

Fundacja Bądź Aktywny

MUTUAL SHARE FOR WOMEN CARE EXCHANGE OF GOOD PRACTICES

Online Training Activities 2 – Poland, Foundation „BE ACTIVE”

15/18 December 2020.



Co-funded by the
Erasmus+ Programme
of the European Union



INDEX

1. The Polish nationwide emergency service for victims of violence „BLUE LINE”	3
2. The factors of violence against women	7
3. How to create the network for the victims of domestic violence.	8
4. Bulding the power of women.	10
5. Women’s Right Centre in Łódź.	15
6. Foundation Subvenio in Łódź.	18
7. Violence as a factor determining the quantity and quality of consumed food.	21
8. „Don’t be a victim- the self defence activities for women”	27

Co-funded by the
Erasmus+ Programme
of the European Union



1. THE POLISH NATIONWIDE EMERGENCY SERVICE FOR VICTIMS OF VIOLENCE „BLUE LINE”



The Polish national emergency service for victims of domestic violence „Blue Line” is run by the Association for prevention of domestic violence „Blue Line” on the order of the State Agency for prevention of alcohol related problems.

Association „Blue Line” is NGO

www.niebieska linia.org

Association running:

- Interdisciplinary assistance program for people involved in domestic violence: for victims and for perpetrators (individual, group psychotherapy, workshops)
- Initiating modern methods of domestic violence prevention
- Education and trainings for all the public services
Local training – counteraction against domestic violence
- Participation in Central Training - Family Violence Counteraction College

Co-funded by the
Erasmus+ Programme
of the European Union



- Association has been invited to work on amending the Law on preventing domestic violence

The tasks:

- The Blue Line Phone - hotline especially for victims of domestic violence
- Education for all the public services
- Interventions in the local community
- Traineeship program for students and graduates
- Running e-mail service niebieskalinia@niebieskalinia.info
- Running website: www.niebieskalinia.info

The Blue Line Phone

Since 3 July, 1995 , on average, one new victim has called every hour to describe the violence experienced

- It 's one of basic elements of the operation of Polish Nationwide Emergency „Blue Line”
- Every year we receive an average of 12. 000 calls and 1100 e-mails
- Phone is adressed to: people suffering from family violence, people using violence in family, domestic violence witnesses

The majority of the victims are women (95%) and children . Cases of violence against men it' s about 5 %

- In the majority of the perpetrators of violence are men (90%)
- The factors accompanying acts of violence were mostly alcohol, narcotics

Co-funded by the
Erasmus+ Programme
of the European Union



- The majority of reported violence cases was physical violence (75%) psychological violence i. e. invectives and intimidation, threats- were next (20%) and the remaining types of violence were: economic, turing out and sexual

Hotline number : 801 120 002

Office hours: Monday – Saturday 8:00a.m. – 10:00 p.m.

Sunday and holidays 8:00 – 4:00 p.m.

(paid only the first pulse)

Since 1.01.2016 on every Monday from 18.00 to 22.00, The Polish Nationwide Emergency Service for Victims of Domestic Violence „Blue Line" is offering consultations carried out in English. By calling the hotline number (800 120 002) you can get psychological support, counseling, information on how to get help close to place of residence.

The tasks of Blue Line Phone are:

- psychology support for the callers,
- psychology and law consulting concerning stopping family violence,
- education concerning violence and alcoholism,
- motivation to take actions against the family violence,
- interventions in proper institutions

Co-funded by the
Erasmus+ Programme
of the European Union



Law on prevention domestic violence

Since 29 July 2005 we have the Law which has been amended (to come into force 1 August 2010)

Main changes:

- ban hitting children
- the perpetrator who has lived with a victim has to leave the premises,
- more emphasis on prevention and social education
- more emphasis on interdisciplinary actions between services and institutions
- creation of interdisciplinary teams
- more emphasis on therapeutic intervention with perpetrators of domestic violence
- development of aid institutions
- organizing a public campaign
- „Blue Procedure” to Health Service and Education

Blue Procedure

Blue Cards documentation is an official note created by policemen or social workers and others in case of domestic violence

- Blue Card Procedure for Police
- Blue Card Procedure for Social Service

Co-funded by the
Erasmus+ Programme
of the European Union



- Blue Procedure for Local Communities for Resolving Alcohol Related Problems
- Blue Procedure for alcohol dependence treatment

Blue Cards for Police

they help the policemen in evidence record at the place of event and record of undertaken actions

