



Safety and Security
SOLUTIONS
TRAINING AND SERVICES +

SELF DEFENCE TECHNIQUES

THAT EVERYONE SHOULD KNOW AND
ANYONE CAN DO

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OUR COMPANY

Safety and Security Solutions

Welcome to Safety And Security Solutions. We specialize in providing the highest standard of security courses and medical & fire safety courses available.

We achieve this by providing education and training to all areas, encouraging a proactive approach by promoting a safe and secure environment through greater safety & security awareness and preparedness.

Considerable time is spent with clients, assessing and evaluating the entire need spectrum of the business, organization, or family to develop an individualized and unique safety and security plan.

This results in a close, communicative relationship with our clients, and allows Safety And Security Solutions to provide the best results that we can in any given situation.

About Us

A customer focused, friendly and approachable team who are able to fully reassure clients and customers in answering any and all of their concerns and queries.

Our experience includes working for various organizations and firms in a broad spectrum of safety & security services throughout the EMEA specializing in Medical, Risk mitigation, Close Protection, and Management Systems Implementation as well as the training of NGO & HNW personnel in HEAT (Hostile Environment Operations) & PSAT (Personal Security Awareness Training) and also Health & Safety Training for Corporate, Military, Police and Prison Staff, Situational Awareness & Personal Protection for HVT Personnel.

Over 30 years' experience of working in government, corporate and domestic environments with numerous multinationals giving the team at SASS the ability to bring a solution to any and all customer concerns.



Stephen brings over thirty years of training experience to the organization from Corporate to Government and everything in between. Stephen has served with distinction in the Defense Forces as an instructor for 23 years from 1989 to 2012 in both operational and training environments, here and overseas. He has conducted eight operational tours serving with UNIFIL in the Middle East and NATO forces in Kosovo.

Since 2013 Experience includes working for various organizations and firms in Europe and the Middle East in a broad spectrum of safety & security services specializing in Close Protection, risk mitigation and management systems implementation as well as the training of NGO & HNW personnel in HEAT (Hostile Environment Operations) Health & Safety, Emergency First Aid, Situational Awareness & Personal Protection through his company safety and security solutions.

He is a graduate of the Military College where he served on staff with the Cadet School and UN training School.

He is also a graduate of Andrews University, Temple more College and the Security Institute Ireland in international terrorism and advanced security studies.

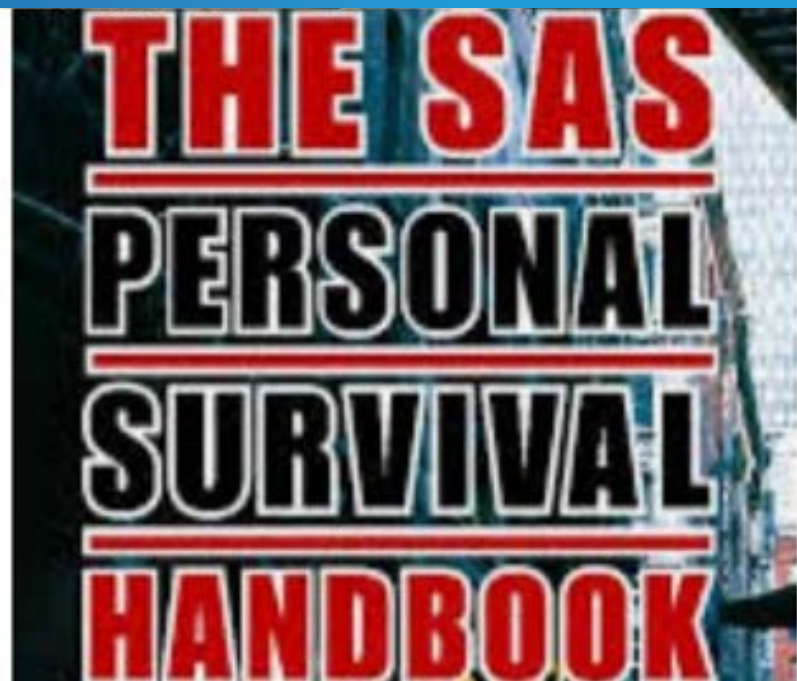
He was an Armed Forces Unarmed combat Instructor and he is currently a BETAC level 3 self- defense instructor and a PMVA (Prevention & Management of Violence and Aggression) Instructor as well as a practicing student of Krav Maga.

He is a practicing EMT with the private medical sector in support of the National Health Executive and volunteer EMT with the order of Malta.





