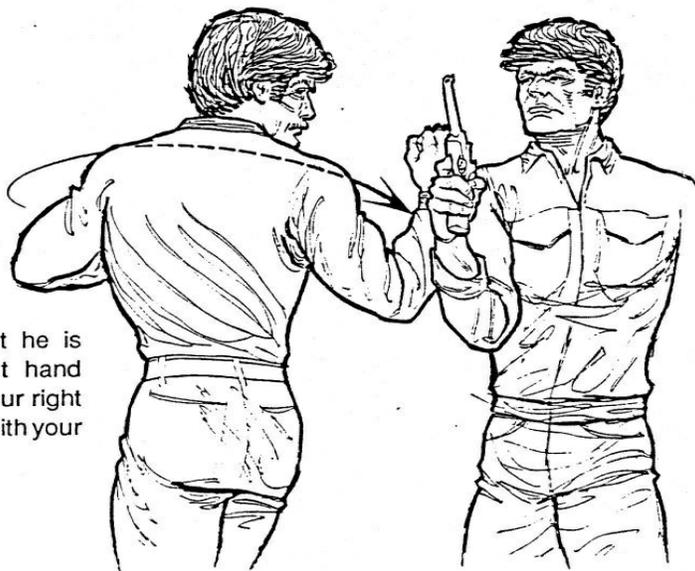
**SITUATION:** Gun pointed at lower back.



**ACTION:**

- A. Look over your shoulder to check which of your attacker's hands is holding the gun, while distracting him with an appropriate dialog.

- B. If you have ascertained that he is holding the gun in his right hand rapidly rotate your body to your right pushing his hands sideways with your right forearm.



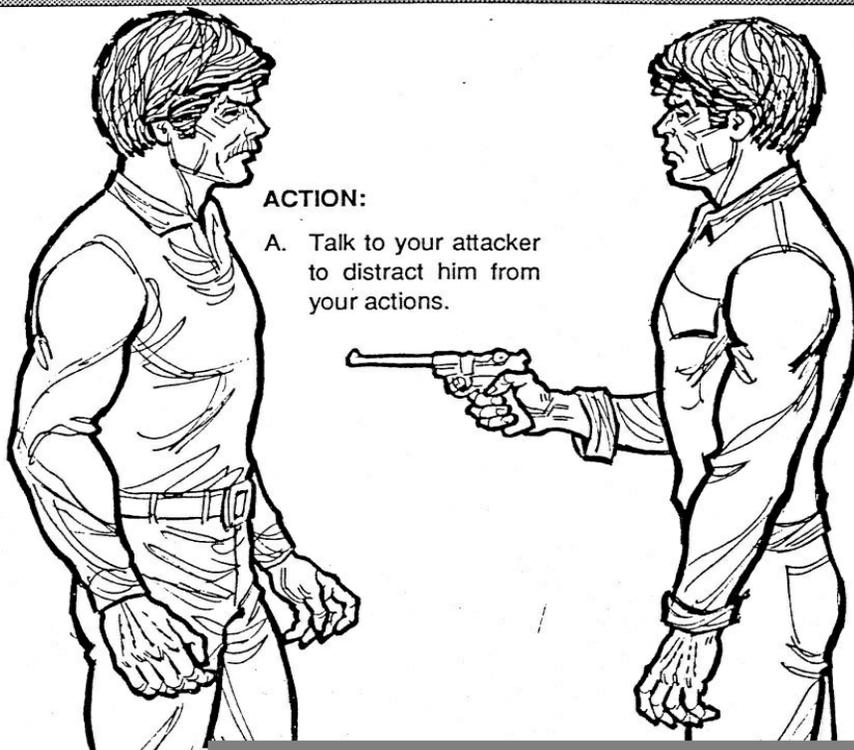


- C. Continue the motion so that your right hand ends up grabbing his wrist while your left hand hooks in the crook of his arm.



