

## **Spikey – structure and use**

Spikey was conceived by Sapir Tal after one of his students was attacked. Sapir Tal never recommended to his students to carry fire-arms for fear that the attacker might snatch it from the victim's hands and use it against them. After a fifteen year old student was attacked Sapir realized how much women needed to have some protective tool as well as the know-how in handling themselves in attacked.

Spikey is built to accommodate women's hands, both in size and in shape. Most of it is held within the palm of your hands while the protruding parts will come into contact with the attacker. Spikey can be held so firmly by the fingers that no one can snatch it out.

Spikey can be used in five different ways explained in this booklet:

### **Hitting, Squeezing, Pressing, Whipping, Peeling and Pinching.**

#### **Hitting**

Spikey is first and foremost an enhancer of power. Hitting with a fist while holding Spikey is much more powerful and painful than if your hand is empty at the time, due to the special shape of the spikes protruding between your fingers. A direct blow to the attacker's chest with Spikey in you hand will hit him like an electric shock wave and he won't know what hit him, while you won't feel a thing. The attacker will not even get close to your hand which will be protected by Spikey. The attacker's body will not be able to sustain such a blow and he will be thrown back.

<https://www.youtube.com/watch?v=oqQz4QbYjgw&list=PL7F20FAA19D534ACF&index=11>

#### **Pressing, poking**

Spikey enhances power in pressing as much as it does in hitting. Many attacks happen in very close range, so hitting is not always possible. You might feel your attacker's arm closing around your body. This is the time to apply pressure by pushing one of the spikes into your attacker's arm. Actually it makes no difference which spike goes

into which body part., it will hurt so much that your attacker will want nothing more than to let go of you and relieve the excruciating pain.

<https://www.youtube.com/watch?v=xmupvEpRlss&list=PL7F20FAA19D534ACF>

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### **Whipping**

Spikey resides permanently on your key-ring, which turns it into a lethal weapon. If attacked, you can hold Spikey as the handle of a whip consisting of the keys dangling from it. The whipping motion is as lethal as it is simple. The jagged keys can literally tear the attacker's skin. Practice the whipping motion only when you are alone as it is very dangerous.

[https://www.youtube.com/watch?v=OrhjmfuOW\\_s&list=PL7F20FAA19D534ACF&index=6](https://www.youtube.com/watch?v=OrhjmfuOW_s&list=PL7F20FAA19D534ACF&index=6)

### **Peeling**

Peeling can be done by any of Spikey's spikes, but the spike at the back is the best for, as it is situated on a smooth part of the surface, so any part of the attacker's body is likely to get caught by it. The peeling motion is intended to remove the disruptive factor from yourself, be it a strangling arm, a hand holding yours fast or any other body part. The peeling is achieved by sticking and pulling.

<https://www.youtube.com/watch?v=ANjpZXkGQbY&list=PL7F20FAA19D534ACF&index=8>

### **Pinching**

Even though pinching involves small body parts like a finger or an ear lobe, it is effective because you can make your attacker hurt and bleed. The pinching is done by holding that part of the attacker's body you want to pinch between the back spike and your thumb. There is no need for force to cause either pain or damage; all you need is intent in your motion. Try it on yourself.

Bear in mind that Spikey's special structure enables you to hold it in any way you want, each way will provide you with coping techniques. The possibilities are endless and you can even come up with a few of your own.

Spikey was developed in a long process of trials, practicing all kinds of attack situations as well as consulting with women who are Sapir's students of self defense who pointed out all the weaknesses and asked all the questions.

<https://www.youtube.com/watch?v=mYfSUpSUD4E&list=PL7F20FAA19D534ACF>

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#### **Use instructions in the booklet**

This booklet instructs about self defense against sexual assault. It shows various types of assault and the different ways to defend and to free yourself from your attacker.

Applications are presented from left to right (as you read) across several pictures. The first picture demonstrates the attack, and each picture after that demonstrates the consecutive defense and release steps.

Under each picture you will find a short and clear explanation by the inventor of the method and the tool.

For further clarity you can see, under the written explanation, a small icon of the Spikey with one of its spikes colored, to indicate that this is the spike used in this particular act. Please remember that it is optional and that you can use any spike at any time.

Occasionally, a circular frame will be under Spikey's icon, where a detail from the bigger picture above is enlarged. This shows the area hit by the Spikey or it can be some other emphasis by Sapir.

This booklet is given at a workshop and although it can stand on its own as a teaching tool, it shows several solutions to each situation, so it is highly recommended by Sapir to participate in the workshop where you can simulate different situations of attack and release, practice them and are better able to choose the right ones for yourself.

## Spikey draws

Spikey is a substantial tool in self-defense situations. It's light and safe and once firmly in your grip, cannot be snatched away. Innocent looking, Spikey will always give you the element of surprise. Spikey is easily accessible. It will look nice on your key-ring, fit comfortably in your purse or your pocket.

Spikey serves you in so many ways of empowerment, defense and release yet with all its different techniques, it doesn't require too much muscle or precision. All of this makes the Spikey a very basic self-defense tool.

