



## 1) Introduction

- One rape occurs every six minutes in the United States.
- Women Empowered program has evolved greatly over the last 15 years.
- Techniques are based on reports of actual assaults.
- Women Empowered covers verbal, physical, and psychological techniques.

## 2) The Four Phases

- There are two types of predators, "strangers" and "non-strangers."
- Defense strategies differ greatly depending who you're up against.
- Non-strangers almost always follow the same, four-phase attack process.
- Women Empowered is the only program that effectively addresses all four phases.

## 3) The Program

- The program consists of 15 lessons, 10 Core Lessons and 5 Advanced Lessons.
- The "Rapid Review" is the first and most important part of each lesson.
- All lessons must be completed in the prescribed sequence.
- If you have any questions, post them in the GU Technique Forum.

## 4) Training Equipment

- You will need at least one dedicated training partner.
- It will help to have portable grappling mats to practice on.
- You will need a fake gun and a rubber knife to do Lesson 15.
- Grappling mats and training weapons can be purchased here.

## 5) Pink Belt Qualification Test

- Perfect all the techniques and you can test for your pink belt.
- You will digitally record your performance and upload it in the Testing Center.
- The complete test is demonstrated at the end of the program.
- Don't rush through the program, review all lessons several times before testing.

## 6) Total Empowerment

- Your heightened confidence and awareness is your most reliable defense mechanism.
- Understand the "Triangle of Victimization" and how to avoid completing it.
- College Campuses, Gas Stations/Convenience Stores, ATMs, Mall Parking Lots are particularly dangerous.
- The most likely place to be targeted is in your own residence!



## Technique: Combat Base

### Overview

A sexual predator usually attempts to separate his target from the crowd prior to carrying out the assault. In this lesson, we teach you how to establish a rock-solid base so the attacker can neither push nor pull you against your will.

### Technical Slices™

#### 1) Base Get-up

- Indicator: You are sitting on the ground and the assailant is standing over you.
- Essential Detail: Keep your front leg lined up with the assailant.
- Most Common Mistake: Removing the hand from the ground too soon.
- Bad Guy Reminder: Move around to verify the lining up of the front leg.
- Drill Orders: 1 rep on each side, reverse roles.

#### 2) Push Base

- Indicator: Assailant attempts to abduct you by pushing your upper torso.
- Essential Detail: Solid base and effective shoulder dip.
- Most Common Mistake: Failure to adjust lower body when appropriate.
- Bad Guy Reminder: Start gentle and then increase gradually.
- Drill Orders: 1 rep on each side, reverse roles.

#### 3) Pull Base

- Indicator: Assailant attempts to abduct you by pulling your wrist.
- Essential Detail: Solid base while leaning away from the assailant.
- Most Common Mistake: Failure to take the necessary base adjustments.
- Bad Guy Reminder: Start with a gentle pull and then increase gradually.
- Drill Orders: 1 rep on each side, reverse roles.

### Reflex Development Drill

Start sitting down and stand up in base. Have your training partner push and pull you in random order so you can practice all Combat Base variations in an unpredictable sequence.

### Mindset Minute

An assailant will almost always try to subdue his target, and then move her to a secluded site to minimize the chance of being spotted by a potential rescuer. Utilizing your Combat Base, you will be able to avoid abduction and inhibit the assailant's ability to carry out the assault.

**Technique: Wrist Releases**

**Overview**

A man will grab a woman by the wrists to detain, neutralize, or demean her. In this lesson, we teach wrist releases guaranteed to free you from any wrist grab, regardless of your attacker's strength.

**Technical Slices™**

1) 1 on 1

- Indicator: Assailant grabs one of your wrists with one hand.
- Essential Detail: You must lean towards the assailant to generate the proper leverage.
- Most Common Mistake: Abruptly pulling away rather than lean forward.
- Bad Guy Reminder: Use only a "palm up" grip for this variation.
- Safety Tip: Don't grab so viciously that it burns your partner's wrist during practice.
- Drill Orders: 2 reps on each wrist, reverse roles.