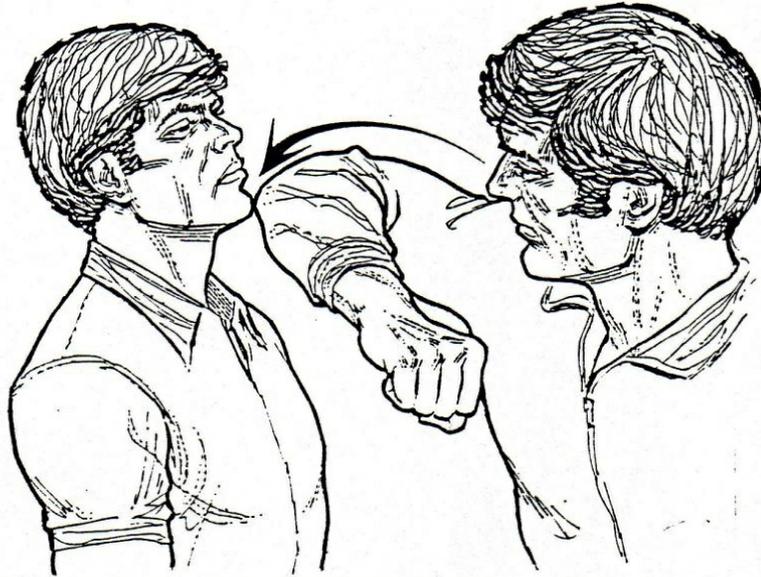
- D. After sufficiently bending his arm rapidly slide your left hand to your right wrist adding power to the backwards pressure on his arm. Continued pressure will release the gun from his grip in a similar fashion to what happened with the knife in the situation on page 64.

**SITUATION:** You are threatened with a gun from the front, your attacker is within arms reach.

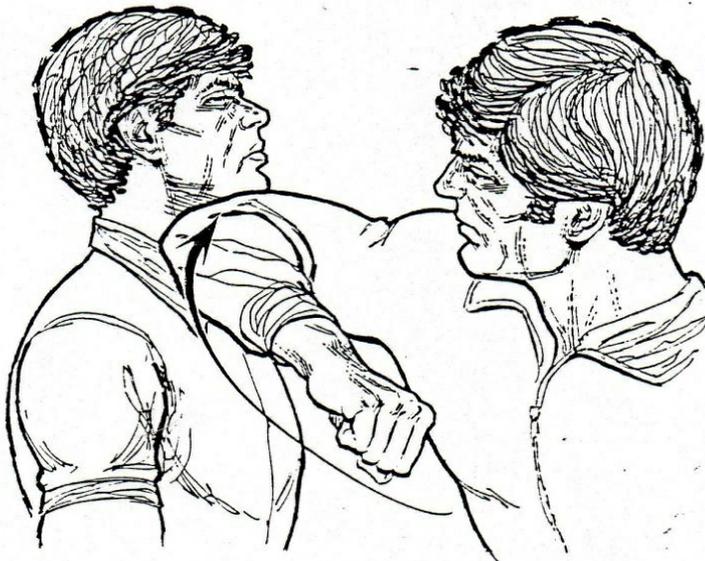


**ACTION:**

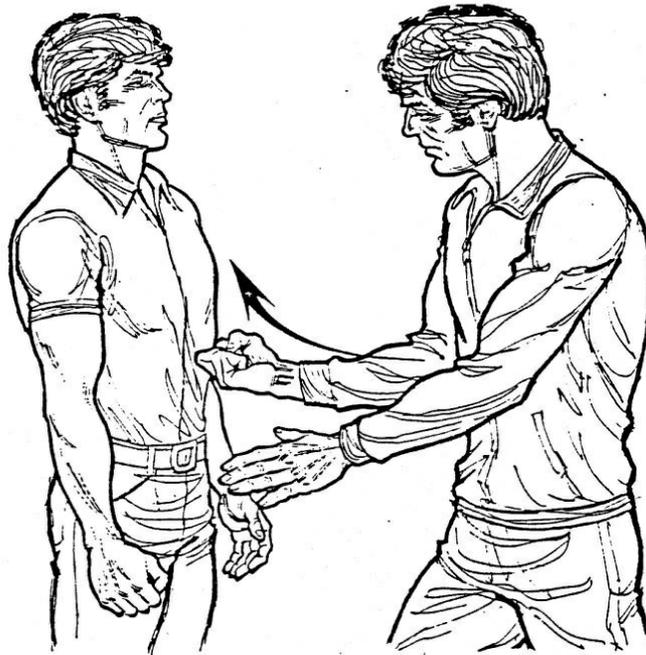
- A. Talk to your attacker to distract him from your actions.