SHARING A JOKE WITH AUTHOR LOFTY WISEMAN



OUR 100%
MONEY
BACK
GUARANTEE



NFPS Ltd
The National Federation For Personal Safety
Approved Self-Defence Trainer



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THE LAW IN RELATION TO PHYSICAL RESTRAINT

LEGISLATION

- Health Safety & Welfare at Work Act 2005
- Mental Health Act 2001
- Health Act 2004
- Manual Handling Operations Regulations
- Irish Human Rights and Equality Commission Act 2014
- Non-Fatal Offences Against Person's Act 1997

BEST PRACTICE GUIDELINES

- Use of Physical Restraint (Child Care: Residential Units) 2006
- HSE Policy physical restraints in designated residential care units for older people

HUMAN RIGHTS

- The Constitution of Ireland 1937
- Human Rights Act 2003
- Key rights
- Right to life
- No one shall be subjected to torture or to inhuman or degrading treatment or punishment (Absolute)
- Personal liberty
- Freedom of expression
- The right to fair procedures
- Bodily integrity
- Religious liberty
- Privacy

DUE DILIGENCE

- The care that a reasonable person exercises to avoid harm to other persons or their property
- As an individual you will have to exercise due diligence

HSA DEFINITION OF WORKPLACE VIOLENCE

- Workplace violence occurs where people in the course of their employment are aggressively verbally abused, threatened or physically assaulted.



THE LAW IN RELATION TO PHYSICAL RESTRAINT

EMPLOYER SAFETY, HEALTH AND WELFARE

- Ensure the safety, health and welfare at work of staff
- Safe place of work
- Safe systems of work
- Provide information, instruction, training & supervision
- Risk assessments

HEALTH, SAFETY & WELFARE AT WORK ACT 2005 EMPLOYEES RESPONSIBILITIES

- Employees responsibility:
- Take reasonable care to protect your own safety, & safety of others
- Not engage in improper conduct
- Report safety concerns
- Wear PPE as required
- Attend training

USE OF A WEAPON

- When threatened with the use of a weapon, Gardai assistance should be sought.
- Contacting the Gardai if the service user has (or is suspected of having) a weapon (with or without any intention of using it), if control of the environment cannot be gained or maintained or if there is a hostage situation.



1. ASSAULT

- a. Definition of assault, b. Use of force
- c. Law
 - i. Health, Safety & Welfare at Work Act 2005
 - ii. Non-Fatal Offences Against The Persons Act 1997

2. ATTITUDE

- a. Mind set, b. Belief

3. AWARENESS

- a. Distraction, b. Deception, c. Dialogue, d. Destruction, e. Assume knife

4. ANTICIPATION

- a. Adrenaline, b. Self-control

5. ASSESSMENT

- a. Capabilities, b. What ifs, c. Considerations, d. Distance – Door - Assistance, e. Options

6. AVOIDANCE

- a. Conflict management, b. De-escalation skills

7. APPROACH

- a. Personal safety measures

8. ACTION

- a. Objective, b. Skill

9. AFTERMATH

- a. Follow ups, b. Fight for freedom



PHYSICAL INTERVENTION TRAINING (PI TRAINING)

This programme provides learners with skills and knowledge to restrict and control the movement and freedom of an individual in order to protect themselves, the individual and others from injury or assault. The primary goal is to reduce the need for physical intervention - not just to ensure such interventions are safer.



What type of skills can this training include?

Holding and escorting skills build on the content of our Assault Avoidance and Disengagement programme, providing staff with restrictive guiding and holding techniques.

- Depending on the circumstances, holds can be applied to a person who is standing, seated or lying down.
- Depending on the common service user behaviours staff face, we may also teach learners how other staff can be used in support roles and how to respond when a service user begins to go to the ground.
- Specialist skills are taught to those in high risk or unique roles. These can include searching, incident response, physical intervention in crowd situations and in a few environments where there are very violent individuals, the use of equipment can reduce the risks when physical intervention is needed and cannot be avoided.

Choose SASS for a safer approach to physical intervention

SASS's primary goal is to help its clients to reduce the use of force because physical intervention carries risk for everyone involved and can result in tragedy. Our training focuses on how to prevent situations arising and escalating but recognises there are times in some environments when staff have to act to prevent imminent harm to themselves or others. Where such scenarios are foreseeable, SASS will give you greater peace of mind through:

- Helping you establish the level of training required and support with policy and guidance.
- Targeting a reduction in use of force through building confidence in alternatives.
- Reducing risks to service users and staff when intervention is legitimate and necessary.
- Physical responses that are non-aggressive, professional, safer and highly effective.



Physical Intervention Training

Course covers subjects such as:

- Legal frameworks
- Understand the causes and build up of an attack
- Actions to avoid being restrained or attacked
- Safely disengage from being held
- Safely disengage another person from being held
- Avoid and defend kicks and punches
- Post-incident actions and record keeping and de-briefing

Content is 100% bespoke and tailored to your business needs and requirements.

