

# Defending yourself from front and rear attacks



Response to the Herald's photo feature two months ago on self defence techniques for women has been overwhelming. So, with the cooperation once again of area residents Leslie and Bill Pickells, we offer further hints on easy methods to defend yourself if attacked.



This time the Pickells are including a technique for men also.

The Pickells stress that the techniques, like anything else, must be practised in order to effectively make them work.

Most importantly, reaction must be fast and without

hesitation. You have but one chance to make it work, they emphasize, and if you fail you are in trouble for you have only made the attacker more angry.

The Pickells suggest that you practice the techniques outlined here on a regular basis at home with the co-

operation of a member of your family or a friend. It would also be of benefit to clip the column as a reference at a later date.

In the series of photos above the proper techniques are shown to handle an attack from behind.

In the first photo the at-

tacker approaches from behind the victim.

Photo Two: Attacker grabs the victim by the arm.

Photo Three: Victim turns quickly knocking aside the attacker's arm.

Photo Four: Victim now becomes the aggressor by

sharply snapping a side kick into the knee of the attacker, thus knocking him off balance.

Photo Five: Victim subsequently follows up her defence by quickly pivoting her body and culminating the action with an elbow strike to the attacker's face.

Now, without hesitation, run away screaming into a lighted

or public area to attract attention.

In the photo sequence below the techniques for defending yourself from a face-to-face confrontation are shown.

Photo One: Confrontation. Photo Two: The attacker punches but the victim quickly steps aside back into a strong

stance and blocks the punch.

Photo Three: Victim now becomes the aggressor by quickly following through with a punch to the face of the attacker.

Photo Four: The victim now brings the knee of his back leg into the attacker's midsection or groin.

Photo Five: Victim now

quickly finishes off the attacker by adding a sharp elbow strike to the side of the head.

Assisting Bill in the second sequence is a former resident of Georgetown, Bob Melanson a green belt.

If you have any questions about any of the techniques call 453-8082.



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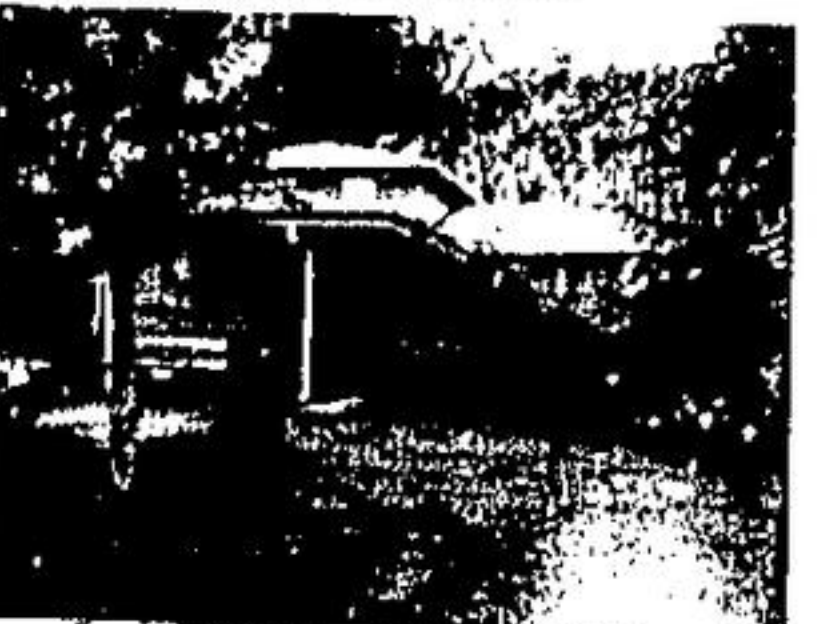
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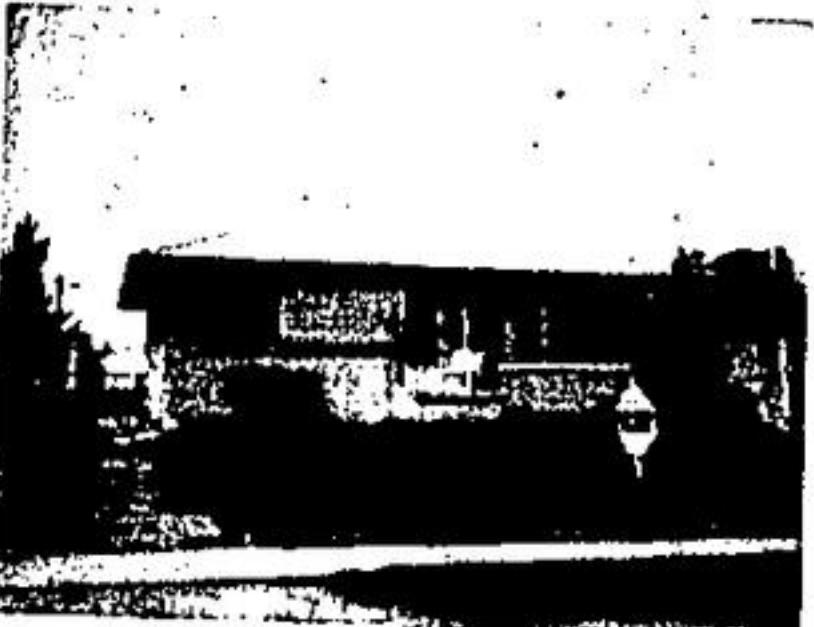
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