- C. In close combat, blows to the attacker's face with the elbow are very effective. **It is important** to aim your elbow blows to the lower part of his face to avoid hitting him in the teeth. It is more effective to try and dislocate his jaw or damage his larynx than it is to risk having his teeth cut your arm and cause an infection.



- D. A reverse elbow blow with the back of your elbow is as effective as the straight elbow blow shown on the previous page.



E. A knuckle blow to the solar plexis will concentrate all your power in a single spot. **It is important** to make contact with the solar plexis and **not** with the stomach. The effect of the concentrated power would be somewhat lost in the stomach area.

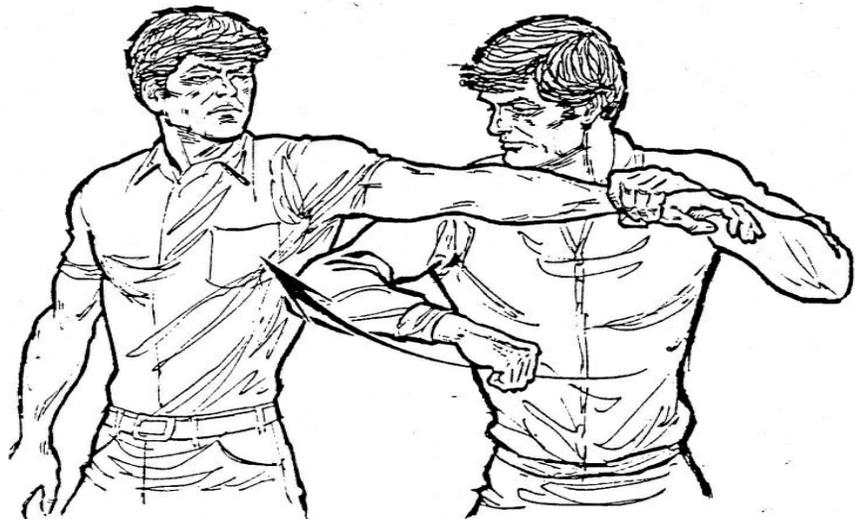


F. A similar knuckle blow to the side of your attacker's head can have devastating and disabling results.

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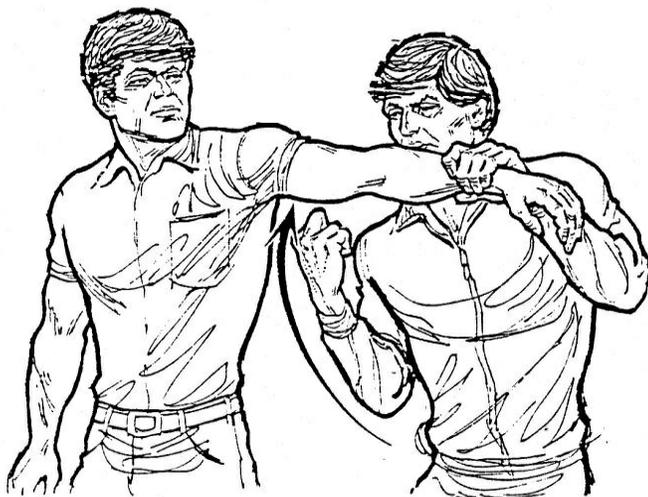
- G. Strike with the heel of the hand towards your attacker's jaw. Very effective if a short, almost "punch-like" attack is made.



- H. Elbow blow to the side rib cage of your attacker. Can be attempted in cases such as a follow-up on a deflected punch or jab by your attacker.
-



I. Elbow blow to your attacker's solar plexus.



J. Knuckle punch to underside of attacker's arm. This punch will hit the nerve center, disabling his arm.





## **Various Kicks**





## CHAPTER 8

### Pre-emptive (verbal)

This chapter could easily have been called psychological warfare. It deals with what happens before you get into a fight with someone, or how can you avoid getting into this fight in the first place. As a rule it takes at least two people to have a fight. Sometimes, though, it takes just one! Even if you might not want to, the other person may be really set on having one to prove a point. You often have the option of stepping away from an argument, especially in a public and crowded area. But you can't step away from an attack in a lonely alley or even in an area where the bystanders are not willing to get involved.

So--what do you do to avoid a fight? Or what do you do to make sure that your attacker will think twice before he attacks you? Don't come on with a macho attitude by taking two steps back and assuming a Kung-Fu or Karate fighting stance. There is no need to explain that you are a Karate expert and your hands are registered by the police. That will only serve to convince your attacker that you are probably afraid of him. The best way for me to explain this is to relate to situations that I was involved in and how I handled them.

