

FIGHT SMART = FIGHT DIRTY

By Crime Prevention and Personal Safety Specialist Susan Bartelstone

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.

Tips:

- Mentally prepare yourself beforehand that you may have to get nasty in order to survive.
- Use the **Warrior Yell** to overcome fear, get angry and ready to fight for your life.

Below are some dirty fighting techniques that truly work. The best targets: eyes, ears, nose, throat.

Common Objects as Improvised Weapons

Use any sharp object or caustic liquids from the environment around you as a weapon to blind or distract the person prior to striking or initiating your defense. Your surroundings are filled 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.



- Throw a heavy object in the attacker's face to stun or injure—glasses, bottles, rocks, a lamp, a book, a chair or other furniture.

- If being chased, topple chairs, turn over tables or other objects in the attacker's path to slow him down.

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 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 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, air freshener, etc.. Carry **pepper spray** and/or a **taser** when you go outside.

TIP: Don't develop a false sense of confidence because you're carrying a defense spray or a taser. They are good defensive weapons but not perfect. Always use caution and common sense.

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

■ Eye Peck or Gouge: Stick your fingers or thumb (or anything!) into an attacker's eye, dig in and scoop out.

■ Fish Hook: Make a "fish hook" 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; will cause person to become dizzy, lose balance and possibly break the ear drum, in which case the person will pass out.

Yelling loudly into the ear (especially if he's got you in a bear hug) is very painful and should cause the person to lose 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 top of 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 very 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 some hard object down on the attacker's hand and smash it.

■ Scratching or biting: Not powerful techniques, but 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.



■ 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 strike: Most deadly area. Shove anything straight into the Adams Apple or onto the side or back of the neck. Will crush the windpipe or break the neck—depending on where you strike. **FIGHT OVER!**