Benefits

Training will deliver skills and employee confidence which will benefit the organisation and may lead to:

- Decrease in customer complaints
- Increased morale and motivation
- Decreased turnover, absenteeism and lateness
- Reduced litigation
- Reduced insurance

The decision to use physical intervention skills should not be taken lightly and should always be regarded as a 'last resort' when other options have failed or are likely to fail and where it is not possible or appropriate to withdraw from the situation. Physical intervention training must be carefully designed and delivered around the specific risks staff face, the roles they perform, the service users they work with and the environment in which they work.

The SASS physical intervention model has a unique combination of features that provide you with:

- A flexible framework that responds to your agenda... not our convenience.
- A low arousal approach that does not antagonise those involved or bystanders.
- Highly effective skills that do not rely on pain to gain compliance.
- Accredited, nationally recognised training that meets your sector's regulatory requirements.
- Individual and team methods that look professional and are proven operationally.
- A problem-solving approach that helps staff respond to local and individual needs.
- Comfort in knowing that the skills have been medically reviewed and risk assessed.
- Substantially fewer training injuries than traditional training models.
- On-going support from some of the most experienced expert witnesses on use of force.

SASS can deliver training on site for your staff or train and equip your trainers to deliver our training programmes themselves. We will help you minimise the need for physical intervention in your workplace and establish the level of training required by staff in different roles.

Please get in touch so we can discuss the best approach for your organisation.

Contact us now for more information.
This course is tailored to your needs



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SELF DEFENSE & UNARMED COMBAT (CQB) CLOSE QUARTER BATTLE TRAINING

The SMART® Self Defense system covers a wide range of self-defense training. We help you develop a self-protection plan and understanding of the phases of any potential threat.

Recognizing the precursors of an attack, and applying a dynamic risk assessment developing a combative mindset, the uses of improvised weapons, defense against edged weapons, defense against firearms and much more.

Are Physical intervention techniques important?

It's very important. It teaches you to protect yourself and others from physical attacks. Other people who could be in danger are members of staff, visitors or the general public. Learn how to protect yourself and others!! Physical intervention training teaches key points in law, in particular, health and safety legislation and conflict management including case studies.

The SMART® (Safe Method of Approach and Response to Threats) program is designed to prepare the individual for any likely eventualities they may encounter in their relevant spheres.

BENEFITS

Top 10 benefits from Self Defense

1. It builds confidence
2. It works on your balance
3. It helps develop self-discipline
4. It helps improve your physical conditioning
5. It improves your street awareness
6. It teaches you self-respect
7. It helps to develop a warrior spirit
8. It helps you develop a fighter's reflex
9. It will help you with goal setting
10. It has a positive influence on your life



OUR INSTRUCTORS

With over 40 years experience our team of qualified and certified instructors have extensive backgrounds in self-defence. Our team of Instructors come from the Special Forces Army Ranger Wing and other elite military units with international expertise in training government, corporate and private individuals

All of our instructors are Garda vetted.

Training and accreditation

WAT

Weapons awareness training

SMART

Safe Method of Approach & Response Training

PMVA

Prevention and Management of Violence and Aggression

BTEC

Business and Technology Education Council

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BREAKAWAY TRAINING

WHAT IS BREAKAWAY TRAINING?

In any line of work, there comes a time when confrontation is inevitable. Most of the time this manifests itself verbally. Sometimes, however, physical confrontations can arise.

Some sectors, in particular the care sector, are more prone to physical confrontations and no matter how hard you try to resolve problematic issues, threatening behaviour is unavoidable. Breakaway training aims to deal with these threatening situations by teaching the delegate the correct procedures for protecting themselves and those around them. It's very similar to self-defence in the way that it teaches protection and breakaway techniques in circumstances of aggression and physical assault.

This is vital for anyone working in a care environment, as patients can sometimes be physically aggressive due to behavioural issues. Importantly, breakaway training demonstrates how to cope with physically aggressive behaviour in relation to your duty of care. The remainder of this article aim to answer the question "what is breakaway training" and to give helpful advise

WHY IS BREAKAWAY TRAINING IMPORTANT?

Top 10 benefits from Self Defense

1. It builds confidence
2. It works on your balance
3. It helps develop self-discipline
4. It helps improve your physical conditioning
5. It improves your street awareness
6. It teaches you self-respect
7. It helps to develop a warrior spirit
8. It helps you develop a fighter's reflex
9. It will help you with goal setting
10. It has a positive influence on your life

IS BREAKAWAY TRAINING FOR ME?

As mentioned before, confrontation in the workplace is inevitable and although we hope you never have to utilise your breakaway training in the workplace, having it as a skill is vital should a situation ever occur.