Let's assume that most of the conflicts occur because another person is being the aggressor and that you are actually the nice guy (or girl) who doesn't really want to fight. This may or may not be true because I remember going through a period in my life when I would welcome the occasion to test my skills in a real life situation rather than in competition on the judo mat. Let's relate this to a "one-on-one" confrontation where no other people are involved (such as friends of the attacker). We are concerned with a confrontation where somehow, either real or imagined, you have affronted your attacker and he is now seeking satisfaction. That satisfaction may take several forms. The first form may be punching you in the mouth. Another form may be to have you cower from his aggression to reinforce his manhood. Still another form may be for him to simply say his piece, and if you don't provoke him further, leave without a fight. You have several options before a fight begins.

Very few people enjoy cowering or accepting the subjugated position, which could avoid the fight altogether. However, you might consider this--could you possibly have been wrong and your attacker right?

Nevertheless, your first option is to say something like "Hey man, a big guy like you picking on a little guy like me" (presuming that the guy is at least a little bigger than you). "Anyway, you are right. I shouldn't have done that. I just wasn't thinking. Sorry dude, let me buy you another beer." If you did or said something wrong then your attacker has "righteous indignation" on his side and feels justified in throwing the first punch. In that case, perhaps a cold stare might work. Let me explain this. It starts with a direct look at your attacker's eyes with your own eyes somewhat wider and a little unfocused, conveying a certain lack of fear. You can't make it last too long because he may well follow-up the last words of his sentence with a punch in the mouth. Another alternative would be as soon as he gets close to the end of his sentence you simply say something like Well, do something- about it or shove off." This puts him in a position to back up his tough words, which he probably did not intend to do. Or, he may let fly!

In four out of five cases the person's behavioral profile is such that he will not fight but will instead mutter some other invective and walk away. Don't, at that time, become heroic and throw some other challenges in his direction. He might well have to save face and, in desperation, start a fight with you anyway. Just the thing that you were trying to avoid.

Let's now take the case where you're blameless and your attacker is clearly the aggressor. There is something interesting about people who are aggressive. They generally fall into two broad categories. The first one is the smaller person who has a chip on his shoulder and feels that he has to prove himself to bigger people. The second is the bully who is physically bigger and believes that because of this he can always prove himself physically.

Dealing with the first type of individual is more difficult because the small person has already subjugated his fears and has made the decision to fight just to prove a point. He will generally be aggressive in front of a larger group of people (preferably his friends) in the secure knowledge that if things do not go his way the crowd will generally side with the underdog and separate the two of you, or at least stop him from being seriously injured. It

has been my experience that this kind of person is not easily dissuaded from a fight by simply agreeing with him and trying to placate him. It would not be easy to convince him that the two of you should step outside and settle the matter since then he is losing both his audience and his back-up protection.

Perhaps the most sensible thing to do, since there is a very good chance that the two of you will end up having a physical exchange anyway, is to bend over and whisper in his ear something like "Listen you little twerp, just because you're small doesn't mean you can get away with this garbage. Either shut up or throw a punch so I can break your arm." If he throws a punch your best defense is to subdue him very quickly and just hold him down until his friends can separate you from him. If you hurt him in front of his friends there is a good chance that you will be thought of as the big bully and will have three of his buddies on your neck. Fortunately, these things do not happen frequently, and you can often avoid the whole confrontation by simply being aware of the little "twerps" of this world and stay away from them.

In the case of the bully trying to prove his worth to you it should be understood that the bully, by nature, is essentially a coward who would not do the same thing to someone larger than he is. He is only acting this way because he feels fairly safe in his belief that he is your physical superior. It is necessary for you to convey to him that you're not afraid and that you will go the full distance if he wants to start fighting. The best and quickest way to end this is to lean into him and say something like "Okay big mother, you're big enough. There is a good possibility that you could hurt me but you better believe that I am going to get my piece of the action and you are going to know for sure that you've been in a fight. So go lean on somebody who's more impressed than I am." Then be prepared to defend yourself-just in case!

