

**Pulling and leading**

As mentioned previously, even though this looks like a simple method of attack, it is still very effective and therefore presented to you.

an attacker counts on the victim's feelings of fear and terror and her helplessness to cause her to follow him. This assumption will work for you, because if you resist, your attacker will turn at you and will be prepared to defend himself.

32



So, it is better if you follow him and during those first two steps get your Spikey and **attack!**

33



While drawing the Spikey, you can step hard into the back of his knee and cause him to fall.

34



From the first moment you got hold of the Spikey you must aim it at the attacker and stick it

35



Whether you caused the attacker to fall or not, hit where it is most convenient to you. You can aim at the shoulder blade

36



Or at the neck or use it as a whip, like we learned in the workshop. The result will be the same whatever you do – the attacker will let go of you because of the pain

37

It doesn't matter where you hit as long as it is hard and heartfelt!



38



## Grabbing while lying on the back

Another situation is where the victim is lying on her back (as opposed to the situation demonstrated before). In this situation you would typically feel helpless, especially if the attacker is pinning you to the floor holding both your hands down. You should try and remember that he cannot hold down both your hands and your hips at the same time. He can apply his weight on one spot only, if he is sitting on you, his hands are weak and if he is pressing down with his hands, his legs are weak. Also remember that when both his hands are around your neck, both yours are free to counterattack. You will remember all this and use it to throw him off of you. You will accomplish this with two of the exercises taught in the workshop – performed successively:

23



When the attacker is on top of you, and you feel his hands tightening, the first thing you do is to quickly open your arms sideways,

24



And at the same time lift your head up towards the attacker's head. This action requires some practicing. Lifting your head will prevent the attacker from lying down on you and stretching your arms to the sides will cause his head to drop down, you can also ram his face with your lifted head.

25



The tighter he holds down your hand the easier it will be for you, because his body weight will be at a straight angle with the floor with no sideways power. And so the harder the fall the more effective the blow to his face.

# 10

After the action of throwing your arms sideways and ramming with your head, it's time for the second and last stage. The next act will ensure the removal of your attacker off of you even if the ram was far from perfect

The ramming and the bridge can occur in any order. It all depends on where you feel the attacker's weight. If it is on your arms start with the ram and if it is on your hips start with the bridge. If you are uncertain, just pick one to start with and follow it with the other. It is not so much the exercise itself, it's the combination and the maneuvering between the weights.

26



Right after the ram or the attempt of it you should lift your buttocks from the floor in a swift and strong upward motion into a "bridge"

27



Now that you can feel your attacker getting up and away from you, use your knee to complete the act of throwing him.

At any stage, remember that as soon as your Spikey-holding-hands is free, you can use it to hit him in the direction of his ribs or any other body part you can access

There is another throwing option:

28



Spikey can be used to break away from his grip. This is done in the same way as breaking away from a hand-grip. You must remember to press hard, use the floor as balance and trap his hand between a spike and the floor

29



The intensive pain will cause him to release your hand so Spikey is free to attack his head

30



And/or his body

31



After which you will use a spinning sideways motion to free yourself from under the attacker and get up. Bear in mind that even after you are out of his grip you can continue to attack and cause damage with Spikey to discourage the attacker from following you

## Strangulation from behind – lying down

In a strangulation position shown in the picture, the victim opens an air passage exactly as shown in the standing up version.

72



Here you can see the opening of an air passage

73



Spikey is pressing the attacker's elbow towards your chest **with maximum force!**

74



You now use your other hand to push the side of your body that is free upwards, while leaning on the other side, as we learned in the workshop.

75



Leaning on one side while the other side is pushed up results in both you and the attacker turning. Do not forget that you are still pressing Spikey against his hand.

76



Like with the turn in strangulation from behind in a standing up position, here too you constantly press the attacker's elbow into your chest very tightly and you do not let go.

77



As before, a good squeeze will produce some good results. The maneuver seems difficult at first, but it is really quite simple and depends mainly on your intent!

78



79



This is how the other side looks.

Spikey shape and the material it is made of make it a very deterrent tool. Its touch, any kind of touch, on a body, anywhere on the body, causes a lot of pain. Once you have stuck its spike anywhere into the attacker's body it will make him turn any way you want him to, just as the reins instruct a horse which way to turn.

The following are more complex softening maneuvers:

99



A softening blow to the attacker's head. Goal: stop strangulation and shock the attacker. Remember that your head can be a weapon too, especially when the attacker's head is really close to yours, like: strangulations from behind and from the front, lying down position, etc. so, before throwing your head back you can bend forward a little, thus assuring the close proximity of his head to yours. This kind of softening will leave the attacker stunned and bleeding

100



101



A chin/ nose/ eye grip  
Goal: stop strangulation from the side and cause the attacker to fall.  
Remember that once out of strangulation, you can use the freed hand to further soften the attacker's face

102



103



104 105



A softening blow to the ribs or the testicles.  
Goal: stop strangulation and distract the attacker.  
A very practical softening which cannot stand on its own. You will need to continue hitting after that.

106



Peeling will mostly be done by the back spike. It is mounted on the smooth surface of Spikey's back side. Its special structure enables it to scoop anything on its path; a finger bone, a rib, etc.

The pinching technique is the grabbing of a body part between Spikey's back spike and the thumb of the Spikey-holding-hand.

Pinching should be very forceful. A good squeeze will inflict such pain as to make the attacker fear an irretrievable damage

The pinching technique does not require precision. As you must have experienced in the workshop, pinching a small area of skin or a bone will suffice