As a carer, it is your responsibility to look after those who are vulnerable and less able than yourself and breakaway training facilitates this to some extent. Physical attacks can occur in a variety of situations such as whilst standing, sitting behind a desk, lying down or in a car. The point is that by learning how to deal with attacks in different situations you can effectively resolve the issue.

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This course is tailored to your needs**



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BREAKAWAY & DISENGAGEMENT TECHNIQUES

Many organisations teach their staff what are commonly called 'breakaway' or 'disengagement' techniques.

The main aim of any breakaway or disengagement technique is to basically do what it says on the tin, which is to allow the member of staff to breakaway/disengage from a grab or assault by a service user without causing any discomfort, harm or pain to a service user.

This is primarily because the vast majority of service users are vulnerable themselves. Many will have learning difficulties or mental health problems and/or disabled in some way and some if not all of these issues can cause frustration and anger which at times may be presented to a member of staff.

Therefore, in an aim to keep staff safe whilst also preventing staff from over-reacting and doing something that may cause more harm than is necessary, a system of simple breakaway/disengagement techniques are taught to staff.

In the following few pages I have put together an overview of some of the most common techniques that are taught and which we have taught to staff over many years.

All of these techniques have been put together in collaboration with staff and their management teams and are supported by policy and procedure and additional training in understanding reasonable force and in communication and de-escalation/conflict management/resolution training.

In addition, many staff in the workplace can call upon and rely on a response from other trained staff who can respond to a situation to help calm it down and or use force to physically intervene to help control a vulnerable service user to prevent them presenting any further risk to themselves or others.

However, in exceptional circumstances, possibly where no support is immediately available and/or a response from trained staff may not be immediately possible, it should be noted that the following techniques are for guidance and instruction only and it does not remove an individual's right to use reasonable force as provided by common and statute law should any given set of circumstances require it.

LOW LEVEL BREAKAWAYS

1. Release from various grabs – free hand pushes aggressors hand away



2. Release from a Front Strangle - stepping back pulling arms apart to release strangle



3. Release from a Front Strangle – hand on chest – push away and step away. Note: you are moving yourself away from the aggressor – NOT pushing the aggressor backwards!



4. Release from various grabs – elbow tucked in, hand ‘shoots ceiling’.



5. Release from double-handed wrist grabs – elbows tucked in, both hands ‘shoot the ceiling’



6. Release from double-handed wrist grabs – grab held hand with free hand – step back whilst moving hands upwards.



7. Release from collar grab – hold own clothing and pull clothing down whilst removing service users hand by moving it upward or sideways.



8. Escape from a Rear-Bear-Hug. Grab hands, expand chest, move arms outwards and walk away.



HIGHER LEVEL BREAKAWAYS

Breakaway From A Front Strangle (High Level of Risk)



Note: In this example we are still using the principle of moving ourselves away from the aggressor and NOT moving the aggressor away from us where it is appropriate and effective to do so.

Applying the same principle to escape from a front strangle against the wall.

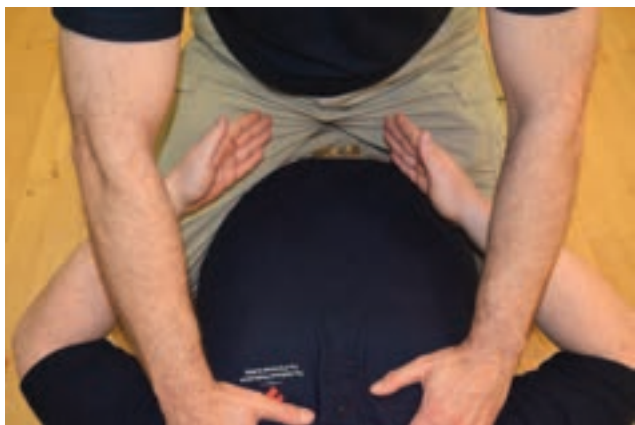
Note: When strangled up against the wall you have to use force to move the attacked away from you as you cannot move backwards.

Escape from a front strangle on the floor.

This technique applies the same principle for breaking away from a front-strangle.



Option 2 – Escaping from a front strangle on the floor.



This option involves the defendant striking the attacker in the groin / pelvic area with straight fingers. An option here is to simply grab the groin and twist.

Defence against a hair grab

The same principle applies if grabbed forcefully and aggressively by the hair.



Defence against a Front Bear Hug

The attacker's ears are grabbed by the defendant and twisted in opposite directions to achieve the release. For example, if the left ear is twisted to the rear the right ear is twisted forwards. This will result in the assailant having to move away and release their hold.



Defence against a Rear Bear-Hug

This is a dangerous situation as if you have been grabbed like this you were probably unaware that it was coming and you will have been taken by surprise. If you are grabbed like this immediately strike the attacker in the groin area. You don't need to look around to do so, just throw your hand backwards into the attackers groin.



