



EVAN PANTAZI



# "Kyusho Self Protection" for Women

Vital points



click!



## "Kyusho Self Protection" for Women

Let's face it the martial arts are filled with Women's self-defense programs, which the name alone is a recipe for failure. The term "Self Defense" has a negative connotation that from the start can yield failure for the user. The problem is that the label already portends in the mind that the individual is a victim of a violent act or aggression and that the practitioner should perform a defensive action. This premise of acting after the fact is why most people succumb to the aggressor's actions and never fully recover from the initial attack or fear inducing situation.

If a Woman thinks or takes a defensive mentality or action based training, they open the door for many problems in an altercation with a predatory and aggressive social deviant. In taking the defense, they are allowing the attacker to initiate and build momentum in their attack. Being the typically smaller, weaker and less aggressive type, the female is now at an even greater disadvantage as the mindsets, actions and aggressiveness were not interrupted and allowed to gain. The Woman must not become defensive she must be aware of her situation and not dumbly or ignore possible threat, she must become proactive and gain the initiative and momentum while manipulating the attackers' mindset to have a possibility of advantage.

This opposite approach is actually a safer method and mechanism of prevention and protection. First the must become situationally aware and her attitude must become proactive or offensive as this will determine her ability and safety. This is a "Vital Point" in protection, being properly prepared for any eventuality with a honed mindset, targets and tools. The training must encompass far more than simple "techniques", they must be reflexive, adaptable, spontaneous and possible under the effects of adrenaline rush during intense stress and emergency. Even beyond these, individual and inborn limitations that must also be addressed for the user to actually succeed, this is not technique, this is the very soul of the individual and their capacity to do what is necessary. There is a major difference in the pattern or gross motor skills that Men and Women have that must be addressed before they will in fact combat themselves in time of need. Everything thereafter must be based on these instinctive actions so that they obtain the most efficient protective skill that requires no thought or constant practice (although this of course is best approach).

Proper tools must be trained that will be natural for the gender in accordance with the gross motor skills that are natural individual. This will increase their efficiency and affect without possible injury to themselves. Many physical skills you believe to possess (and do in the perfect environment), will be unusable

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Self Defense



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Vital points



**“Training must include timing, distancing and commitment so the attackers is actually struck as opposed to seeing it before the strike lands to stop or grab it”**

actually striking and dropping another individual that means no harm. This will be far more difficult than someone attacking her, but if there is even the slightest hesitation or reluctance in striking another they will never act properly under the stress of real conflict. All of this training will be ineffective if they are not first rid of something called “Survival Bias”. This means that they are not of the mindset that an attack could not or will not happen to them. They must understand that they, as anyone, may need to protect themselves, no one is immune.

Next is the development of their natural weapons which are much different than a man's incision or natural actions. This is done with actual bare hand strikes (proper weapons utilizing the natural open hand attitude), to the instructor's so that she calibrates herself to fear and hesitation. Her actions should not be allowed to become emotional, but rather deliberate and immediate. Once her natural weapons are known, the stress level must increase so that she can see if they will still be natural and reliable in conditions of uncertainty, immediacy, high stress and mobility. If they are not the weapons she is naturally inclined to from stressed induced demonstration should replace the others that failed. And then once known they must be drilled incessantly and dynamically never held or pulled.

After the Women's natural weapons are known and honed the targets must be taught... but only the ones she is natural at achieving under heavy stress and even multiple attackers in dynamic situational training. These targets must be weaker anatomical structures that will cause the greatest effect without massive power or speed. These targets must not be reflexively protected like the eye or groin, and best out of the attacker's sightline and therefore control. These should be very few in number as quality and assured accessibility is far more important than quantity. The principle is to be as simplistic as possible as there is less possibility of failure under pressure.

Next in line is working coordination in their striking, working with their ability to access them correctly when being rushed, stepping back or to the side. They then must be trained to use either hand or leg with equal ability, effect and confidence.

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