

**spikey**

**זה בידיים שלך!**

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## Grabbing from behind

If you have been grabbed from behind, the attacker will in most cases try to lift you up' as shown in the first picture. You will feel choked and helpless because your feet are not touching the floor and your hands are held tight to your sides.

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In this situation you might feel that there are very few options of counterattacks, but not to worry – Spikey is in your hand!

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Stick one of the spikes into your attacker's palm. Do it in the direction of your stomach, so that the back of his hand is pressed tight between Spikey and your body. The attacker will immediately bend forward to relieve the pain,

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Now is the time for a chain of counterattacks – a ram backwards, stomping on the attacker's foot,

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Moving your hip sideways will make room for a blow to his thigh, an elbow into his ribs, etc. Having "softened" him you will then stick Spikey into his palm, as shown in the first picture.

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The quality of this exercise will be determined by the amount of force applied in pressing Spikey into the attacker. Pressing deep will yield a quick and easy result. No muscle only intent is needed!  
Spikey's shape and the material it is made of are making it an empowering tool that requires only your will and intention.

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You continue to press on the attacker's hand while bending forwards

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Let the shoulder of the Spikey-holding-hand lead and help with your other hand, as shown,

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So that the attacker will be down on the floor.  
This is not a drop; it's controlling the attacker and leading him down to the floor.  
If you give this pressing motion your all, you will be able to achieve it with only one hand!

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When the attacker is on the floor (and only then) you can release Spikey and run away. Before running away, and to make sure he doesn't try to come after you, hit his face hard with the elbow of the Spikey-holding-hand

### Strangulation from the side

We are taking the previous attack one step further. The sensation of being strangled is very real now. **In order to open an airway, press the attacker's elbow towards your chest then press your chin into the space cleared,** whether with the help of Spikey or not.

There are two ways of dealing with strangulations from the side:

In the first Spikey is held in the hand closest to the attacker and in the second Spikey is held far from him. Choose your steps based on the distance between the attacker and Spikey.

Let's start with the situation where the Spikey-holding-hand is close to the attacker:

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You will do all this with the hand farther from him, while your other hand will perform the following chain of counterattacks: a hard blow to the to the attacker's skull's base, followed by

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Holding his head by the eyes and pulling it back. At this stage you can soften his thigh with Spikey and continue the motion towards the rest of his body, helping along the hand that is pulling the head back.

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With Spikey now in your other hand, the one away from the attacker. This will be the hand carrying out the chain of counterattacks:

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A blow to the attacker's skull's base,

Spikey's size and the way it is gripped in your hand make it a multi-purpose tool, be it in clearing an airway, or in administering blows in a counterattack. There is an answer to every situation, whichever side your attacker appears from.

Remember, you have endless possibilities. All that is required of you is to give it your all and let Spikey do the rest. You must aim to hit, press until you feel the air pipe, take all the fear and the terror that you feel and put them into your blow.

**Give it your all!**

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Inserting Spikey under the attacker's chin and pushing it upward, like before. Don't forget to keep an open airway at all times using your free hand.

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Once you have lifted the attacker off of you and your farther hand is no longer needed for the airway it can be used for a direct blow to the face.

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If you find you can not reach the attacker's neck, you can lift him by his Trapezius muscle. Stick your Spikey with all your force and pull up and back. This is a very sensitive point and it will cause the attacker to get up immediately.

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It is a vital point which is a little difficult to find, but it is well worth the effort.

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Pushing the attacker up and away from you is done by pulling up and back so at the end he is twisted into a sort of a bridge. Spikey pressed into his throat allows no resistance.

**Strangulation from behind**

A strangulation from behind resembles strangulation from the side. The manner of the attack though is different because it keeps you in an upright position as opposed to the bent over position in the side version.

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Spikey will clear up the air way by pushing into the attacker's elbow and pulling it closer to your body. Pull your chin into the space cleared by this act.

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Continue by pressing on the elbow and **turning your body** out of the attacker's grip. Remember not to let go of his elbow. Your other hand continues to hold his wrist until you feel that you are free for –

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Having freed yourself from the attacker's grip you will be facing him, his hand in yours. Now is the time to activate Spikey. He is now an easy target. Use discretion

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No matter where Spikey hits, with your intent and force it is bound to cause damage and to stun the attacker.

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Make sure there is an air passage at all times

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Another option of releasing yourself from strangulation from behind is moving your hip sideways and by that shifting it to strangulation from the side. This can help prevent your falling backward as well as protecting you from the harsher effect of strangulation from behind.

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The picture shows the moving of the hip sideways. At this time a blow to the inner thigh is also advisable

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Now you are in the strangulation-from-the-side position. Move your hand behind the attacker's head and hit it's base

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Move Spikey towards his throat and pull up in a swift and forceful motion. All of this can be done with Spikey in your right or left hand.

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The attacker is forced backwards. You can now go on to pull him up and hit him again with your other hand.

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**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:



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

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.

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.

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

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.

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