Defence Against a Rear Choke



This is a highly dangerous situation as if the attacker succeeds in cutting off your blood or oxygen supply to your brain via pressure on your neck you can fatigue and blackout very quickly. In addition such techniques can cause a high degree of damage and even kill so you need to act quickly. If you are grabbed like this immediately strike the attacker in the groin area. You don't need to look around to do so, just throw your hand backwards into the attackers groin.



Defence Against a Bite To The Forearm

If being bitten on your forearm simply pull your arm away and move away from the person biting as this is consistent with the natural urge to move away anyway.



Defence Against a Bite To The Chest

Alternatively, if there is a bite to the chest as shown in the pictures below, to release the biter insert your thumbs into the subclavian pressure point located either side of the base of the neck at the junction of and just behind the collar bone and push in to move the person biting you away from you.



Defence Against Punches and Slaps

The first step in defending against a punch or a slap is to keep your distance and, if possible, create more distance. This will give you more reaction time.



When teaching people to defend against a punch it is better to work with what they already know or what they do instinctively as opposed to trying to impose a 'technique' or a 'system' on them. This can only serve to confuse them.



Defence Against Kicks

The same principle applies to defending against kicks. Always remember that distance is your friend and will always work for you, so creating space between you and your assailant is the key aim in preventing yourself being injured from an assailant's kick

Final Note

Although this manual provides guidance and instruction on the breakaway techniques illustrated so far, this does not remove an individual's right to use reasonable force as provided by common and statute law.

INTRODUCTION - 9 SELF DEFENCE TECHNIQUES THAT EVERYONE SHOULD KNOW, AND ANYONE CAN DO

Being the victim of a crime can happen to anyone, anywhere, at any time. Hopefully, no criminal will ever make you their target, but if they do, having the ability to defend yourself and those you love can be the difference between becoming a victim or not.

There are some 'experts' who would advise you not to fight back, but rather comply with the criminal's requests and to call the police if you can.

However, the police won't get to you immediately and if you are likely to be attacked they will have only responded after the attack has happened and with police response times becoming every increasingly longer, relying on their presence to save you is a risky gamble.

Simply put - you are your own first line of self-defence for you and your loved ones and family. The law on self-defence is clear in that you can use as much force as is reasonable in the circumstances to protect yourself, others and your property, you can do all you can to mitigate the threat if you honestly believe there maybe a threat to life or limb, to you or another (and I can back this up with additional training modules if you would like them).

Obviously, the best way to avoid having to defend yourself is by spotting a threat before it is too late and good situational awareness can never be underestimated, but sadly today too many people walk around with headphones in, listening to music or checking emails and their social media pages on their mobile phones making them blissfully unaware of what is going on around them, and that makes them an easy target!

Opportunist criminals need easy targets so the easier you make it for them, the more vulnerable you become, but the opposite is also true.

Most criminals don't want an audience, and if you attract unwanted attention to them they may take off in search of a quieter target so use your voice by shouting and screaming if need be. And this is the same when it comes to using a self-defence technique.

For a self-defence technique to work it must be:

1. Simple to remember and use;
2. Have maximum efficiency, and
3. Require minimal effort to execute.

It should also be delivered with 'SAS':

1. Speed;
2. Aggression;
3. Surprise.

And you don't have to be built like Arnold Schwarzenegger either!

As strong and invincible as people like to think they are, we are all in fact quite vulnerable, and this includes your attacker.



For example did you know that only 8.5 lbs of pressure could break any bone in the human body, and it takes less than 4.5 lbs of pressure (2 small bags of sugar) to kill another human being?

And according to research the average person can punch with a force of approximately 240 - 350 pounds per square inch.

Therefore, it doesn't actually matter how big or strong someone looks, if you have the ability to apply force in the right place then you have the ability to stop them dead in their tracks.

The aim of any self-defence technique should be to achieve one or more of the following:

- To make the aggressor lose their concentration. If they stop thinking about you, they will stop hurting you
- Interfere with the physical integrity/ structure of the aggressors' body - if they can't walk they can't hurt you.
- Interfere with the central nervous system – if they can't function they can't hurt you.
- Destroy or interfere with circulation – if they can't get blood to their brain or muscles they can't hurt you.
- Interfere or destroy their ability to breathe – if they can't breathe they can't hurt you.

In short, if an aggressor can't see, hear, breathe or walk, then they cannot hurt you.

So, sit back and relax as I take you through the nine self defence techniques you can easily make use of in defending yourself!

Please do note however, that these techniques are not an exhaustive list, they are just some that I have included in this free report for you.

In all situations

Ask yourself are my actions :

- 1.Reasonable
- 2.Proportionate
- 3.Justified

At all times we must use the minimum force to achieve the maximum result.