2) 2 on 1

- Indicator: Assailant grabs one of your wrists with both of his hands.
- Essential Detail: Establish base first, and then secure your fist and pull firmly.
- Most Common Mistake: Failure to drive the elbow forward for optimum leverage.
- Safety Tip: Don't punch yourself in the face.
- Drill Orders: 1 rep on each wrist, reverse roles.

3) 2 on 2

- Indicator: Assailant grabs both of your wrists with both of his hands.
- Essential Detail: Establish base and focus on escaping one wrist at a time.
- Most Common Mistake: Trying to remove both wrists at once.
- Drill Orders: 2 repetitions, reverse roles.

4) Inverted Grip (High)

- Indicator: Assailant grabs your elevated wrist with an inverted grip.
- Essential Detail: Keep your hand close to your chest to maximize leverage.
- Most Common Mistake: Failure to twist shoulders during wrist release motion.
- Drill Orders: 1 rep on each side, reverse roles.

5) Inverted Grip (Low)

- Indicator: Assailant grabs your wrist down low with an inverted grip.
- Essential Detail: Twist your thumb to the outside as if you were hitchhiking.
- Most Common Mistake: Twisting the thumb to the inside.
- Drill Orders: 1 rep on each side, reverse roles.

**Reflex Development Drill**

Practice all Wrist Releases in combination with standing Combat Base strategies. Once the techniques are well understood, do the same RDD with your eyes closed.

**Mindset Minute**

Although vital to your success in a sexual assault scenario, the Wrist Releases will also come in handy in less threatening situations. At a party or in a crowded area, if someone grabs you by the wrist, you will have the reflexes to break free with ease.



## Technique: Trap and Roll Escape

### Overview

Being trapped beneath a sexual predator is a nightmarish experience potentially leading to panic, suffocation, exhaustion, and eventual submission. In this lesson, we teach you two highly effective escapes from this frightening position.

### Technical Slices™

#### 1) Standard Variation

- Indicator: Assailant is pinning your chest or choking your neck with his hands.
- Essential Detail: Trap the arm and leg firmly and at the same time.
- Most Common Mistake: Rolling sideways instead of bridging upwards.
- Bad Guy Reminder: Squeeze the neck gently.
- Safety Tip: Bad guy should tuck his/her shoulder during the roll for safety.
- Drill Orders: 1 rep on each side, reverse roles.

#### 2) Punch Block Variation

- Indicator: Assailant sits up to throw punches from the mount.
- Essential Detail: Immediate body-hug to neutralize the punches.
- Most Common Mistake: Failure to preserve the closeness.
- Bad Guy Reminder: Stay rigid on your hands once pulled down.
- Safety Tip: Bad guy must tuck fingers prior to roll.
- Drill Orders: 2 reps, reverse roles.

### Reflex Development Drill

Practice both Trap and Roll Escape variations in combination. End each repetition by disengaging and getting to your feet.

### Mindset Minute

What seemed like an impossible situation to escape from becomes remarkably easy when you have the leverage and technique to rely on. When executing the Trap and Roll, be sure to secure the arm and leg with conviction and bridge with all you've got. You may only have one chance, so make it count!



## Technique: Front Choke Defenses

### Overview

Assailants often attempt to strangle their victims during a sexual assault. In this lesson, we teach you how to apply leverage to escape the two most commonly used Front Chokes. These techniques epitomize Gracie Jiu-Jitsu.

### Technical Slices™

#### 1) Standard Variation

- Indicator: Assailant uses both hands to strangle you while standing.
- Essential Detail: Step back and duck under on the same side.
- Most Common Mistake: Allowing the head to hit the assailant's arm.
- Bad Guy Reminder: Squeeze gently during practice.
- Safety Tip: Flex your neck to protect the arteries.
- Drill Orders: 2 reps, reverse roles.

#### 2) Wall Pin Variation

- Indicator: Assailant uses both hands to strangle you against the wall.
- Essential Detail: Aligning your fingertips with the assailant's fingertips.
- Most Common Mistake: Incorrect grip on the selected finger.
- Bad Guy Reminder: Squeeze gently to allow time for partner to learn the technique.
- Safety Tip: Apply pressure to the finger lock very slowly.
- Drill Orders: 2 reps, reverse roles.