- They supply the victims with information concerning further help (dresses, phone number, types of activity of offices helping the victims at home)
- They motivate a family violence victim to demand legal protection
- They determine the home violence form and it's level, which in turn allows proper preventive actions to be taken

2. THE FACTORS OF VIOLENCE AGAINST WOMEN

Description of the workshop prepared during Erasmus+ project Mutual Share For Woman Care:

- The stereotypes are one of the reason and factors of violence
 - we are raising a children and we are teaching them the stereotypesGood example: <https://www.youtube.com/watch?v=nWu44AqF0il>
- Mobbing is very popular type of violence against women
 - mobbing can include: Verbal aggression, Stonewalling, Exclusion, Gossip and slander, Physical aggression,

Co-funded by the
Erasmus+ Programme
of the European Union



- the stereotypes can be the reason of mobbing too,
who can we forgive bad behavior more easily, female or male?

Example for discussion: <https://www.youtube.com/watch?v=51-hepLP8J4>

- What can we do to eliminate the stereotypes, mobbing, violence against women?
 - Are the campaigns effective?
 - Are the law is powerful?

It's good occasion for international discussion...

3. HOW TO CREATE THE NETWORK FOR THE VICTIMS OF DOMESTIC VIOLENCE

Description of the workshop prepared during Erasmus+ project Mutual Share For Woman Care:

What does mean “network”?

- **A network** means interact with others to exchange information and develop professional or social contacts
- A network, in computing, is a group of two or more devices or nodes that can communicate. The devices or nodes in question can be connected by physical or wireless connections. The key is that there are at least two separate components, and they are connected
- **A personal network** is a set of human contacts known to an individual, with whom that individual would expect to interact at intervals to support a given set of activities. In other words, a personal network is a

Co-funded by the
Erasmus+ Programme
of the European Union



group of caring, dedicated people who are committed to maintain a relationship with a person in order to support a given set of activities.

- **A support network** refers to the people in your life that help you achieve your personal and professional goals.
- The network of help is better than individual helper

Charter of rights of a person affected by domestic violence by Polish Ministry of Justice

You have right to:

- ▶ Live in a violence-free family.
- ▶ Legal protection of your life, health, honour and good name as well as to decide on your own private life by yourself.
- ▶ Demand protection of yourself and your child against violence or cruelty, including violence or cruelty done by a person who is your immediate family member, from public authorities.

In particular you have right to:

1. Help of public authorities, inter alia in the form of:

- providing you and children under your custody with shelter in a specialist support center for domestic violence victims, without any committal and regardless of your income, for the period of up to three months with extension possibility in cases justified by your personal situation,

Co-funded by the
Erasmus+ Programme
of the European Union



- providing you with immediate psychological and legal help as well as immediate arrangement of access to medical help for you if required by your health condition,

- provision of medical, legal, psychological and social counseling.

2. Medical help, including free issuance of a medical certificate by a primary care physician on the reasons and types of bodily injuries connected with the use domestic violence.

3. Demand the law enforcement agencies to institute a preparatory proceeding against the person using violence in your family as well as his/her isolation if needed.

4. Active participation in the proceeding before the public prosecutor and before the court as a party, including inter alia access to case files, submission of formal motions (e.g. for hearing of some persons indicated by you) or appealing against the awarded judgements.

4. BUILDING THE POWER OF WOMEN

Description of the workshop prepared during Erasmus+ project
Mutual Share For Woman Care:

