

**HOW TO REACT
TO AN ASSAULT**

SELF-DEFENCE TECHNIQUES

DEDICATED TO WOMEN



KRAV MAGA
Women Protect
CHARITY ASSOCIATION





KMWP, the Charity Association of the European Federation of Krav Maga (FEKM), has selected, during its missions in France and abroad, 17 techniques giving women ways to defend themselves from different types of physical assaults.

These techniques are presented and taught by KMWP team during classes and training sessions, for women who, for the majority of them, have never practised Krav Maga before.

- KMWP team -

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1. Release from front choke



1. The attacker is facing the victim
2. Front choke
3. Hook the opponent's hands downwards with simultaneous knee strike
4. Hammer strike to the nape of the neck with body weight
5. Escape

2. Release from front single-handed



1. The attacker is facing the victim
2. Hook the opponent's hand
3. Simultaneously finger strike into the eyes
4. Direct kick with the shin to the genitals
5. Escape



3. Release from two-handed hold on jacket



1. The attacker is facing the victim
2. He is grabbing the collar
3. One step back while turning and raising one arm above the head
4. Counter attack with a hammer-fist to the throat
5. Direct kick with the shin to the genitals
6. Escape



4. Release from rear kidnapping attempt



1. The attacker is standing behind the victim
2. Attacker is grabbing from behind, one hand on the victim's waist the other on the mouth
3. Hook the attacker's hand downwards while moving backwards diagonally, palm-strike to the groin
4. Turn under the arm and control the attacker's forearm with both hands
5. Knee strike to the face

5. Release from hug from behind, arms trapped



1. The attacker is standing behind the victim
2. Hug from behind, arms trapped
3. Strike with the palm of the right hand to the groin
4. Strike with the palm of the left hand to the groin
5. Stamp on his foot with the heel
6. Kick to the shin
7. Backwards elbow strike and escape



6. Release from hug from the front, arms trapped



1. The attacker is facing the victim
2. Hug from the front, arms trapped
3. Pushing the hands into the groin to create space
4. Kick to the same point, using hands on the attacker's back (body weight)
5. Escape

7. Release from hug from the front, open hug, arms free



1. The attacker is facing the victim
2. Open hug, hands free
3. Thumbs into the eyes
4. Pressure downwards
5. The attacker takes a step backwards
6. Shin strike to the genitals



8. Defences against slap or hook



1. The attacker is facing the victim
2. He wants to slap the victim
3. Outer block and finger strike
4. Shin strike to the genitals
5. Escape

9. Releases from hair grab, pulling from behind



1. The attacker is standing behind the victim
2. He grabs her hair
3. He pulls towards him
4. Turn rapidly in the direction of his hold

9. Releases from hair grab, pulling from behind



5. Strike to the groin with one hand, other hand in protection
6. Grab the collar
7. Knee strike
8. Escape

10. Defences against a knife threat on the throat



1. The attacker is facing the victim
2. Knife threat on the throat
3. Grab the attacker's wrist, simultaneously rotating to the left
4. Finger strike

10. Defences against a knife threat on the throat



5. Grab of the wrist with the right hand

6. One step backwards with the left leg and shin strike to the groin

7. Wrist lock

8. Disarm and escape

11. Defence against front push



1. The attacker is facing the victim
2. He pushes the victim with both hands
3. Absorbed backward break-fall
4. Absorbing with forerarms
5. Kick to the plexus. Arms in protection

12. Defence on ground (getting up)



1. One hand on the ground, the other in protection
2. Kick to the groin
3. Get up by putting the foot (the kicking one) next to the hand. Other hand in protection
4. Escape

13. Defence against ankles grab while on the ground



1. The attacker is grabbing the victim's ankles
2. Circular movements of the feet from the inside to the outside
3. Heel strike to the plexus
4. Ready to get up, left hand and right foot on the ground, pelvis off the ground
5. Place left foot next to left hand, get up and escape



14. Defence against leg grab on the ground



1. The attacker grabs the victim's legs, victim on the ground
2. Grab the ankles while moving forward
3. Simultaneously: push the pelvis forward while pulling the ankles
4. Unbalance the attacker
5. Finger strike
6. Get up and escape



15. Scissor sweep defence, the attacker between the victim's legs



1. The attacker kneeling between the victim's legs
2. The attacker keeps the victim on the ground by pushing on her
3. 'Shrimp' movement. Get hold of attacker's right hand
4. Scissor sweep
5. Finger strike
6. Stabilise
7. Push and escape



16. Release from choke on the ground, attacker sitting on



1. The attacker is sitting on the victim, choking her
2. Hook/pluck the choking hands downwards sharply
3. Bridge the hips upwards and throw the attacker diagonally forwards, holding their wrists
4. Stabilise
5. Strike and escape

17. Defence against sexual assault attempt with a knife



1. The attacker is holding a knife. He keeps the victim on the ground with his left hand and threatens her with a knife on her throat
2. Grab the attacker's wrist and forearm
3. Control (with the 2 hands) of the forearms of the attacker, elbows pushed downwards and held tightly against the body
4. Focus. Be aware that it isn't a key, but rather a brief control lasting only a fraction of a second and allowing to get ready for the strike

17. Defence against sexual assault attempt with a knife



- 5. 'Shrimp' technique by stabilising the right leg
- 6. Rapid turn to face the attacker by putting the left leg on the attacker's hip
- 7. Heel strike with body weight
- 8. Kick with left leg, the right foot on the ground
- 9. Get up and escape



From left to right

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