### Reflex Development Drill

Practice both Front Choke Defenses in combination with all Wrist Release techniques.

### Mindset Minute

If you ever find yourself in being strangled from the front, fight the urge to try and remove their hands from your neck. Instead, flex your neck and use the leverage of your whole body to escape towards the thumbs of the assailant.



## Technique: Super Slap

### Overview

Striking a larger, stronger assailant in the face with punches has limited effectiveness and may cause you to break your hand. In this lesson, we teach you how to use a Super Slap to disrupt the attack and facilitate your escape.

### Technical Slices™

#### 1) Solo Slap (Preparation Drill)

- Essential Detail: Utilizing the momentum of the whole body to maximize power.
- Most Common Mistake: Using only the arm strength to swing.
- Bad Guy Reminder: Stay out of the way.
- Drill Orders: Helicopter drill for 10 seconds, 5 solo slaps with each arm, reverse roles.

#### 2) Super Slap Combos

- Indicator: You break free from the assailant's grab and you want to strike him.
- Essential Detail: Establish a solid base during the escape to maximize leverage.
- Most Common Mistake: Failure to cock the arm back sufficiently to generate power.
- Bad Guy Reminder: Verify proper form and distance of your partner's execution.
- Safety Tip: Don't actually slap your partner in the face.
- Drill Orders: 3-5 escapes with Super Slap follow-ups, reverse roles.

### Reflex Development Drill

Practice the Super Slap in combination with all Front Choke Defenses and Wrist Release strategies. Maintain effective base at all times.

### Mindset Minute

Anytime you are able to escape a hold, choke, or grab, put on you by a determined assailant, chances are he will immediately attempt to regain control of you. As a result, it is vitally important that you master the Super Slap and its uses in combination with all the escape strategies featured in the Women Empowered program.



## Technique: Guard Get-up

### Overview

The Guard Get-up is the most important physical technique in the course. The ultimate goal for most sexual predators is to get inside their targets' legs. Should you find yourself in this worst-case scenario, the Guard Get-up will enable you to remain calm, stay safe, and escape at the right time.

### Technical Slices™

#### 1) Shrimp Drill (Preparation Drill)

- Essential Detail: Post on one foot and the opposite shoulder.
- Most Common Mistake: Failure to turn sideways during shrimp motion.
- Drill Orders: 3-5 solo Shrimps on each side, reverse roles.

#### 2) Kick Drill (Preparation Drill)

- Essential Detail: Drive your entire body forward during each kick.
- Most Common Mistake: Kicking with your hips on the ground.
- Bad Guy Reminder: Verify correctness of your partner's movement.
- Safety Tip: Bad guy should keep hand open to prevent finger injury.
- Drill Orders: 5-7 kicks while scooting back, reverse roles.

#### 3) Standard Variation

- Indicator: Assailant has taken you to the ground and is inside your legs (guard).
- Essential Detail: Establish effective hand wedges and scoot hips out.
- Most Common Mistake: Trying to insert foot on hip prior to Shrimp movement.
- Drill Orders: 2 reps, reverse roles.

#### 4) Super Lock Variation

- Indicator: Assailant establishes full control of your hips, neutralizing your initial escape.
- Essential Detail: Use the "False Surrender" to feign compliance.
- Most Common Mistake: Surrendering verbally without surrendering physically.
- Bad Guy Reminder: Maintain full hip control until the surrender takes place.
- Drill Orders: Attempt standard get-up, fail, utilize false surrender, escape, reverse roles.

### Reflex Development Drill

Practice all Guard Get-up variations in combination with all Trap and Roll Escapes. Analyze the position before selecting which technique you will use.

### Mindset Minute

During a sexual assault, half of the battle is simply remaining calm. By practicing the Guard Get-up and developing your comfort in this uncomfortable situation, you will have a much better chance of avoiding panic and escaping successfully if you ever find yourself in this worst-case scenario.



## Technique: Stop-Block-Frame

### Overview

Sexual predators often test their targets' spatial boundaries. In this lesson, we teach you how to use verbal assertiveness to establish your personal space and what to do if the attacker crosses the boundary and physically assaults you.