Women's Human Rights

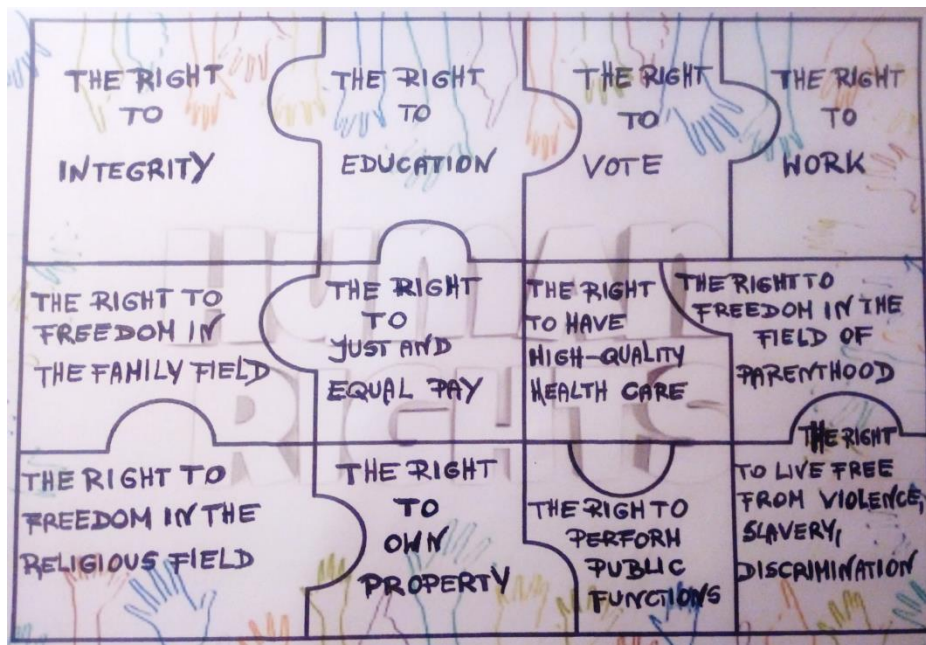
- Women's rights are the fundamental human rights that were enshrined by the United Nations for every human being on the planet nearly 70 years ago.
- Human rights of women are inalienable, integral and indivisible part of universal human rights.

Co-funded by the
Erasmus+ Programme
of the European Union



Puzzle

- Human rights are like a puzzle;
- if one piece is missing, the puzzle is Incomplete - the person can't be complete.



Fight for women's rights

- from the beginning of history women fought for emancipation,
- starting from antiquity, women had fewer rights than men or did not have them at all. They could not own, could not learn, they could not even choose their husbands,
- 18'th/19'th women had few civil or political rights:

Co-funded by the
Erasmus+ Programme
of the European Union



- a wife had to do everything what her husband ordered, a husband was her protector and adviser,
- a wife was officially listed as one of her husband's possessions
- women were expected to live up to an image of 'the perfect being': beautiful, loving and intelligent.,
- 1804-Napoleon's code stated: a woman has no right to dispose of property, a woman is to be completely obedient to her husband, a woman has no right to divorce, a woman can not stand alone in court,
- in the 18th century the fight for women's rights began,
- the first female campaigner for women's electoral rights was Olimpia de Gouges, who was beheaded (1793) for the preparation of the Declaration on the Rights of Women and Citizens during the French Revolution,
- in 19'th first suffragettes in Europe have started the fight for electoral rights,
- World War I changed the legal, social and professional situation of women,
- war has become an ally of suffragettes,
- suffragettes fought for the right to vote in elections for women,
- at the end of the war, as well as in the first years after its end, in many countries women were granted full electoral rights,
- the situation of women has changed enormously over the centuries,
- equality between men and women is enshrined in the constitution of every European country,
- In order for women's rights to be respected in the same way as men, consciousness must be changed,
- Nowadays women must continue to fight for their rights!

Co-funded by the
Erasmus+ Programme
of the European Union



Fight for women's rights and the problem of violence

- The lack of equality of rights is always an opportunity to use violence!
- People are often fighting their rights using violence.
- Kinds of violence:
 - physical violence
 - psychological violence
 - discrimination
 - financial violence
 - hate speech
 - sexual violence
- It's so easy to get involved in violence! No matter if you are a woman or a man! One person can be a victim and perpetrator of violence at the same time.

How do women fight for their rights today?

- They form support groups
- They meet
- They talk
- They are looking for solutions
- They are looking for allies
- They support each other
- They express opposition loudly
- They build their inner strength



3 steps building female power:

1. Feel as stronger person

- think you are an elephant!

- ex.1 At rush hour, go straight up the crowded sidewalk (300-500 meter). Do not change your route. You are an elephant!

-ex.2 Go to the store, ask for showing different things, choose different sizes, try on, ask for something else (minimum 5 minutes), than leave without buying anything. You have the right to it, You are an elephant!

2. Overcome fear of criticism

- learn how to respond to criticism assertively,
- treat criticism as the opinion of the other person
- people have the right to different opinions, both sides are right
- so express your opinion in response to criticism:

Ex. 1

If you agree with criticism you can react like this:

- I think about myself in a similar way.
- I have a similar opinion on this topic.

Ex. 2

If you do not agree with criticism you can react like this:

- I do not think about myself like that.
- I have a different opinion on this topic.