1. THE GLABELLA



Picture courtesy of Bryony and Mark Pengelly from Mark Pengelly's Schools of Kick-Boxing

As seen in the picture above, the glabella is the area at the front of the forehead, the point at the base of the nose between the eyes.

Blows to this part causes loss of consciousness from severe trauma to the cerebrum leading to disruptive stimulation of cranial nerves and loss of sensory and motor functions.

This point is the smooth midline bony prominence between the supraciliary arches of the frontal bone, representing the most anterior part of the forehead when standing erect and looking straight ahead.

The resultant effect of a hard blow to the glabella includes the rupturing of the sense and motor organs, because of stimulation of the brain nerves caused by severe shock to the cerebrum, swollen face, damage to the eyes, possible nose bleeds and concussion.

A moderate attack would cause dizziness or possible unconsciousness as the blow would send a shock wave into the brain, which may cause dizziness and disorientation.

A harder blow would cause the whole of the brain to be jerked forwards causing the brain to crash into the skull causing severe damages to your attacker.



2. THE NOSE



Picture courtesy of Bryony and Mark Pengelly from Mark Pengelly's Schools of Kick-Boxing

A blow to the nose, no matter how light, will result in bleeding from one or both nostrils and hitting the nose with a hammer-like blow or upper movement can cause the cartilage of the nose to fracture or break, the eyes to water hindering his vision, and cause your attacker to panic and feel intense pain.

Even a minor blow to your attacker's sensitive nose can cause discomfort and this would cause swelling as the nose itself can swell and the swelling can extend to the areas around the eyes.

Both of these blows can be enough to stop your attacker in their tracks.

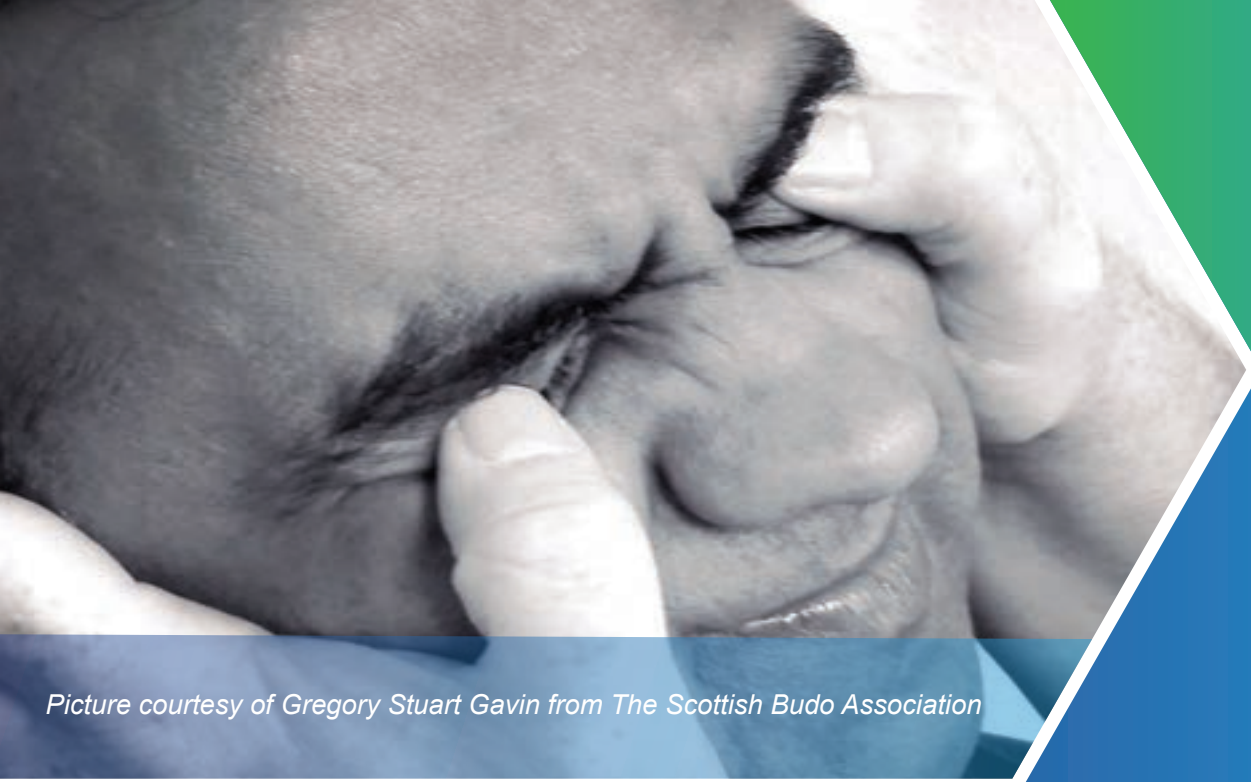


Picture courtesy of Gregory Stuart Gavin from The Scottish Budo Association



<https://www.nfps.info/self-defence-trainer/>

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Picture courtesy of Gregory Stuart Gavin from The Scottish Budo Association

3. THE EYES

If they can't see you, they can't fight you. Have you ever got a piece of something in your eye at any point in time? How irritating or painful was that? Now imagine a punch to the eye socket or a finger strike to the eye itself.