### Technical Slices™

#### 1) Distance Control

- Indicator: A suspicious person violates your personal space.
- Essential Detail: Make eye contact and assert yourself verbally.
- Most Common Mistake: Waiting too long to address the potential assailant.
- Drill Orders: Assert verbally, maintain distance, reverse roles.

#### 2) Block and Move

- Indicator: Assailant crosses your established boundary and attempts to subdue you.
- Essential Detail: Use stiff arms to block the assailant and break free.
- Most Common Mistake: Failure to maintain a solid base while blocking and moving.
- Drill Orders: Verbal assertiveness, body block, break free, reverse roles.

#### 3) Block and Frame

- Indicator: Assailants establishes control of your body.
- Essential Detail: Establish a solid base and frame.
- Most Common Mistake: Torso leaning back instead of forward.
- Bad Guy Reminder: Tighten your neck to avoid injury.
- Drill Orders: 1 rep, reverse roles.

### Reflex Development Drill

Practice all variations of the Stop-Block-Frame in any order, and mix it up with the Front Choke Defenses as well.

### Mindset Minute

Don't be shy. If someone makes you uncomfortable or violates your personal space, make eye contact immediately and don't hesitate to establish your boundaries verbally and physically. If an assailant sees that you are confident and empowered, he will think twice before moving in your direction.



**Technique:** Trap and Roll Extras

**Overview**

In Lesson 3, you learned two variations of the Trap and Roll Escape. In this lesson, we teach you two more variations, including what to do if a man achieves the most terrifying position: mounted on top of you while pinning both of your wrists to the ground.

**Technical Slices™**

1) Spread Hand Variation

- Indicator: Assailant achieves the mount and spreads his hands out for base.
- Essential Detail: Un-wedge the assailant's hand by driving it away from you.
- Most Common Mistake: Trying to pull the hand straight in to your chest.
- Drill Orders: 1 rep, reverse roles.

2) Wrist Pin Variation

- Indicator: Assailant achieves the mount and pins both of your wrists to the ground.
- Essential Detail: Drive hands south while strongly thrusting hips north.
- Most Common Mistake: Failure to hug the body immediately after release.
- Bad Guy Reminder: Start light, and then make the wrist pins heavier each time.
- Drill Orders: 1 rep, reverse roles.

**Reflex Development Drill**

Practice all Trap and Roll Escapes, originals and extras, in random order, and throw in an occasional Guard Get-up as well.

**Mindset Minute**

Although the applications are slightly different, the principles in this lesson are the same as the ones you were introduced to in Lesson 3. When trapped on the bottom of the mount, the bottom line is that you need to trap one side of your opponent's body and roll convincingly in that direction.



## Technique: Guard Get-up Extras

### Overview

The greatest challenge when trapped beneath an attacker is to avoid panic and exhaustion. In Lesson 6, we introduced you to the basic Guard Get-up principles. In this lesson, we teach you additional variations of this critically important technique to ensure your survival against an attacker trying to punch, pin, or choke you.

### Technical Slices™

#### 1) Punch Block Series (Stage 1)

- Indicator: Assailant is inside your guard and attempts to strike at your face.
- Essential Detail: Use head and arm control to neutralize punches.
- Most Common Mistake: Failure to escape when the opportunity arises.
- Drill Orders: Neutralize strikes for 10 seconds, Guard Get-up, reverse roles.

#### 2) Heavy Chest Variation

- Indicator: Assailant is driving his weight forward onto your body from within the guard.
- Essential Detail: Use your legs to shift his weight back.
- Most Common Mistake: Failure to establish strong hand wedges after the shift-back.
- Bad Guy Reminder: Lean forward initially.
- Drill Orders: 1 rep, reverse roles.

#### 3) Wrist Pin Variation

- Indicator: Assailant pins both of your wrists to the ground from within your guard.
- Essential Detail: Use your legs and drive his weight back to enable the crossover.
- Most Common Mistake: Failure to lock hands after the crossover.
- Drill Orders: 1 rep, reverse roles.

