

# SELF-DEFENCE IN 30 SECONDS

Or, in other words, our Features Editor beats up a giant army commmando!

**I**t's every girl's worst nightmare – being attacked by someone bigger and stronger. So imagine how I felt when I met my trainer, Big Kev from the "Fight Like a Girl" self-defence school! Luckily he taught me a few moves BEFORE he attacked me. As Big Kev says, "You're not weak, just untrained."

someone's freaking you out just get the hell outta there. Fast.

## Self-Defence Step Three: DE-ESCALATION

You know in movies when a whacko takes a hostage, and the FBI sends in a dude to reason with him? That's de-escalation – using language to calm someone down. The goal is simply to create a circumstance where you can bolt. De-escalation doesn't always work, so avoidance and running away is preferable.

## Self-Defence Step One: GET STREET SMART

- ✓ Stick to areas that are open, well lit, and well travelled.
- ✓ Travel in a group when out at night.
- ✓ Always tell someone where you're going, and when you'll be home.

## Self-Defence Step Two: RUN FOREST RUN

Do we need to say more? When

## Self-Defence Step Four: GET TOUGH

This is the worst case scenario – your attacker has physically grabbed you. Scream at the top of your lungs, and use one of the techniques below to break their hold. Remember this won't replace a proper self-defence class, so look into doing one in your area.



### AWESOME TIP



"If someone grabs your wrist, don't pull away – put your thumb towards the ceiling and pull up!"

“It's okay to run. It's okay to fight. But it's never okay to freeze.” Big Kev



**SPIKE.** "Use this when someone charges directly at you."



**EYE GOUGE.** "Have your hand at 45 degrees and keep your fingers bent."



**KNEE OR KICK IN THE GROIN.** "This will make a big man cry every time."



**SKEEDADDLE!** "You could've kicked me in the head before you ran away."