The eyes are very vulnerable and easily damaged and it is also easily possible to pop the eye out of the socket and get it caught between the lids and this can seriously damage the eye unless it is put back into place.

Causing trauma to the eyes can cause your attacker to lose vision, feel intense pain, disorient him or her, and cause him or her to panic.

Striking the eyes with a flicking motion can also be effective and can gain you a second or two to hit another target because even such a light strike can cause damage to the and also cause the recipient to feel sick and extremely weak

One effective way to attack the eyes is to shape your hand in the form of a 'C' and powerfully ram the tip of your thumb deep into the eye socket (as shown in the picture above).

If the eyeball could be hit directly it would cause a lacerated eyelid and a rupture to the eyeball with a possible protrusion into the gelatinous matter beneath, in turn causing temporary to permanent blindness, which may or may not be corrected with surgery.



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Picture courtesy of Bryony and Mark Pengelly from Mark Pengelly's Schools of Kick-Boxing

4. THE EARS

A strike to the ear may appear to be harmless but it is one of the most traumatizing blow that can be made to a human. Why? Because a strike to the ear, has a plethora of possible effects such as rupture of the tympanic membrane or the eardrum resulting from air being forced into the external auditory canal, down to the eustachian tube.

This results in a loss of hearing ranging from partial to complete, depending on the volume of air forced through the canal. This type of strike alone may cause shock as well as great pain. In research done for a National Geographical survey, it was found that a person could deliver approximately almost 12 psi (pounds per square inch).

That is over twice as much pressure as it would take to burst an eardrum, which would cause deafening noise and also because the ear is associated with balance it would put the attacker off balance for some amount of time.

A double strike, which uses a cupped palm heel, delivered into each ear at the same time, works best and if the timing is right each hand will have a kind of stabilizing effect on the head, stopping the head from a possible recoiling effect.

Type of damages guaranteed include unthinkable damages to the eardrum, swelling of the outer ear, possible deafness, trauma to surrounding nerves and veins, shock.





Picture courtesy of Gregory Stuart Gavin from The Scottish Budo Association

5. THE TRACHEA STRIKE

The throat is a very fragile area and a simple strike to the front of the throat can damage the trachea, hinder the attacker's ability to breathe and can even cause instant death.

One effective way to attack the throat is with the side of the hand, commonly known as a 'knifehand' strike. Strike forward and slightly upward driving the hand through the trachea. Given that the human trachea is made of approximately twenty fragile cartilage rings; one sharp blow will fracture or crush it.

Fracturing it damages the nerves surrounding the trachea, interrupts breathing, causes pain and pain.

Crushing it could block the flow of oxygen causing intense pain, choking and asphyxiation, unconsciousness possibly death.

This is a very effective technique that can cause maximum damage from a relatively small amount of force.

It must be noted however, that a strike to this area can lead to serious injury and even the death of your assailant, so it is really worth having a competent understanding of the law in relation to self-defence so that you know when such a strike may be legally justified.



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6. THE CAROTID SINUS (THE 'OKINAWAN SLAP')



Picture courtesy of Eddie Quinn from The Approach System

As shown in the picture above, the carotid sinus is located a forward from the side of the neck, ahead of the neck's sternomastoid muscle (imagine about half the distance between the muscles on the side of the neck, and Adam's Apple on the front of the neck). Therefore, it can be hit even if the assailant is much taller than you.

It is a very simple technique to master.

A light strike could result in unconsciousness or fainting, which your attacker will come out of it on his own.

A heavy strike your attacker could kill them, and the law allows for this, provided that the use of such a technique was reasonable in the circumstances (and I can give you access to an online course delivered by a Professor of Law who will corroborate what I have just said).





7. THE GROIN/PELVIC AREA

*Picture courtesy of Gregory Stuart Gavin from
The Scottish Budo Association*

Of course, we all know a kick to the groin/pelvic area has a lot of stopping power and that is why tournaments as well as full contact fighting, has outlawed this vital point, but, in a selfdefence situation it is a very effective technique – and not just on men ... read on and you will see why.

A light but direct strike to the testicles, will do enough damage to stop almost any attack instantly because it can rupture the testicles, cause nausea, difficulty breathing and panic. An effective way to strike the groin is with the instep of the foot or shin bone. Raise the knee upward and outward, extend the leg and strike the groin, remembering to thrust forward with the hips and get the entire body behind the kick.

