

Self Defense Techniques For Extreme Situations

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Sometimes a situation may occur where we have to use extreme self defense techniques in order to escape. Although they may seem rough and somewhat brutal, they are necessary for our own survival. In this section of Self-Defense-i.com, we will go over some of these techniques.

The first of these self defense techniques is the eye-gouging technique. This technique aims to blind the attacker long enough for you to escape and relies heavily on the element of surprise. The technique itself is actually very simple. Just make a standard 'peace sign' with your middle and index fingers and send them straight into the vicinity of the attackers eyes. Even if you slightly miss, it will usually distract the attacker long enough for you to get away. This self defense technique is very simple to use but must be timed well in order to work.

Next up is the foot stomp. The human foot is made up of 26 bones which can be easily damaged. If you assailant can't stand up, they can't chase after you or hurt you. This self defense technique is also easy to use and very effective. First turn your left foot so that your left heel is facing your right heel. Then lift your right foot up in the air, turn side on to the attacker, and with the blade of your right foot attack the kneecap of your attacker. Continue down the shin after contact until you reach his foot. When coupled with a hard soled shoe, this attack will damage the shin as well as potentially break a bone or two in the attacker's foot. The foot stomp is an easy to learn self defense technique that will allow you to escape from your attacker unharmed.

The last of these self defense techniques is the front kick. The front kick should be used as one of the last self defense techniques. This is because it is a widely known technique which means the attacker might be ready for it. The technique itself is simple. Just lift your leg, bent at the knee, and flick your lower leg towards the groin of the attacker. If performed correctly, it should immobilize the assailant and buy you time to run away.

That wraps up our brief overview of self defense techniques for extreme situations.