

# RED TIGER KARATE

## Anti-abduction techniques

ATTACK	DEFENSE
Single Wrist Grab	<ol style="list-style-type: none"> <li>1) Make a fist with hand that is grabbed.</li> <li>2) Grab fist with other hand.</li> <li>3) Front Kick to shin with opposite foot of hand grabbed. Step Back with foot after kick. Twist body and pull away from thumb.</li> <li>4) RUN!</li> </ol> <p><b>Note:</b> <i>Have student keep arms in tight to body. On cross wrist grab student will have to pull down as well as back to go against the thumb.</i></p>
Double Wrist Grab	<ol style="list-style-type: none"> <li>1) Front kick to the knee.</li> <li>2) Keep hands open, pull up inwards towards head against the attacker's thumbs. (<i>Keep arm in tight to body</i>).</li> <li>3) RUN!</li> </ol>
Front Choke	<ol style="list-style-type: none"> <li>1) Grab on to attacker's wrists. Turn head to get a breath.</li> <li>2) Front kick to shin.</li> <li>3) Raise hands above head, clasp hands together. Step back with left foot Twist body, breaking grip.</li> <li>4) RUN!</li> </ol> <p><b>Note:</b> <i>The step back and twist needs to be done at the same time.</i></p>
Front bear hug under arms / picked up arms free.	<ol style="list-style-type: none"> <li>1) Gouge eyes.</li> <li>2) Front kick to groin or knee. (<i>If after eye gouge attacker does not drop them kick will be to groin, if dropped it will be to knee.</i>)</li> <li>3) RUN!</li> </ol> <p><b>Note:</b> <i>For over the arms the first attack would be a bite or knee strike to the groin.</i></p>
Rear bear hug under arms / picked up arms free.	<ol style="list-style-type: none"> <li>1) Rap on knuckles.</li> <li>2) Rear head butt.</li> <li>3) Back kick to groin.</li> <li>4) Side kick to knee.</li> <li>5) RUN!</li> </ol> <p><b>Note:</b> <i>To release from bear hugs - biting, scratching, elbow strikes may also be needed. For over the arms the alternate could be rear head butt, bite, back kick to groin.</i></p>

## TIPS

- 1) What phone number do you call if you are in trouble?  
A) 911!
  - 2) If your house is on fire what is the first thing you do?  
A) Get out of the house! (*Call 911 from neighbor's house*)
- 1) If you need help what do you scream?  
A) Help! Fire! (*Everyone wants to see a fire*)
  - 2) Memorize your home phone number, your parents work number, and pager number.
- 1) If an adult grabs you what do you scream?  
A) Help! This is not my Mother! / Help! This is not my father!
  - 2) Use the "buddy" system. Always try to go places with a friend or buddy.
- 1) Always carry enough change for a phone call or carry cell phone.
  - 2) Walk against traffic instead of with traffic. (*It's hard for someone driving by to pick you up, and you can run back the other direction*).
- 1) Don't help strangers out. If they need help finding their dog or child, tell them no!
  - 2) Always tell your parents where you are going.
- 1) Don't accept gifts, candy, or a ride from a stranger.
  - 2) Have a code word for someone if they are going to pick you up.
- 1) Play in safe places such as backyards or playgrounds. NEVER play in abandoned or vacant buildings or in the woods.
  - 2) Never open the door for strangers or delivery men if your parents are not at home.
- 1) Don't let strangers know you are home alone.
  - 2) If someone puts you in the trunk of a car, try and unplug or kick out the tail lights. (*A police officer may pull them over for no lights, then you can scream*)
- 1) If you see something scary or a strange, person tell an adult.
  - 2) If someone touches you in a way you do not like tell an adult immediately.
- 1) Never get within arms reach of a car and never get into a car with someone without your parents permission - even if you know the person!
  - 2) Bad Guys don't always wear black or dress funny. They look just like a normal person.