

## *Learn these valuable techniques*

### *How to use parts of your body as weapons*

- Hands
- Feet
- Elbows
- Knees

### *Defense against*

- Grabs
- Holds
- Headlocks
- On rushing attackers
- Pins on the ground

### *How to defend against various attack scenarios*

- Attacks from the front
- Attacks from the back
- Attacks from the sides
- Multiple attackers

### *Valuable ground techniques*

- How to fall
- How to defend from the ground
- How to roll without getting injured
- How to get off the ground safely

### *Defense and techniques with multiple weapons*

- Sticks
- Knives
- Guns

### *How to use environmental weapons*

- Broom sticks
- Pipes
- Chairs
- Dirt
- Clothing (Belts, jackets, purses.)
- Car keys

### *Car safety*

- How to use your car as a weapon
- What to do when someone is in your car
- Ways to protect your children in the car