There are, of course, situations in which there is no time for talking and you are in a fight before you realize what is happening. If that's the case you have to revert to the principles you have learned from this book, keeping in mind that one of the most important things in a fight is not to allow your attacker a breather but to continue your attacks until you have a clear advantage. It is always preferable to maintain the offensive, aiming for the vital spots and vulnerable parts of his body rather than to have to defend yourself against

someone doing the same to you.

I would like to talk briefly about the situation in which a group gangs up on you and you have to defend yourself against all of them. You may still have an opportunity to avoid this altogether by using a "Russian roulette" principle. Convey to your attackers something like "all right, I know there are enough of you here to eventually hurt me but for sure I am going to go for one of you and tear his throat out. You better think about it because one of you is going to be dead." An interesting point here is the fact that since several people have set on you which indicates that all of them are essentially cowards. Otherwise only one of them would have stepped forward and confronted you. Consequently it would make a lot of sense to continue your discussion by saying something like "Okay one of you will be sure that he's been in a fight. Now which one is it going to be? Is it going to be you, or you, or you? Who's going to be the first?" Of course, you don't want to stand around discussing it at great length, but it is likely that by this point there is indecision in the minds of your attackers giving you enough time to say something like "Yeah, I knew it, it's always that way, nobody wants to get hurt." Then turn around and walk away from the whole thing. Hopefully, this has conveyed your lack of fear and they will not pursue you. If they do, pick one of them and really hurt him.

Finally, there is the case of the drunk who will not listen to reason and will not understand the fine nuances of a pre-fight discussion. The very fact that the guy is drunk will make it a lot easier for you to defend yourself. His reactions will be much slower, although his pain threshold has increased. It will be very difficult to hurt him enough to stop him. You may have to put him out completely. It is much safer to immobilize him for a short time and tell him 'Okay, that's enough, I'm going to let you go, but you better keep on moving or I will have to break your face,' or whatever comes to mind.

Obviously, what you say will depend on the time, place, and what is necessary to make your attacker realize you are serious. You have to be convincing and you have to believe in what you say, but more than anything, your attacker has to understand what you are saying and realize that you mean it.

It is always better to step away from a fight believing that you could have

defended yourself than to get into a fight and be proven wrong. If you get into a fight and you have no way out you must see it through to the best of your ability concentrating on your actions. Learning the techniques here will make you a good, defensive fighter who can be the aggressor, if necessary.

## **CHAPTER 9**

### The Exercise Sequence

As with any sport or physical activity you should prepare yourself with a number of warm-up exercises before engaging in the practice of self-defense. You should go through this exercise sequence each time before you work on these moves. It's very much like when you jump right out of bed and instantly start running or jogging. You could move your muscles further than normal and possibly over stretch. Like any other activity it makes sense to warm-up and stretch your muscles first.

You must warm the muscles you will use in practicing these moves. They must be given a workout to avoid over stretching. This exercise sequence is a scientifically devised way of preparing the muscles in you body for martial arts. Stomach exercises are emphasized. Most of the strength in the martial arts comes from the stomach muscles. The old masters stated that this was where most of man's strength came from.

The exercise sequence is designed to take 10 to 15 minutes. It is a very common sense exercise system that, in sequence, works every part of your body. This sequence can be lengthened or shortened. You may want to do 50 jumping jacks instead of the 25 suggested, or you may be warmed-up after doing 10. The key is to do the number that gets you ready.

After considerable trial and error I have put together the best group of exercises for self-defense. They are designed to warmup the muscles; not necessarily to strengthen them, although doing them over a long period of time will certainly add strength.

### **Jumping Jacks**

Start off with something to warm your whole body. I recommend 25 jumping

jacks. Make sure to bend the knees slightly.



