

Self Defense: Keeping Yourself & Your Environment Safe

Be smart—Don't go down dark alleys at night.

- Let people know where you will be and be where you say you are.
- Keep yourself in good situations.
- Listen to your inner voice. If the situation feels wrong, LEAVE IMMEDIATELY.

Footwork/Leverage Reminders

- Defend on a 45° angle
- Attack on a 90° angle
- Be on the balls of your feet
- Head over shoulders over hips over ankles

Hand Releases

- Fix hair, bounce the ball, hitchhiker, see saw
- Go towards the thumb
- Move into your target

Dating

- Know the plan and let parents/others know it and when you will be back. If you'll be late, call.
- Always double or group date with at least one person you know very well.
- Your body is yours and should only be touched the way you want to be touched. No one has the right to hurt you in any way. Set clear boundaries, and stick to them. If they really like/love you, they will respect you.

2025.09.13 Self Defense Handout, by Beyond Sports Taekwondo

Look Confident—Don't act like a victim.

- Shoulders Back
- Make Eye Contact
- Speak Clearly
- Warn them that you will defend yourself
- Make a lot of noise

Striking Reminders

- Striking surfaces (palm, punch, knee, heel)
- Hand is the tool, hips are the motor
- Torque adds power
- Retraction adds power

Softening Techniques

- Distractions/ incentive to let you go
- Horse bite, stomps, kubotan, etc.
- Don't want to cause lasting damage

Self Defense: Keeping Yourself & Your Environment Safe

Be smart—Don't go down dark alleys at night.

- Let people know where you will be and be where you say you are.
- Keep yourself in good situations.
- Listen to your inner voice. If the situation feels wrong, LEAVE IMMEDIATELY.

Footwork/Leverage Reminders

- Defend on a 45° angle
- Attack on a 90° angle
- Be on the balls of your feet
- Head over shoulders over hips over ankles

Hand Releases

- Fix hair, bounce the ball, hitchhiker, see saw
- Go towards the thumb
- Move into your target

Dating

- Know the plan and let parents/others know it and when you will be back. If you'll be late, call.
- Always double or group date with at least one person you know very well.
- Your body is yours and should only be touched the way you want to be touched. No one has the right to hurt you in any way. Set clear boundaries, and stick to them. If they really like/love you, they will respect you.

2025.09.13 Self Defense Handout, by Beyond Sports Taekwondo