In order to benefit from Spikey, you should have it on you at all times and learn how to draw it quickly when an emergency arises. Spikey's shape makes it extremely easy to grab it and draw, and once you did, you are ready for anything.

1



Drawing  
Spikey from purse

2



Drawing Spikey from  
front pocket

3



Drawing Spikey from back pocket

4



5



6



## Hand-grips

In the situations mentioned thus far, strangulation from behind in particular, we have demonstrated the different ways of coping with the physical and the emotional stress. Bear in mind that all of this applies in any kind of assault and that any Spikey-holding hand is handy. Remember also that when hitting/ pressing etc. with Spikey you should give it your all.

You may have noticed that in all those situations both your hands are occupied. While one hand is administering a chain of attacks, the other is busy keeping the air way open; while one hand is used to lift the attacker's head up, the other follows it with a blow; if one hand is used as a support to get you off the floor, the other will role sideways etc.

Let's look at a harmonious handling of a gripping situation, using both hands.

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The attacker grabs and pulls the hand holding the Spikey. You can easily turn one of the spikes towards his wrist and cause pain, From underneath, or

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From above if it easier for you. Regardless of which part of the bone is touched by Spikey, so long as it touches it and you apply the pressure with all of your heart

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Notice how the other hand helps fix the attacker's hand so he can not run. Pressing should be directed towards the floor and towards you

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Pressing and affix with direction and intent will bring your attacker to the floor. You are now in control of the attacker's movements and of his direction.

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Here demonstrated is a different direction of pressing – from the side. There is no need for precise location or direction because Spikey is doing all the work.

### Strangulation from the front

In the case of strangulation from the front, both the attacker's hands are pressing on your neck. It is harder to maintain an open airway in this position, unlike strangulations from the back or the side, but keep in mind that both your hands are free and all of his body is exposed.

The attack is swift and short but the victim is far from gentle. The harder you administer the blow, the farther the attacker will be thrown so you will be able to make sure that not only is he letting you go, he will also lose all interest in following you. With this blow you can make him feel choked and you want to make sure it will take him a long time to recover.

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While one hand is attacking, the other is pressing against the attacker's hands to open an airway and to limit that hand's mobility.

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The possibilities here are numerous. Here presented is the simplest most lethal one: we see a direct hit towards the attacker's throat while pushing his chin back to push him away. His whole body becomes a target.

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Our head is an important gravity point for our body, so by pushing the attacker's head back we cause his whole body to follow suit

The possibilities of pushing an attacker away from you are endless, but always remember to give it your all.

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If you feel you are overwhelmed by the strangulation or that you don't have it in you to launch the first step of an attack, you can press Spikey into the attacker's arm where the inside of his elbow is. This will cause him to let go of your throat.

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Now you are free to attack his body,

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A blow in this area, as can be seen, will make him fall back!

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Another option is to stick Spikey into the base of his neck and press down towards the floor.

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This specific point is not hard to find/ just hit with Spikey between the neck and the shoulder and press! The attacker can be brought down to the floor without much force, regardless of his size



## Peeling

Spikey can be used in four main ways in an attack situation. We have seen it releasing by pressing, empowering by hitting and by whipping. The fourth use is to be implemented after a chain of counterattacks or after hitting and that is the peeling. The peeling technique is simple and is usually done with the back spike of Spikey although the front one is just as good for it.

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Your first move, like in any attack, is to administer a softening blow. Shown in the picture is a blow to the thigh, but any other exposed part will do.

Moving your hip makes room for a counterattack

81



Using this technique you can grab any body part, large or small, an elbow, a wrist,

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A single finger,

84



Or even the bone in the back of the hand. Any part that you can tear the skin off.

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You can even reach as far as the attacker's other hand and peel it.

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Once that hand is no longer a threat, we can turn our attention to the attacker's body.

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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.

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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.

### Softening blows and other kinds of hitting without Spikey's help

Softening blows are blows aimed at the attacker's body. They are the opening of almost every exercise. They are administered with speed and will usually be followed a release or defense technique. You must give more than one softening blow, so it's recommended to practice a certain sequence of them. This way you will remember them and will be able to use them instinctively when in danger.

Every situation requires its own softening and every softening has its purpose:

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A softening blow to the testicles or the lower abdomen in a strangulation- from- the-front situation. Goal: stop strangulation and inflict pain.

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A softening blow to the eyes. After that you maintain pressure in the direction of the back of the attacker's neck. Goal: inflict pain and cause fear which will make the attacker feel helpless even after you have let go. Grabbing can be done by the hand not pressing.

96



A softening blow to the chin or to the nose. Again, after the blow continue pushing. Goal: inflict pain and cause imbalance. This can go on until the attacker is on the floor. A blow to the nose will cause the attacker to tear and to bleed.

97



A softening blow to the ears from a strangulation position. This will have the effect of cymbals banging. Goal: inflict pain and cause imbalance.

98



A softening blow to the knee from a strangulation- from- behind position. The blow should be administered in the opposite direction of the joint. Goal: cause damage and pushing the attacker away.

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 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

## 24

**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**



**102**



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

**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**



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