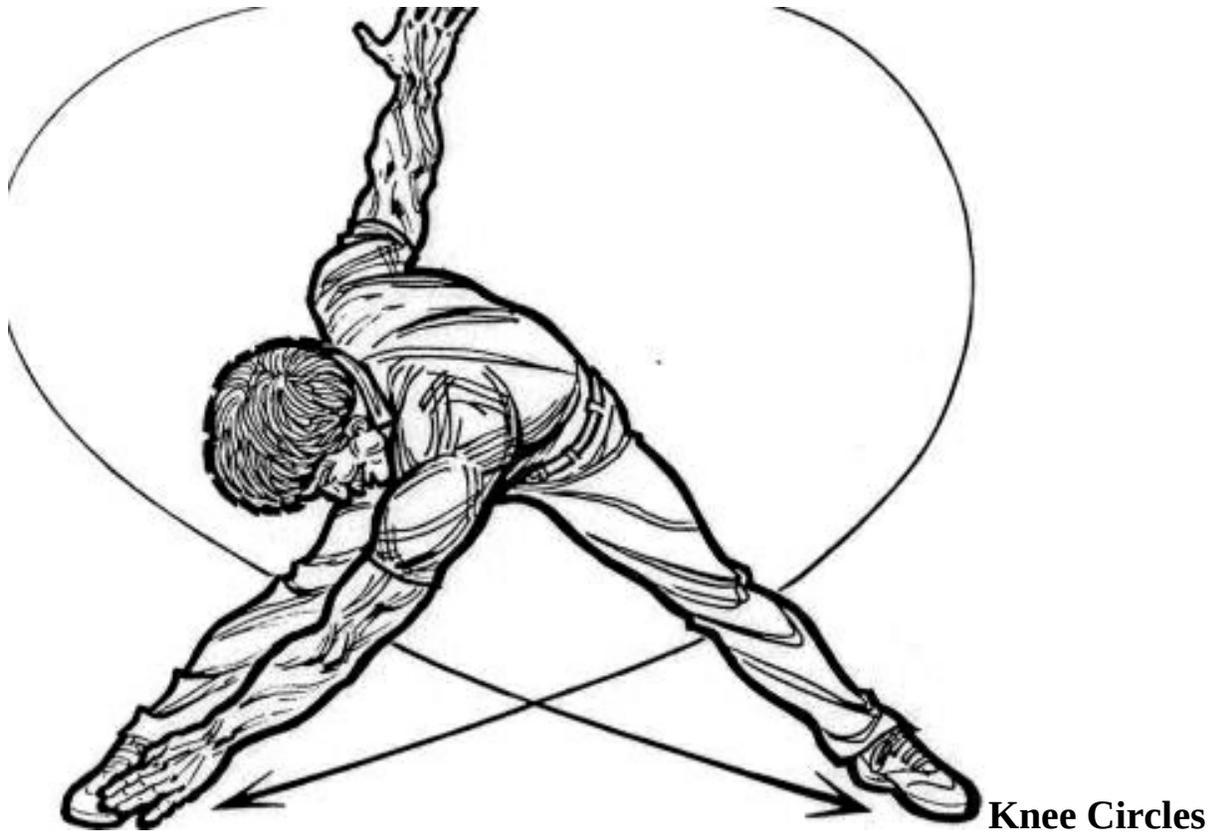
1. Jumping Jacks

### **Arm Circles**

These are done in clockwise and counter-clockwise directions. Begin with your legs slightly apart and your arms straight out from the sides of your body. Make small circles, increasing them after about 10 turns, until they are big circles where you actually let your arms swing free. Do about 20 of these in each direction.

### **Toe Touches**

Start with your legs spread wide, knees slightly bent. Bend down and touch your right hand to your left toe. Stand erect again and reverse the process with the left hand touching the right toe. Do 10 touches to each foot.



**Knee Circles**

Start with your feet close together. Put your hands on your knees and bend at the knees. Turn your knees in a circle to the right 10 times and then a circle to the left 10 times.

### **Torso Twist**

Start with feet slightly apart, hands over your head, thumbs locked. Bend forward to make a circle in front of you as though you were touching a wall. Do 10 circles one way and 10 the other.



