

KNEES: Okay listen up: knees break easily. Pick up your foot and stomp through their knee. (Also try to aim) drive your knee up!

GROIN: It hurts on everyone. Use your "hip power" and bow (the pointy elbow is okay here) and jab backwards!

SOLAR PLEXUS: Even muscular stomachs have a vulnerable, non-muscle socket right where the rib cage branches open. If you are approached from behind, use your elbow (the pointy elbow is okay here) and jab backwards!



JAWBONE: Use the top part or bottom part of your elbow to strike at the jawbone. Avoid using the point of your elbow bone itself because you could hurt yourself.



TEMPLE: Use your palm strike to the temple! The bottom part of your palm is extremely strong. Open your hand, keeping your palm flat and your fingers together. As you strike, use your hip power to twist into the strike; keep your other hand up to protect your face. FYI palm striking to the nose or chin are also options.

EVERYBODY HAS WEAK POINTS
There are universal soft spots on every body type that you should aim for, and there are certain strikes that are safer for you to use than others—so you don't injure yourself! Here are a few of those weak points you can target in a threatening situation:

STEP 3: ADVANCED HIGH-LEVEL MOVE WITH MULTIPLE STRIKES!
Lift your hand, bring your other hand up to grab, forming a fist, crash it down on their arm, and come in for some combination strikes to the side of their head and groin. Lots of ways to build variations here.

STEP 2: WINDMILL OR SWIMMING TECHNIQUE
Windmill your arm, as if you're swimming, and bring it down forcefully on their arm, which will separate their hand from your body. Swing from the outside in, or inside out. Speed and momentum are essential. Practice!



STEP 1: PUSHING ON PRESSURE POINTS
Pull the person's hand off you by grasping for pressure points on the side and back of their hand. And then, pushing down on those pressure points, you can force their hand off by pushing or pulling it away.

ALL TYPES OF GRABS ARE COMMON BLOCKING GRABS
There are, like, a trillion ways to defend yourself if someone grabs at you: grabs the front of your shirt, grabs your coat, grabs at your bag, grabs your hijab from the front... anyway you get why there's so many variations! We'll show you three basic moves:

SELF DEFENSE STARTER KIT

THIS IS YOUR TOOLKIT

We created this zine so you could build a toolkit of moves and techniques to equip yourself in the event that you're the target of verbal or physical harassment.

SO WHY SELF DEFENSE?

IT WORKS!

By learning self defense, you can learn how the power of your body and your voice can help protect yourself, your friends, your family and your community.

BUT IN AN IDEAL WORLD

We wouldn't need self defense! Because we wouldn't have to defend ourselves against hateful attitudes like:

HOMOPHOBIA
SEXISM
TRANSPHOBIA
RACISM
XENOPHOBIA
MISOGYNY
ISLAMOPHOBIA

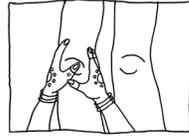
SO WHILE YOU'RE BUSY BREAKING THOSE DOWN

Take time to learn these moves, brush up on your verbal de-escalation skills, and build muscle memory by practicing with your friends.

3 - KICK THE KNEES: KEEP THEM WAY FROM YOU
Using your hips and knees-kick at them to keep them back in front of your face

2- KEEP YOUR HANDS UP: AT THE SAME TIME
Keep your hands up, and don't lose your balance

1- STEP AWAY: AVOID THE FORCE OF THEIR SHOVE
Immediately step out of the way of their momentum, so you need to use a combination of techniques:



GRAB TO THE HIJAB
Hijab grabs are a very common hate crime attack. If this happens to you, you should not be afraid to speak up and report it to your local police department.

DROP YOUR CHINI!
A hijab grab from behind is also choking you. Immediately drop your chini! This will prevent you from choking, allow you to breathe, and allow you to remain calm. Remember to keep breathing.

BLOCKING SHOES IN THREE SIMPLE STEPS
Here's another particularly common hate crime attack: someone pushes you, trying to knock you down or destabilize you. You'll need to use a combination of techniques:



DO'S AND DON'TS
Do take a **self defense class!**
Do **practice** with your friends!
Do **check your local laws** on your rights to defend yourself.
Do **be alert** when you're on headphones in if you're listening to music and keep your eyes up.
Do have your **keys ready** when you get to your door—so you don't fumble as you're going inside.
Don't carry a knife. Don't carry mace.



Because saving paper is awesome, we made this zine reversible; Please unfold to find a poster on the back!

This zine was made in collaboration between the Self Defense Starter Kit (SDSK) team and the ReproRights Zines (RRZ) team.



SDSK is Robie Flores & Ali Withers.

Moves by the women of WISE - a self defense and leadership organization.

RRZ is Layla Alter, Emma Holland & India Menuet.

All RRZ publications are open source materials.

Please reproduce as many of this zine as you want, to share with your extended community.

PDF's of this zine and other zines from RRZ are all available for free download at our site: reprorightszone.us

For more info on SDSK and to see some awesome video tutorials, check out their site: selfdefensestarterkit.com

Illustrations by Areeba Siddique

Graphic Design by Lily Sullivan

To report a hate crime visit: www.splcenter.org/report-hate



