



# SUPERHERO ACADEMY

SELF-DEFENCE GUIDE



**RESOLVEit**  
EVERYONE HAS THE RIGHT TO FEEL SAFE



# UK LAW ON SELF-DEFENCE

## DISCLAIMER

This document is provided “as is” and whilst every effort has been made to ensure the accuracy and relevance of the advice herein, it should not be viewed as bona-fide legal advice.

The techniques shown are for real self-defence purposes only. **Practice should be conducted under trained supervision.** Please ensure you are medically fit and able to perform any of the techniques.

RESOLVEit will not be held responsible for any actions taken or not taken by individuals.

The information on the Law in relation to physical force can be found  
at: [http://www.cps.gov.uk/legal/s\\_to\\_u/self\\_defence/](http://www.cps.gov.uk/legal/s_to_u/self_defence/)

# CONTENTS

- INTRODUCTION
- PERSONAL SPACE
- THE SHIELD
- PALM DEFLECTION
- WRIST GRABS
- HERO SIDE-STEP
- DOWNWARD EVASION
- SUPER PALM PUSH
- SHIN TECHNIQUE
- HERO STAND UP





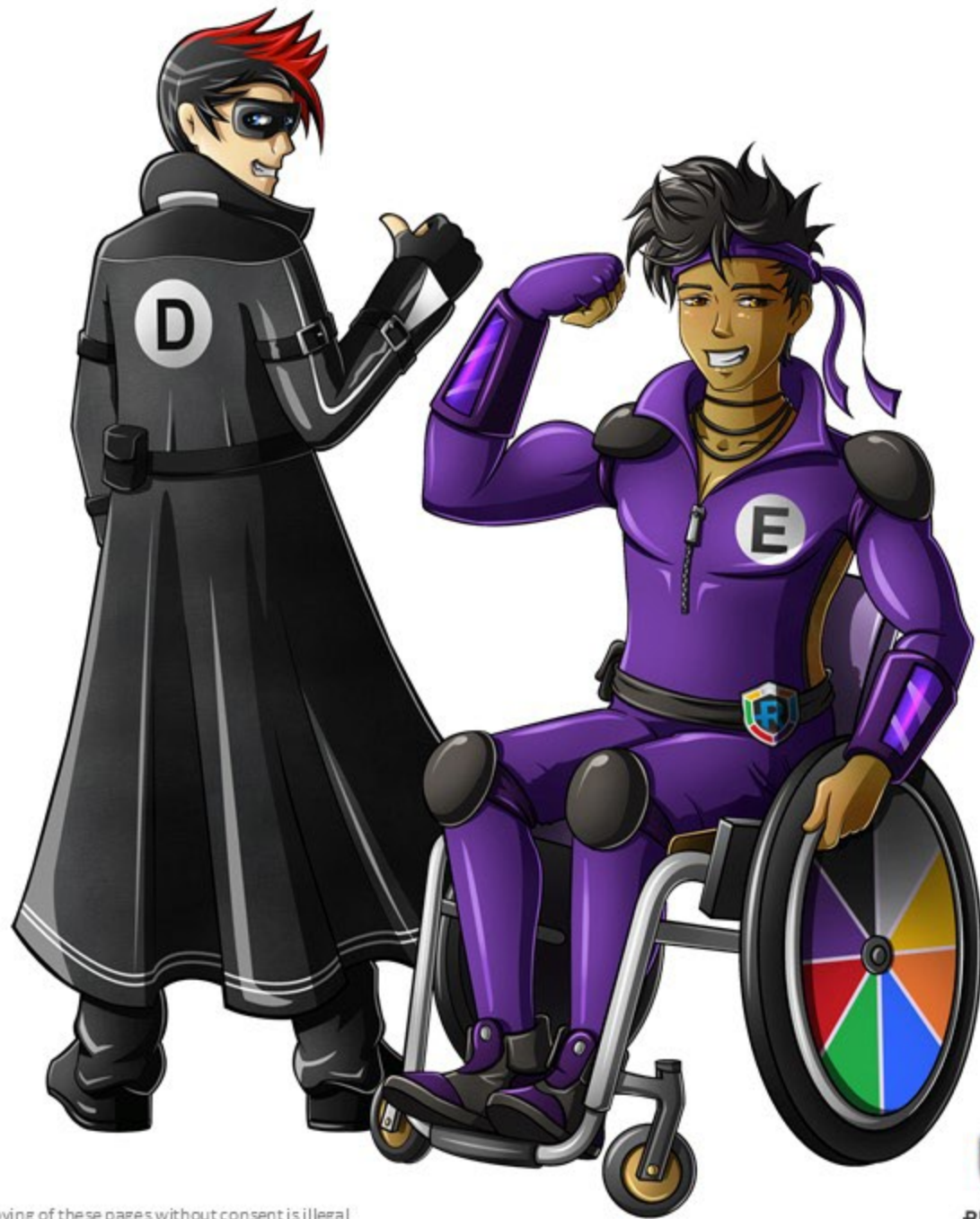
# INTRODUCTION

Congratulations on joining the RESOLVEit Superhero Academy. Throughout your time here at the academy you will develop superpowers in personal safety and self-defence skills with the help and guidance from our superheroes.