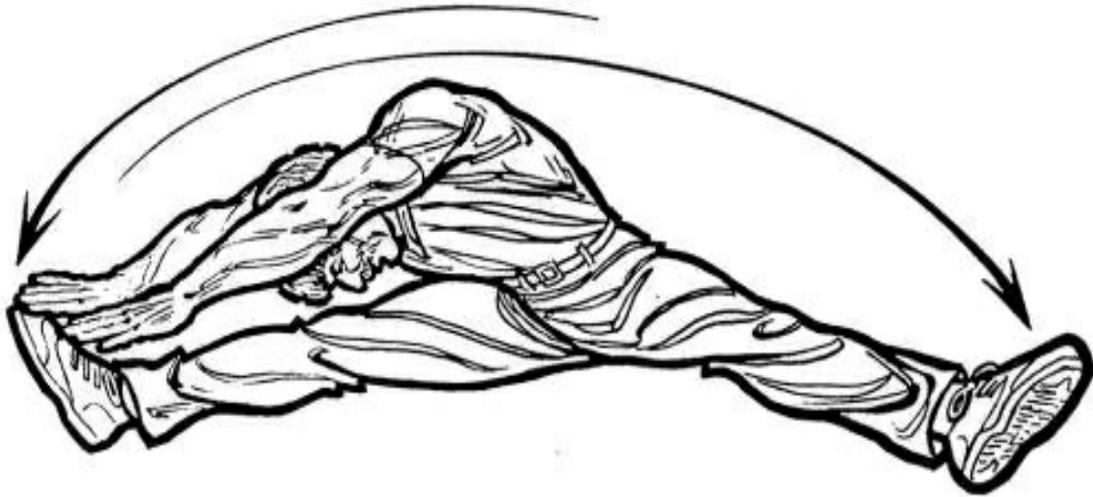
## Floor

### Touches

Get in the same position as for toe touches. When you bend down do so with both hands. Touch the floor in front of you twice, touch the floor back in-between your legs twice, raise up to standing position, put hands on hips and push forward twice. Do this 10 times.

### Sitting Leg Stretches

Sit on the floor with your legs 90 apart. Push both hands toward your right knee, nose toward your right knee. Bend as far as you can and **gently** push as far as you can. Do this 5 times going a little further each time. Then repeat the process on your other leg. Go as far as you can comfortably then give it a little bit more. This loosens up the back muscles and the muscles in the backs of your legs.



### **Sitting Stretches**

Stay in the same position as for *Sitting Leg Stretches* but put both hands forward towards the middle and push 5 times trying to reach the floor with your nose.

### **Leg Lift Circles**

Lie on your back with your hands folded on your chest. Lift both legs about 6" off the floor, toes pointed, and make a 12" circle (keeping feet together) in right direction, then repeat to the left. Alternate this until you have done 40 circles total. If you do not normally do stomach exercises like sit-ups you might start off with 5 circles in each direction.

### **Scoop Push-ups**

Get into push-up position and push up by pushing your buttocks away from your hands, then go down with your nose toward the ground, almost to the point of scraping it. Then look up, making your back hollow. Keep your legs straight and only bend at the hips. Do 5 of these to start and work your way up to 10.



### **Side Twists**

Spread your legs slightly. Move your arms to the right side simultaneously by twisting your waist and trying to turn your arms behind your body. Then twist in the other direction and repeat. When you twist to one side do two twists (a one-two motion). Do this 10 times to loosen up the upper torso.

### **Side Bends**

Start with your feet about one foot apart. Put one hand down at your side and the other over your head and bend 5 times to one side and 5 to the other. No bending forward, only to the side. Repeat this 10 times on each side.

### **Leg Stretches**

Start with legs spread far apart. Keeping your left leg straight sit down near your right foot. Come up again, keeping the left leg straight. Then sit down near your left leg, keeping the right leg straight. Do this 5 times on each side.

## **Hip Circles**

Start with your legs one foot apart and hands on your hips. Make hip circles keeping your head in one place. Make as big a circle as you can with your hips. Do it 10 times in each direction.



## Head

### Circles

Put your hands on your hips and make circles with your head, gently increasing the diameter. Do it 10 times in each direction.



## **Toe Circles (and Foot Circles)**

Sit on the floor with your feet in front of you. Bring your right foot over your left thigh and with your left hand move your toes in a circular motion against pressure. Do it 10 times in each direction. Then move the whole foot around the ankle 10 times in each direction. Then pull the right foot all the way near the groin area and push your right knee down gently until it almost touches the floor. Repeat with your other foot.



## **Butterflies**

Stay in same position on the floor. Pull your feet together so your knees are pointing out to either side. Push your knees down **very gently**, then relax. Do this 20 times. This stretches the muscles in the upper part of the legs and hip joints.



### **Leg Bends**

Start with your feet slightly apart. Slowly sink down with 5 intermediate stops. Stay at each stop for about 5 seconds. This should take about 30 seconds. Do the same thing coming up. This is very good for the leg muscles.



### **Loosening Up**

Shake your hands and arms loosely. Loosen your whole body by shaking it without putting any strain on the muscles.

### **Final Exercise**

Rework any part of the body you feel did not have enough of a workout. e.g 3 Finger push-ups.



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