#### 4) Choke Variation

- Indicator: Assailant uses both hands to strangle you from within your guard.
- Essential Detail: Establish your wedges and shrimp out immediately.
- Most Common Mistake: Trying to remove the hands from your neck prior to shrimping.
- Bad Guy Reminder: Squeeze gently.
- Safety Tip: Tighten your neck for extra protection.
- Drill Orders: 1 rep, reverse roles.

### Reflex Development Drill

Practice all Guard Get-up techniques and all Trap and Roll Escapes in random order. Don't forget to talk to the bad guy if your hips are immobilized from the guard.

### Mindset Minute

The most important questions to ask yourself at any point during a guard situation is: Are my hips free or trapped? If they are free, you should shrimp out and be gone. If they are trapped you should work to get them free. If freeing your hips isn't an option, use the "false surrender" to feign compliance and then make your escape as soon as the opportunity presents itself.



## Technique: Triangle Choke

### Overview

If you are in a confined space with a sexual predator, escape may not be an option. In this lesson, we teach you the Triangle Choke, an incredibly powerful Gracie Jiu- Jitsu technique that uses your legs to render your attacker unconscious from the bottom of the fight!

### Technical Slices™

#### 1) Triangle Finish (Preparation Drill)

- Essential Detail: Maintain head control anytime you uncross the legs.
- Most Common Mistake: Failure to squeeze thighs together when applying pressure.
- Bad Guy Reminder: Verify head and wrist controls throughout the entire technique.
- Safety Tip: Tap out.
- Drill Orders: Start from Triangle Set-up, 1 rep, reverse roles.

#### 2) Giant Killer Variation

- Indicator: Assailant is in your guard and you seek to incapacitate him.
- Essential Detail: Effective foot positioning on the attacker's hips.
- Most Common Mistake: Failure to scoot hips out effectively.
- Bad Guy Reminder: Keep driving forward to simulate reality.
- Safety Tip: Be careful not to knee you partner in the chin.
- Drill Orders: Attempt Guard Get-up, transition to Triangle Choke, reverse roles.

### Reflex Development Drill

Practice all Guard Get-up techniques in combination with the Triangle Choke.

### Mindset Minute

Do whatever it takes to perfect the Triangle Choke. If you find yourself in a confined space with a determined predator, it may be your only option for survival.



## Technique: Hair Grab Defenses

### Overview

An assailant will often attempt to control his target by grabbing her hair. In this lesson, we teach you how to defend against the most common hair grabs, whether standing or on the ground.

### Technical Slices™

#### 1) Standing Variation

- Indicator: Assailant grabs hold of your hair while standing.
- Essential Detail: Quick arm tug and immediate pressure on the assailant's elbow.
- Most Common Mistake: Weak base throughout the technique.
- Bad Guy Reminder: Keep your arm slightly bent for safety.
- Safety Tip: Apply pressure VERY slowly.
- Drill Orders: 1 rep, reverse roles.

#### 2) Mount Variation

- Indicator: Assailant grabs your hair while mounted on you.
- Essential Detail: Immediate arm trap and solid bridge.
- Most Common Mistake: Delayed arm trap.
- Bad Guy Reminder: Be gentle on the hair grab during initial practice.
- Drill Orders: 1 rep on each side, reverse roles.

#### 3) Guard Variation

- Indicator: Assailant is in your guard and grabs hold of your hair.
- Essential Detail: Effective acquisition of 90-degree hip angle.
- Most Common Mistake: Failure to place blade across assailant's neck.
- Bad Guy Reminder: Help your partner learn the proper leg positioning.
- Drill Orders: 1 rep, reverse roles.

### Reflex Development Drill

Practice all the Hair Grab Defenses in combination with other closely related techniques from each position.

### Mindset Minute

Having someone grab your hair in combat can be seen as either a gift or a curse. It all depends on what you know.



## Technique: Guillotine Choke

### Overview

When your attacker lowers his head to tackle you, he unknowingly creates a perfect opportunity for a Guillotine Choke. In this lesson, we teach you three variations of this powerful choke, as well as what to do if the assailant attempts to overwhelm you with strikes.

