

# Safety Tip

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## Self Defense

### Tips to escape & attack

If you have to fight off an attacker, try to strike on of his most vulnerable areas:



#### Groin kick

If someone grabs you from behind, turn around, reach up, and try to gouge him in the eye with your thumb or fingers, briefly blinding him. Then hit him quickly in the groin with your knee- and run.

#### Throat jab

If the person grasps you from the side, pivot to face him and punch him hard in the throat with your fist, which will take his breath away or cause him to start choking. As he rears backward, you can get away.



#### Elbow hook

To escape from a bear hug, move your arms up with force to loosen the grip. Then bend your arm and use your elbow to slam the person in the side or face. (This also works if you're held at the waist.)

**Source: Open**

#### Safety Tips

An initiative to share a safety and security tip to encourage caution amongst society...it's **worth following and sharing with near and dear ones!** We encourage everyone to be a part of this initiative through their inputs and thoughts.