WOMEN DEFEND YOURSELVES AGAINST RAPISTS

TARGETS:

Eyes: gouge

Nose: strike with heel of palm, punch

Throat: punch

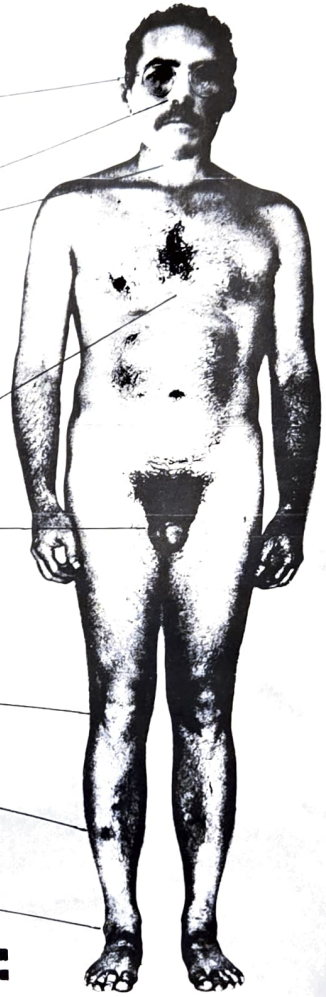
Solar Plexus: strike hard with hand

Groin: kick, knee, punch, grab and yank, bite

Knees: kick from front or behind

Shins: kick and scrape with foot

Feet: stomp





WEAPONS:

Head: think, ram

Mouth: scream, bite

Elbows: jab

Hands: punch, gouge (use all 10 fingers), come down with side of fist, grab, strike with heel of palm

Knees: raise with force into groin or tailbone

Feet: kick, stomp, scrape

Wherever you strike, do it hard.

Imagine your strike going all the way through the attacker.

RAPISTS BEWARE:

women have weapons with them all the time.

TRUST YOUR INSTINCTS. REACT AS QUICKLY, FORCEFULLY & LOUDLY AS YOU CAN!

A Public Service Message from Rochester Women Against Violence Against Women