### Technical Slices™

#### 1) Standing Variation

- Indicator: Assailant attempts to tackle you while standing.
- Essential Detail: Effective wrap of the assailant's neck.
- Most Common Mistake: Failure to maintain a solid base during the tackle prevention.
- Bad Guy Reminder: Start slowly and then work your way up.
- Drill Orders: Basic choke practice, then 2 full reps, reverse roles.

Class 2

#### 2) Guard Pull Variation

- Indicator: Assailant successfully tackles you to the ground after you wrap the neck.
- Essential Detail: Maintain control of the neck during the transition to the ground.
- Most Common Mistake: Failure to incorporate the whole body during the squeeze.
- Bad Guy Reminder: Keep your neck tight for safety.
- Safety Tip: Hold the neck snug, but not choke-tight during the fall.
- Drill Orders: Start standing; wrap the neck, pull guard, reverse roles.

Class 2

#### 3) Sitting Variation

- Indicator: Assailant is in your guard and you seek to incapacitate him.
- Essential Detail: Sit up as straight as possible before wrapping the neck.
- Most Common Mistake: Failure to lie down immediately after the wrap.
- Drill Orders: 1 rep, reverse roles.

Class 6

#### 4) Punch Protection

- Indicator: Assailant attempts to overwhelm you with punches while standing.
- Essential Detail: Protect your face and establish the clinch for safety.
- Most Common Mistake: Failure to establish the proper leg base during clinch entry.
- Bad Guy Reminder: Check your partner's base during the clinch control.
- Safety Tip: Punch slowly to prevent injury during clinch entry.
- Drill Orders: Start from SBF, establish clinch, control for 5 seconds, disengage.

Class 2

### Reflex Development Drill

Practice all options from the Stop-Block-Frame, including the Guillotine Choke, Standing and Guard Pull variations, and the Punch Protection. From the Guard, practice the Sitting Variation of the Guillotine Choke in combination with the Triangle Choke.

### Mindset Minute

When going for the Guillotine Choke, wrap deep, hold tight, and don't let go until the threat is neutralized. If you have trouble finishing the choke standing up, pull guard and use your legs to amplify the pressure.

Class 2, 6



## Technique: Elbow Escape

### Overview

If none of the Trap and Roll Escapes work, you can use this "emergency escape" to put the attacker in your guard. From there, you can use your Guard Get-up techniques to escape when the time is right.

### Technical Slices™

#### 1) Standard Variation

- Indicator: Assailant is too large or base conscious for the Trap and Roll Escape.
- Essential Detail: Flatten one leg and shove the knee with conviction.
- Most Common Mistake: Failure to maintain the body-hug with the back arm.
- Bad Guy Reminder: Stay rigid to facilitate execution initially.
- Drill Orders: 1 rep, reverse roles.

#### 2) Heel Drag Variation

- Indicator: Assailant's leg is too heavy for the Standard Variation.
- Essential Detail: Bite their ankle with your calf and use your hips for leverage.
- Most Common Mistake: Failure to use the hip twist for lifting leverage.
- Bad Guy Reminder: Start light and then increase the weight of your knee each time.
- Drill Orders: 1 rep, reverse roles.

### Reflex Development Drill

Practice all variations of the Elbow Escape in combination with all variations of the Trap and Roll Escape. Once you end up in the guard after an Elbow Escape, feel free to throw in a submission from the guard.

### Mindset Minute

Although it may seem counterintuitive to intentionally put the assailant inside your guard, it actually makes complete sense once you think about the possibilities. From the guard, you have MUCH greater punch protection and you free your hips to allow all your Guard Get-up strategies along with an array of submissions that aren't possible from the bottom of the mount.



## Technique: Rear Attack Defenses

### Overview

A surprise attack from behind is one of the most challenging attacks to overcome. In this lesson, we teach you how to escape when someone attempts to choke you or bear hug you from behind. You'll also learn a powerful bonus technique from a special guest instructor!