So let's get started!

Don't forget to practice your superhero powers as much as possible!

**GOOD LUCK!**





**PERSONAL SPACE**

# PERSONAL SPACE



Here we see the two heroes demonstrating what their personal space is.  
This is their protective bubble and created by holding your arms out  
either side of your body.

**Remember:** Only those who you invite are welcome in to your personal  
space.



**THE SHIELD**



# THE SHIELD



This is the shield. Arms slightly bent in front of you with open hands.

Our RESOLVEit superheroes keep their hands open is because it shows that they don't want to fight.





**PALM DEFLECTION**

# PALM DEFLECTION



The palm deflection is used to move a grab or a punch out of the way.

Play our deflection game with your partner.  
You can see one hero placing tape on his upper body **and the other one will try to grab the tape.**  
If they grab the tape it means you lose and you could have been hit!

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**WRIST GRABS**

# SINGLE HAND WRIST GRAB



Keeping your elbow tucked in, bend your elbow as if to throw a glass of water over your shoulder.

**The thumb is the weakest point of the hand.**



Come back to the shield to protect your personal space.

It is very important to bend your elbow and **not move your head into their personal space.**



# DOUBLE HAND WRIST GRAB



Being held by both hands makes the hold much stronger.



Notice how the hero being grabbed reaches **through** with their other hand and clasps their hands together.

# DOUBLE HAND WRIST GRAB



The hero then bends both elbows towards them in an upward motion breaking the hold, before coming back to their shield.



Remember: Come back to the shield to protect your personal space.



# SECRET WRIST RELEASE



Use the same move as the single hand wrist, but this time pretend you are telling the time.



Turn your wrist and bend their arm towards your body in a fast motion, just like checking the time!



**HERO SIDE-STEP**



# HERO SIDE-STEP



The hero will first side step using his front leg. By moving his front foot first, the back leg can move out of the way.



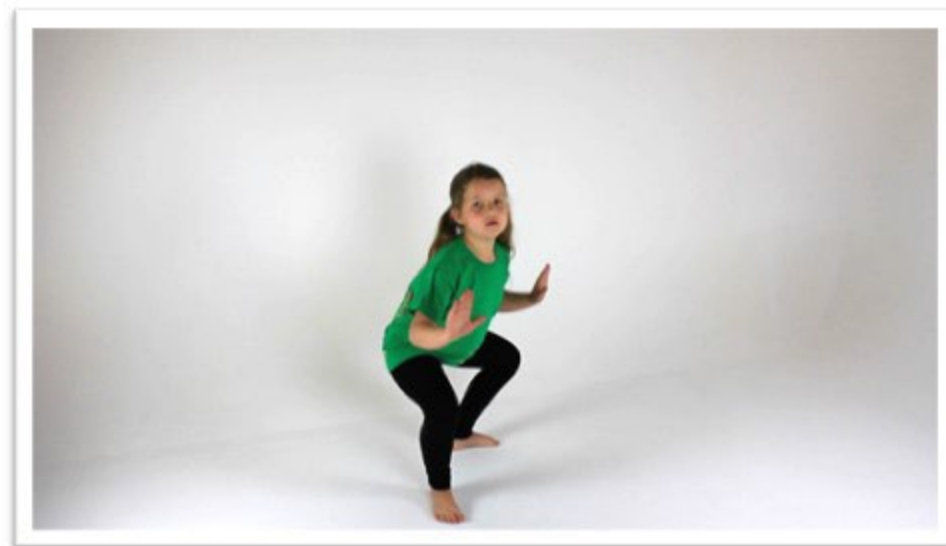
Now the hero will demonstrate the side-step using his back leg. The back leg moves first then the front leg follows to escape the attack.

You will notice that on both side steps the hero will always end up facing 45 degrees to the attacker.



**DOWNWARD EVASION**

# DOWNWARD EVASION



The hero will turn their back leg out and sit down to waist level as though riding a horse with a full belly.





**SUPER PALM PUSH**

# SUPER PALM PUSH



This is an effective move to push someone away quickly.

Using only the palm of the hand push the other person away.



**SHIN TECHNIQUE**



# SHIN TECHNIQUE



The hero will demonstrate a shin kick, same as passing a football, using the side of the foot to hit the shin as a distraction to allow him time to get away.



**HERO STAND UP**

# HERO STAND UP



The hero will demonstrate how to get up from the floor using the shin technique to help get her up on her feet and ready to run to safety.



Watch how the hero stands up. She places one hand out, like a shield to protect herself.

She makes sure one leg is bent and the straight leg is ready to use the shin technique as a distraction to help her get up safely and quickly.





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