Co-funded by the
Erasmus+ Programme
of the European Union



3. Know your rights and use your rights

a) Universal rights

You have right to be yourself:

- right to inform about your preferences,
- right to arrange relationships the way you want
- right to express yourself (opinions, feelings, needs)
- right to say NO
- right to respect
- right to defend personal dignity

b) Individual rights

- define how we want, and if do not want to be treated by the environment,
- we set them based on our own needs, preferences and values

Examples:

I have the right to walk in colorful socks.

I have the right to get up at 10:00 on Sunday.

I have the right not to borrow money.

5. WOMEN'S RIGHT CENTRE IN ŁÓDŹ



Women's Rights Centre was founded in 1993/1994 with the financial support of The German Marshall Fund of the United States. The Foundation started it's

Co-funded by the
Erasmus+ Programme
of the European Union

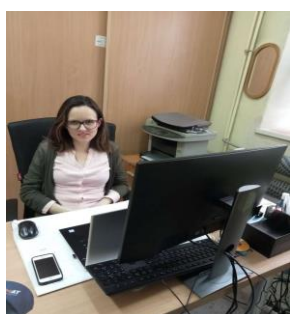


work in January 1995 and it's first main goal was to initiate legislative changes to improve women's situation and guarantee gender equality in Poland. Later on the Foundation started focusing also on the society and providing legal and psychological services to discrimination victims.

The actions are supported by other institutions, such as Stefan Batory Foundation, The Ford Foundation, Open Society Institute, and Levi Strauss Foundation. Foundation realised projects with multiple partners, including Warsaw and Masovian Voivodeship Employers Union or Prison for Women in Lubliniec, Poland. Women's Rights Centre, as the only one in Poland, took part in European Commission's Daphne Funding Programme.

For over 20 years, the Foundation was taking variety of innovative actions on both national and international level, including working in Polish Parliament, Council of Europe, and European Parliament. They are founders and active members of other international organizations, most importantly Women Against Violence Europe. They worked with OSCE, European Women's Lobby, Women, Law and Development International, Network of East West Women, and many other organizations focused on women's rights. The national level cooperation includes working with Federation for Women and Family Planning, The National Women's Information Centre OŚKA, or The Feminist Initiative.

We organized countless conferences, campaigns and workshops promoting women's rights. Yet, the main activity of our Foundation has always been providing legal, social and practical support for women looking for help in Women's Right Centre.



Co-funded by the
Erasmus+ Programme
of the European Union



Forms of activities:

1. Education

By organizing workshops, discussion groups and meetings they try to educate women from all backgrounds on their rights and give them guidance to improve quality of their lives, such as workshops on finance planning, self-defence and yoga classes, or language courses. The offer is dependent on our financial possibilities, yet majority of workshops is fee-free. The profit from paid projects is fully allocated to support our statutory activities. We have published legal and psychological guidebooks and leaflets focusing on domestic violence, women's rights and gender equality.

Moreover, since 1996 they give the opportunity to specialists dealing with sexual or domestic violence, such as police officers, lawyers or social workers, to participate in the workshops and increase their knowledge on the issue. The workshop offer covers also universities and individuals, who want to commit to volunteer work in the Foundation.

2. Support

Women's Rights Centre help women, whose laws were breached, especially victims of any kind of violence. Depending on the location, we offer psychological help, assisting the client during the court trial and police meetings, shelter, 24-hour helpline, social help, support groups and career advice. Our help is based on individual approach and mutual trust. We help women improve their situation, regain sense of safety and faith in own capabilities.

3. Influence the law

From the very beginning Women's Rights Centre fights to improve the legal aspects, that would help protect women from violence and

Co-funded by the
Erasmus+ Programme
of the European Union



discrimination, and assure their fundamental rights. Our experience helps us to expose legal loopholes hindering violence prevention. We have taken an active part in preparing an alternative NGOs report on women's rights for 1995 UN World Conference on Women.

4. Organization of the campaigns.

6. FOUNDATION SUBVENIO IN ŁÓDŹ



- Subvenio is the foundation which help people who are experiencing a crisis, who needs help.
- Subvenio works in Łódź and the region.
- Subvenio organize many activities. The target group are: victims and their families, seniors.
- Subvenio realizes the programmes for the victims.

Assistance Center for Victims of Crime and Members of their Families

One of the activity is organize and monitor the Assistance Center for Victims of Crime and Members of their Families. It offers all residents of the Lodz region affected by crime.