### Technical Slices™

#### 1) Rear Choke Defense

- Indicator: Assailant approaches from behind and chokes you without notice.
- Essential Detail: Immediate control of the assailant's choking arm.
- Most Common Mistake: Failure to hand the weight effectively during the pivot.
- Bad Guy Reminder: Lean back while controlling the neck to add realism.
- Safety Tip: Wrap the neck slowly during practice to protect trachea.
- Drill Orders: 1 rep, reverse roles.

class  
2

#### 2) Rear Bear Hug Defense

- Indicator: Assailant approaches from behind and bear hugs you without notice.
- Essential Detail: Immediate drop into base placing both hands on the ground.
- Most Common Mistake: Failure to drive hips back during the leg-lifting process.
- Safety Tip: If you fall back during knee lock, avoid hyper extending it.
- Drill Orders: 1 rep, reverse roles.

class  
2

#### 3) Rear Naked Choke

- Indicator: You find yourself behind the assailant and seek to render him unconscious.
- Essential Detail: Align your elbow with his chin.
- Most Common Mistake: Failure to establish leg hooks after assailant gets up.
- Safety Tip: Squeeze slow, tap fast.
- Drill Orders: Establish choke and insert hooks, ride for 10 seconds, reverse roles.

class  
4

### Reflex Development Drill

Practice all the Rear Attacks in random order, and then throw in a few Rear Naked Chokes for fun.

### Mindset Minute

Regardless of what type of hold you're faced with, anytime someone grabs you from behind, drop into base immediately. From a solid base position, it will be much more challenging to move you, and you will have time to think about what move would best solve the situation.



## Technique: Weapon Defenses

### Overview

Some sexual predators will use weapons to intimidate and control their victims. In this lesson, we address the psychological aspects of dealing with an assailant armed with a gun or knife, and then we teach you the most reliable techniques to use if your life is on the line and you MUST act.

### Technical Slices™

#### 1) Kimura Armlock Variations

- Indicator: Assailant is inside your guard and has a gun/knife near your hip.
- Essential Detail: Use words to calm the assailant until you decide to act.
- Most Common Mistake: Failure to establish full control of the arm at once.
- Bad Guy Reminder: Check the arm control at various points throughout the move.
- Safety Tip: Squeeze VERY slowly when applying this shoulder lock.
- Drill Orders: 1 rep, reverse roles.

#### 2) Straight Armlock Variations

- Indicator: Assailant is inside our guard and has a gun/knife near your throat.
- Essential Detail: Secure the arm to your chest and blade their neck at simultaneously.
- Most Common Mistake: Failure to create sufficient hip angle.
- Bad Guy Reminder: Maintain a rigid posture to facilitate the spin.
- Safety Tip: Squeeze slowly on the elbow.
- Drill Orders: 1 rep, reverse roles.

### Reflex Development Drill

Practice all Weapon Defenses in combination. Once the submission is established, always remember to tell the bad guy to "drop the weapon," and then get control of the weapon.

### Mindset Minute

If you can convince the predator to put the knife/gun down, do it. If you can't convince him to drop the weapon, wait until you are in a familiar position, and then execute the technique with all the force and conviction you can muster. Your life may depend on it.





## 1) Street Smarts

- Understanding the Four Phases and knowing defensive measures at each phase is the key to survival.
- Even in broad daylight, an attack can occur.
- If the attack happens, the most important thing is to avoid panicking in Phase 3.
- Do whatever you can to avoid completing the Triangle of Victimization.

## 2) Undercover Assailants

- 78% of sexual assaults are conducted by "non-strangers."
- Alcohol is the drug of choice for non-strangers sexual predators.
- Non-strangers use instrumental violence rather than gratuitous violence.
- The most important defensive measures is boundary setting and verbal assertiveness.

## 3) The College Talk

- 90% of college assaults are conducted by non-strangers.
- 24% of college women will be sexually assaulted.
- The strongest boundaries are those that are set long before they are tested.
- If you don't respect yourself, no one else will. LEARN TO SAY "NO!"

## 4) Total Empowerment

- Congratulations on completing the program.
- Allow your increased confidence to serve you in all areas of life.
- Apply the principles of patience, timing, and leverage to overcome other challenges you face.
- Stay focused and stay safe!