

# *Brill's Karate*

## *Adult Self-Defense Class*

*(1<sup>st</sup> Class of 2)*

### *Overview*

*Every good self-defense class should have certain elements.*

- 1. How to use your hands and feet as fighting weapons.*
- 2. Basics of blocking.*
- 3. Vulnerable striking spots on an attacker.*
- 4. Awareness of surroundings.*
- 5. Defense against grabs.*
- 6. Using ordinary household items as weapons.*
- 7. Defense should not be complicated (we forget quickly)*

**There is a lot of information, so just relax, do your best and have fun!!  
(Review the notes often, it will help a lot)**

**We will give a lot of idea's how to save yourself and your loved ones, but remember the first choice is always to run, if you can!!**

**(The class is designed, if for some reason, you can't run away and you need to stay and fight!)**

**Hand strikes:** (Learn your Weapons)

**Hammer Strikes** – Make a fist and hit with the meat of your hand (or hand open).

**Palm Heal Strike** – Open hand strike, fingers facing up making contact near wrist on palm.

**Side Elbow & Spinning Elbow** - Short range weapon and very powerful.

- 1) Talk about striking spots on bodies - Nose, neck and throat area.
- 2) Practice strikes in air. (To learn technique and timing)
- 3) On bags (“Mr. Big head”)

**The Kiai** (The sound you make while doing Karate/Self Defense) There is 3 major reasons why you do it. First, it brings all your internal energy and focuses it into your strike, making it more powerful. Second, it surprises your attacker and makes freeze for a moment and makes it easier to do your attack/strike. Third, it shows confidence in yourself and while using it, your confidence will grow.

**Stretching:** While talking about safety features briefly explain.

**Do not look like a victim** – Whenever you are in public always look Confident, look up, and at people, move fast and feel strong (My class will help), and never be looking down at your phone. (Once in your car, lock the doors and try to get going) ((don't spend time reading my manual at this time))

When parking your car in a parking lot put it under the lights, mostly if there is any chance it will be dark when you get back. Pay close attention to where you parked, so you don't spend time wandering around the parking lot, that just invites trouble. Take notice of landmarks where you parked (not the big truck next you, it can drive away), or use your phone to take pictures. Don't click your door locks with the remote when you are very far from the car, because an attacker will know you are coming and give him time to get to you at your car. (unless you want to do a disgusting move to him, you will see later in the Manual)

Get into the habit about 10 feet away, when walking up to your car start looking under it for carjackers. (They cut your Achilles tendon by your foot) *"I know, Gross!"*  
Before you get in the car, just take a quick look to the backseat; make sure no one is hiding under a blanket or anything you had back there. In fact, don't keep blankets or clothes on the back seat as they can use them to hide (keep that stuff in the trunk), over time this will become a habit.

When you are approaching your car (but still kind of far) and someone is standing near it and you get a bad feeling, we will go over the best ways to handle this scary situation.

If you are ever confronted by an assailant in a public place and you want to yell for help, there is a much better way to do it than use the word "help" because unfortunately a lot of people turn a blind eye and don't want to get involved/help. There is a way to get maximum attention and get the most amount of people to your aid!

Never ever go to a second location, do anything to stop it, yell, scream, fight! If you are in a car with an assailant crash it, jump out of it, do anything you can! However scary it seems to stop him, it will be 10 times scarier at a second location.  
(I like jumping out just before he and the car go off a cliff)

### **Kicking: (Legs, your Strongest Weapons)**

**Snap kick** – Kicking with the top/instep of your foot, in an upward direction.

**Knee strike** –Bringing your knee up, very natural move.

**Side kick**- Bottom of foot, like breaking a stick on a wall.

1) Talk about striking spots on bodies. Groin, Knees and Face when made to bend down.

(Knee strikes are very powerful, so it will do damage to almost anywhere you hit.)

2) Practice strikes in air. (To learn technique and timing)

3) On bags ("Mr. Big head")

***Do some basic blocks:***

Keep your hands open while swatting at the strike. Your hands should be up protecting your face, then cross your body to block the strike: For example, your right hand is up then cross to your left side to block. Any part of your hand or arm is OK. Practice blocking for a short time with partners (go easy and soft) one person punch and one block, or if we have enough helpers they can do the punching.

***Grabbing & Poking (eyes and groin):***

**Grab the groin** and crush it (Yes that hurts!)

**Box the ears** – use the palm of your hand to clap the ear/s, this will take out his equilibrium.

**Poking the eyes** – the best way is to grab and hold the head and stick your thumb/s in the eyes. (Very effective)

If you are on the **ground** with the attacker on you, this is a great time for grabbing, poking, boxing the ears, and the disgusting thing. (Coming next!)

(We talk about some theories when you are on the ground and what to do, but we don't go on the ground in the 2 day self-defense class, that would come later in a persons training)

***Disgusting things that work*** – If he puts his hands on you, or if it is available, grab **One** of his fingers and rip it backwards. Snap it in any direction it's not meant to go and this will disfigure him pretty badly and most likely end the attack. If not, keep messing with the broken finger and if he is protecting his hand, just poke him in the eye, or strike the groin. (He will be sorry he messed with you!)

***The next one*** – Grab his ear tightly, bringing it up and then down in a fast snapping motion and this will take his ear off his head. This works easily because the only thing that keeps the ear on his head is skin and it takes much less effort then you would think to rip it off. This helps with 2 big problems: first, now he has a time problem because he will bleed out quickly, so no time for a 2<sup>nd</sup> location. Second, if there are multiple attackers, the others generally get sick when they see it and run away. (The other attackers will agree with me, that is gross!)

***The next next one*** – Grabbing 1 of his hands with your 2 hands having 2 of his fingers in each of your hands, then in one powerful snapping motion, rip the fingers apart like a wishbone, tearing his hand down the middle. (Yes Yuck, Super Gross!!)

## ***Defense against grabs:***

***Wrist grabs using his energy against them*** – When the attacker pulls you into a car or tries to get you to a new location, instead of resisting, use his energy against him. When he pulls you, go with it and use one of your strikes to hit him, because his power will be combined with your to make the strike more powerful. (Then deck him!!)

***Stupid stupid stupid*** – When he grabs you his hands are being used and your hands are free to hit him. (This will make perfect sense at the class and a very important technique)

***Front and Back Choke*** – Make the tee with your arms out and spin making your arm go over their head with follow up strikes this will stop the choke.

***If they grab your hair*** – He will be able to control your head, therefore control you, so the way to minimize his control is to grab your hair between his hand and your scalp and take away his control. If they grab the hair right on/next to your scalp, just use your palm to pin their hand to your head, and this will take away some of their control. (Then kick the life out of him!!)

***Household weapons*** - Frying pans, pocketbooks, cleaning spray, electrical cords from any appliance, keys

### ***Final Thoughts:***

I would like you to think about how far, or what you would be willing to do, if you were ever attacked. We have presented many options, some you may be willing to do and some not, but you should think about it before hand. If you were to make that kind of decision in the moment (how far you would go to protect yourself), you will most likely freeze and do nothing and that would be the worst of all.

It was an honor presenting this material and we hope it gives you confidence and peace of mind.

Master Barry Brill

## ***Brill's Karate***

Props:

“Mr. Bighead” (for hand strikes and kicks)

Extension cord, Keys & Frying Pan.

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