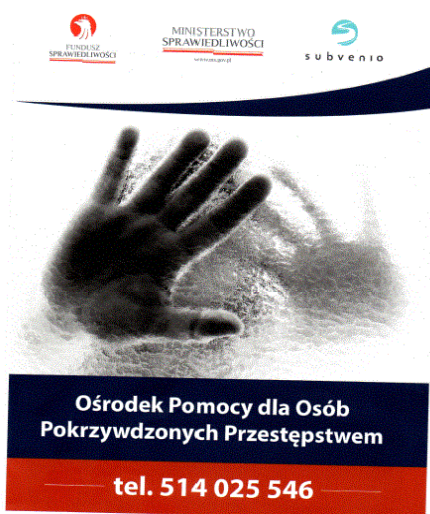
Everybody who needs help can find there the legal assistance free of charge, including legal advice, as well as preparation, editing of letters sent to, among others, to courts, prosecutors, police or insurance companies.

Co-funded by the
Erasmus+ Programme
of the European Union



If someone has suffered a traffic accident, an accident at work, has become a victim of stalking, domestic violence, lack of training, or fraud - he can apply for help.

The people who help the victims are: lawyers, psychologists, sociologists, social workers, volunteers.



Free legal assistance in Łódź

There are 3 places when the people can find a help.

The service is free for: seniors after the age of 65, young people up to 26 years of age, natural persons who were granted social assistance benefits under the Social Assistance Act in the previous year, large families - with a valid Big Family Card, pregnant women, veterans, threatened or harmed by a natural disaster, natural disaster or technical failure. The project is financed from the state budget.

The national program

The specialized help center for crime victims. It starts work is the result of the project (2019-2021). Victim Support Center is co-financed from the Justice Fund, which is at the disposal of the Minister of Justice.

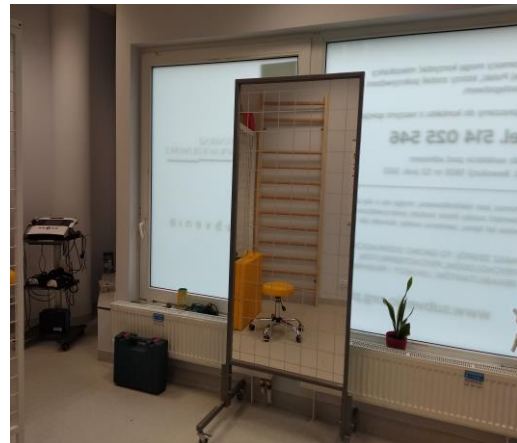
Co-funded by the
Erasmus+ Programme
of the European Union



The centre offers:

- psychological assistance
- rehabilitation
- physical therapy
- psychiatric consultation
- co-financing of medicines

