

# **Fight Smart = Fight Dirty: Use Your Brains Instead of Your Muscles!**

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## **IMPORTANT:**

*It's far better to avoid problems, defuse confrontations or run away rather than fight. If you can't do any of these options, fight smart!*

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*Fighting = hurting (that's the "trick" to it). And make your intention to hurt the attacker clear! If you feel you could not hurt someone, it's dangerous to choose this option*



*\* Visit [www.crimeprevention101.com](http://www.crimeprevention101.com) and get your free eBook "All-Time Top Tips for Keeping Yourself Safe!"*

## **Tips, Tricks and Tactics**

Any assault (particularly a sexual assault) should be considered a life or death situation. Fighting smart means making a decision that you'll do whatever you have to in order to tip the scales in your favor and stop the threat against you. Here are some tips:

- Mentally prepare yourself beforehand that you may have to get nasty in order to survive.
- Yell "NO" loudly (Warrior Yell) to overcome freezing in fear and panic, get yourself angry and ready to fight for your life.

The following are some "dirty fighting" techniques that can be learned in seconds and truly work.

### **Common Objects as Improvised Weapons**

Use any sharp object or caustic liquids from the environment around you as a weapon to blind, surprise or distract the person prior to striking or initiating your defense. Your surroundings are filled with weapons if you know how to look for them. For example:

- Cleaning fluid, hair spray, bug spray, perfume, fire extinguisher, hot coffee (or tea or food); pen/pencil, sand, dirt can be thrown in someone's eyes to blind them.
- Scissors, sharp-edged objects like a credit card or the corner of a box can be poked into the eyes, ears, nose or throat; umbrella or cane into the groin, instep.



- items can be thrown into the attacker's face to stun or injure (the heavier the better): Glasses, bottles, dirt, rocks, a lamp, a book, a chair or any other piece of furniture.

- Topple chairs, turn over tables and/or throw objects in the attacker's path to slow him down if you're being chased.

### **Common Objects as Shields and Barriers**

The trick is to keep something between you and the attacker or between you and a weapon.

- Keep a large object between you and your attacker: Run around tables or chairs, for example, throwing whatever you can pick up as you run.
- Circle a car if you're out in the street, roll under it (if it's high enough) or hide behind anything handy. Just make sure you have a way to exit. You don't want



✓ **Take a yearly Self Defense Course!**

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**Crime Prevention 101 Radio Show Resources:**

**Self Defense Awareness Month:**  
<https://www.voiceamerica.com/episode/43783/keeping-yourself-safe-self-defense-awareness-month>

**Primal Self Defense:**  
<https://www.voiceamerica.com/episode/42490/dr-ruthless-primal-self-defense-and-the-dangers-of-sexting>

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**Check out the Safety Store on Crime Prevention 101.com for pepper spray and other protection devices.**

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**Sometimes nothing can be done to prevent an undesirable outcome in a crime situation. Submitting to an attacker, with or without resistance, is always a valid choice. Whatever you do to survive is the correct response.**

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*The term "he/him" when describing an attacker is used solely for expediency. Attackers can be women as well as men, and teens or tweens as well as adults.*

to get trapped under a bed, for example.

■ Pillows, couch cushions and hard objects can be used as a shield against a knife or sharp-edged weapon.

### Personal Defense Weapons

Always a good option. Check with local law enforcement to find out the rules and regulations for possession and use in each state.

■ Put a canister of **pepper foam** by your bed (or a **taser**) and leave a few canisters strategically around your home. If you have young children, scatter bug spray or air freshener. Carry **pepper spray** and/or a taser when you go outside.

■ Personal alarms are best used when shoved against the assailant's ear in an attempt to break the eardrum. Blow a whistle directly into an assailant's ear for the same result.

### Dirty Fighting Techniques

If you can't find any improvised weapons to use, you always have your hands and feet. **Strike only at the most vulnerable targets: eyes, ears, nose, throat, groin, kneecap, shin and instep. Strike furiously, many times.**

■ **Eye Peck or Gouge:** Stick your fingers or thumb or (better) any object handy into an attacker's eye, dig in and scoop out.

■ **Fish Hook:** Make a "fishhook" with your finger and hook the assailant's mouth or nostrils, then pull. Objective: tear flesh.

■ **Ear Strike:** Clap your hands over his ears several times (like you're applauding) or slam a heavy object into the ear. Causes a person to become dizzy, lose balance and possibly break the eardrum, in which case the person will pass out. Yelling loudly (especially if he's got you in a bear hug) or blowing a whistle into the ear is very painful and should cause the person to loosen his grip. If the person's wearing earrings, pull down and tear earlobes; same result.

■ **Head Butt:** Surprise move; especially if in a bear hug. Should open up cuts; could knock someone out. Butt with the top area of the forehead in quick, sudden bursts, focusing on nose, eyes, mouth or the side of the jaw. Use the top of the head to come up under the chin/jaw if you're much shorter than your attacker.

■ **Hair Pull:** Grab the person by the hair, shake the head like a dust rag and keep his head down. Causes dizziness and loss of balance and enables you to follow up with a stronger technique like slamming or scraping the attacker's face/head into the floor, wall or whatever's handy. Pulling out chest hair, back hair or pubic hair is also painful and should loosen up a tight grip.

■ **Break the fingers or hand:** If you can get hold of a finger, bend it back and break it. Or, slam a hard, heavy object down on the attacker's hand and smash it.

■ **Scratching or biting:** Good as a starter or "can opener" to get out of a grab or hold. Go for any exposed skin you can reach, especially the face. Clamp on like a pit bull, dig in like a bird claw and commit fully to inflict as much pain as possible.

■ **Kicking:** Kick the shin or kneecap (no higher), especially if you're on the ground and he's standing. Kick him in the face if he bends down. Stomp on the head like you're squashing a melon if both of you are on the ground.

■ **The Sexual Sacrifice Technique:** If you're in a position where you can't fight, use strategy. Offer to perform oral or manual sex because you must get your hands directly on his balls. Then grab, clamp, twist and pull! As if you're pulling a light bulb out of its socket. A stopper!

■ **Throat/neck strikes:** Most deadly targets. Repeatedly shove anything handy into Adam's apple or up under chin; side or back of the neck. Intend to crush the windpipe or break the neck—depending on where you strike. **FIGHT OVER!**