Another effective way to strike the groin is with the knee as shown on the photo.

The Real Key To This Technique – Damage The Pelvis!

The real key however, is to try and damage the pelvis, not the groin or testicles per se (and this is why this technique will also work against a female assailant).

The pelvis is the human body's structural centre. Like a building foundation it supports everything above. So break it and the body will fall like a house of cards.

The architecture of the pelvis has a built in weakness - the pubis which is the connection in the middle between the two main pubic bones. The structure of the pelvis is basically a ring and when you break the ring it can no longer function as the structure intended to support the body.

Now consider that the average person can deliver a strike of over 100 psi from within the distance of a meter, which is enough to break the pubis and cause the pelvis to collapse and even possible damage to the bladder and other internal organs.

The expectant result of this strike is that it causes stimulation including hanging of testicles, irritation of surrounding nerves, arteries and veins, stoppage of breath, loss of bladder retention.

If hit really hard, it may cause the kidney to lose effectiveness or function.

In the case of damage to pubic symphysis, a fracture or break, will make movement not viable.

If all the above is hit heavily, a high degree of pain which may lead to knockout and can also lead to fatality, due to kidney destruction.



8. THE SHIN KICK

The shin is a weakly protected bone that is relatively easy to damage. Even a simple kick can cause intense pain, a fracture and even a break, and if your attacker can't stand, walk or run, they are no longer a threat to you.

The shin kick is one of my favorite stop action kick points which will totally halt an attack instantly because a shin is very hard to protect and most people do not guard against the possibility of getting hit on this particular spot.

A decent strike to the shin, will cause the muscle in the thigh to convulse, resulting in the loss of motor function in that leg, which would result in your attacker being forced to lift the foot off the ground. And once your attacker is off the ground, you could make another move to the open eyes, ears or a combination of other aforementioned places (if necessary) to ensure an uncompromised exit from the scene.



9. THE FOOT

The foot itself is in nature, a very sensitive appendage. If you remember a time when someone has ever stepped on your foot or maybe you've dropped something heavy on your foot, you already know some of the effects involved. Why did it hurt so much? One reason is that there is very little muscle structure to protect the nerves, nerves of the bone, arteries and veins.

Stamping on an aggressor's foot can result in immediate pain and possibly even fracture or break the small bones in the upper part of the foot and the toes, but you of course have to take into consideration any footwear that the assailant may be wearing that could protect against such a strike.

The technique to inflict the maximum amount of pain here is to tread and crush and you can be guaranteed of a result which is inclusive of severe pain to the foot causing loss of motor function.



Therefore, it doesn't really matter how big or heavy your attacker is because you can beat anyone if you know where the most vulnerable spots are.





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MARK DAWES

Director, NFPS Ltd.

I am Mark Dawes, the Director of NFPS Ltd, The National Federation for Personal Safety, a training organisation that currently delivers BTEC Level 3 Trainer Awards in Self- Defence, as well as many other disciplines and our company is one of the few companies that can actually qualify people with a BTEC Level 3 Award in Self-Defence Instruction.

I have also worked as an Expert Witness on the Use of Force and has provided reports and testimony for Court in many criminal law and civil law cases.

I have also been constructing and delivering training programmes in the field of Self- Defence,

Personal Safety and Conflict Management since 1988 and was the Personal Safety Advisor to the Hillingdon Crime Prevention Panel for over 5 years working in liaison with the local Metropolitan Police Crime Prevention Officers running personal safety courses in the West London Area.

As a Consultant Trainer over the years I have also provided training to many thousands of individuals including: Social Services staff, Courtroom staff, Local Authority staff, Healthcare staff, Transport companies, Pharmaceutical companies, Security organisations and Military personnel.

The training and consultancy I provided complies with all of the relevant statute (including Common and Criminal Law, The Human Rights Act 1998 and the Health and Safety at Work etc., Act 1974 and associated Regulations).

I have also undertaken ongoing legal training in civil and criminal law and have had all of this training audited for legal accuracy by a Barrister at Law and former Member of Parliament who was awarded the CBE. In addition I have received input into our training from Michael

Mansfield QC, Professor of Law Gary Slapper, John Wadham and Eric Baskind LLB (Hons), LL.M, MCI Arb, FRSA, FHEA.

In short, I provide training that is not only effective, but legally defensible and if you would like to find out more about the training I offer, including how you could become a properly qualified Self-Defence Instructor with a BTEC Level 3 Award in Self-Defence Instruction (and no, you don't need to be a Black Belt, Martial Artist, MMA fighter, or indeed have any necessary experience at all because I will teach you everything you need to know) then visit this webpage- <https://www.nfps.info/self-defence-trainer/> and request a copy of our FREE Report.





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