The centre



The equipment

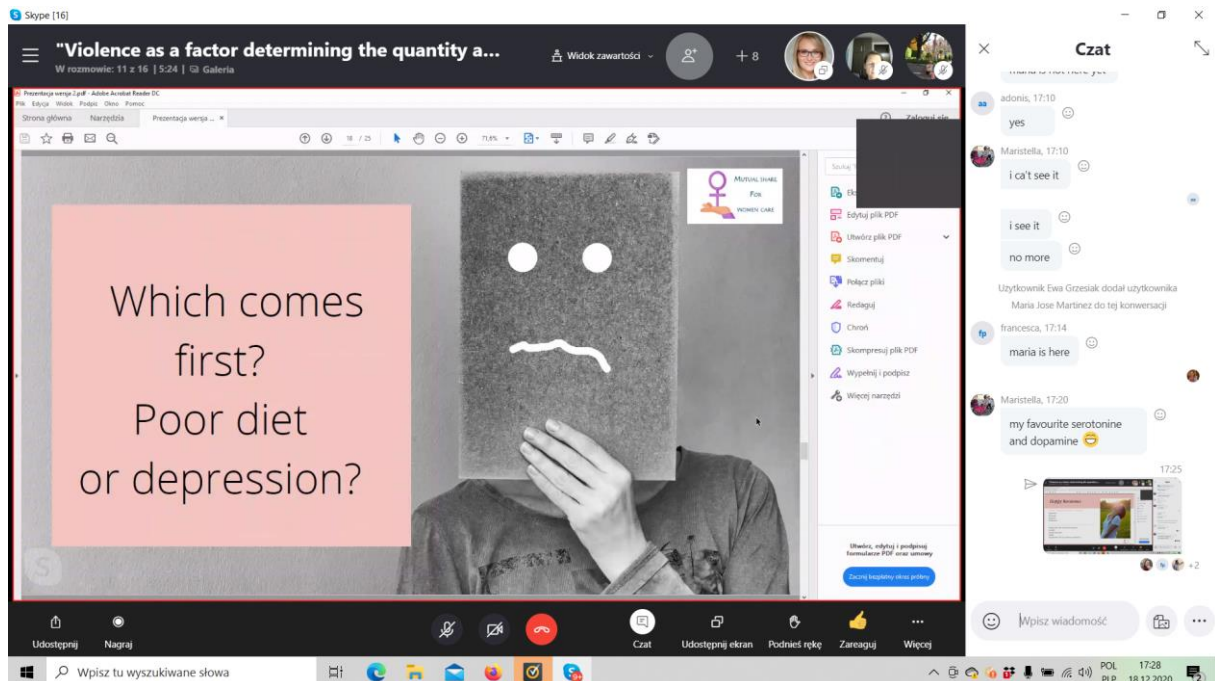


Co-funded by the
Erasmus+ Programme
of the European Union



7. VIOLENCE AS A FACTOR DETERMINING THE QUANTITY AND QUALITY OF CONSUMED FOOD

Description of the workshop prepared during Erasmus+ project
Mutual Share For Woman Care:





MAIN TOPICS

1. WHY emotional stress can effect on body?
2. WHAT mechanism are related with stress?
3. WHERE we can find happy hormones?
4. WHICH diet is be the best in depression.

Could emotional stress and physical abuse have an impact on the development of eating disorders in affected women?

Much of the literature linking violence and nutrition implicitly conceptualizes women living with violence as falling into one of two categories:



WHY EMOTIONAL STRESS CAN EFFECT ON BODY?

- Second brain
The gut-brain axis.
The number of nerve cells located in the intestines ranges from 100 to 500 million, more then in spinal cord.

Co-funded by the
Erasmus+ Programme
of the European Union



- Vagus nerve
It's the vagus nerve that helps the gut to tell the brain how it's feeling.
- Serotonin
The main hormone which stabilizes mood.

WHAT MECHANISM ARE RELATED WITH STRESS?

- Control and punishment

Anorexia nervosa

Anorexia (an-o-REK-see-uh) nervosa — often simply called anorexia — is an eating disorder characterized by an abnormally low body weight, an intense fear of gaining weight and a distorted perception of weight. People with anorexia place a high value on controlling their weight and shape, using extreme efforts that tend to significantly interfere with their lives.

Bulimia nervosa

Bulimia (boo-LEE-me-uh) nervosa, commonly called bulimia, is a serious, potentially life-threatening eating disorder. People with bulimia may secretly binge — eating large amounts of food with a loss of control over the eating — and then purge, trying to get rid of the extra calories in an unhealthy way.

- Emotional eating
 - to make yourself feel better
 - to find comfort in food
 - to make up for pain and suffering

Co-funded by the
Erasmus+ Programme
of the European Union



WHERE WE CAN FIND "HAPPY HORMONES"?

- Diet

These “happy hormones” include:

Dopamine

Serotonin

Oxytocin

Endorphins

How to boost endorphins and serotonin levels?

- healthy diet with some extra products
- sunlight
- regular exercises
- laught
- supplements (Vit. D, green tea, probiotics)

Diet influences

- spicy foods, which may trigger endorphin release
- foods high in tryptophan, which have been linked to increased serotonin levels
- foods containing probiotics, such as yogurt, kimchi, and sauerkraut, which can influence the release of hormones
- yogurt, beans, eggs, meats with low-fat content and almonds, which are just a few foods linked to dopamine release

Co-funded by the
Erasmus+ Programme
of the European Union



- Microbiom

Research results:

two groups of bacteria, Coprococcus and Dialister, were reduced in people with depression. A positive correlation between quality of life and the potential ability of the gut microbiome to synthesize a breakdown product of the neurotransmitter dopamine.

The challenge now is:

to find how molecules can interact with the human central nervous system, and lead on person's behaviour or risk of disease.

WHICH DIET IS THE BEST IN DEPRESSION?

- Individual

Diet should be adjusted to the current health condition, body needs, physical activity and the rhythm of the day.

- Dash

The DASH diet contain vegetables, fruits and low-fat dairy foods, moderate amounts of whole grains, fish, poultry and nuts.

- Well balanced

Diet should have the right composition of proteins, fats, carbohydrates, rich in vitamins and mineral salts.

- Mediterranean

The Mediterranean diet is a way of eating based on the traditional cuisine of countries bordering the Mediterranean Sea. It is typically high in vegetables, fruits, whole grains, beans, nut and seeds, and olive oil.



HEALTHY EATING PLATE

HEALTHY OILS

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.

VEGETABLES

WHOLE GRAINS

FRUITS

HEALTHY PROTEIN

WATER

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!

© Harvard University

Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu

Healthy diet may help as part of overall treatment

<p>Antioxidants, which prevent cell damage</p>	<p>Limit sugary foods for smart or "complex" carbs rather than simple carbs</p>	<p>Select Selenium- Rich Foods</p>
<p>Include Omega-3 Fatty Acids</p>	<p>Drink proper amount of water</p>	<p>Avoiding alcohol and smoking cigarettes</p>

Co-funded by the
Erasmus+ Programme
of the European Union



BODY-MIND THERAPY

- GP -> dietetician interview
- Physical examination
- Diet therapy

8. „DON'T BE A VICTIM- THE SELF DEFENCE ACTIVITIES FOR WOMEN”

Self-defense is all activities aimed at defense against physical attack by an attacker. The term is also used to describe various martial arts.

Self-defense courses for women

Self-defense courses for women are becoming more and more popular and attract large numbers of women who want to feel safe at home, on the street, on the bus or in the park. Self-defense for women also includes activities that generally improve your physical condition.

Many women believe that due to the lack of good physical condition, they will not be able to participate in self-defense training for women. Nothing could be more wrong. They rarely exercise training, and more often they are based on developing a specific self-defense technique. Moreover, trainings are always preceded by a warm-up, and the level of classes is adjusted to the level of fitness of the participants of the course and their age.

After such a course, a woman gains a different posture, greater mobility. She also becomes able to make decisions faster, also under stress, and of course, physical fitness translates into self-confidence.



8 Self-Defense Moves Every Woman Needs to Know

(by Nicole Davis a Boston-based writer, ACE-certified personal trainer)

Below are top eight self-defense moves for women — complete with instructions — to help you feel empowered to defend yourself in any situation.

FOCUS ON THE VULNERABLE AREAS

Focus on your attacker's vulnerable places: eyes, nose, throat, and groin. Aim all of the moves below at one or several of these areas to have maximum impact.

AVOID THE CHEST AND KNEES

Don't aim for the chest, as that tends to be ineffective. Aiming for the knees requires a specific kick that can be too risky for the average person.

Use all of your force and aggression during execution. Make it known that you're a powerful lady. Use your voice, too. Be loud to intimidate the attacker and create attention in case somebody is nearby.

1. Hammer strike

- Using your car keys is one of the easiest ways to defend yourself. Don't use your fingernails, because you're more at risk to injure your hands.

Instead, if you feel unsafe while walking at night, have your keys stick out from one side of your fist for hammer strikes.

- Another way to use your keys is to click them onto a lanyard to swing at your attacker.

Co-funded by the
Erasmus+ Programme
of the European Union



To perform:

- ✓ Hold your key ring in a tight fist, like holding a hammer, with keys extending from the side of your hand.
- ✓ Thrust downward toward your target.

2. Groin kick

If someone is coming at you from the front, a groin kick may deliver enough force to paralyze your attacker, making your escape possible.

To perform:

- ✓ Stabilize yourself as best you can.
- ✓ Lift your dominant leg off the ground and begin to drive your knee upward.
- ✓ Extend your dominant leg, drive hips forward, slightly lean back, and kick forcefully, making contact between your lower shin or ball of your foot and the attacker's groin area.

Alternative: If your attacker is too close, thrust your knee toward the groin. Make sure you're stabilized and not at risk of falling over.

3. Heel palm strike

This move can cause damage to the nose or throat. To execute, get in front of your attacker as much as is possible.

To perform:

- ✓ With your dominant hand, flex your wrist.
- ✓ Aim for either the attacker's nose, jabbing upward from the nostrils, or underneath the attacker's chin, jabbing upward at the throat.

Co-funded by the
Erasmus+ Programme
of the European Union



- ✓ Make sure to recoil your strike. Pulling your arm back quickly will help thrust the attacker's head up and back.
- ✓ This will cause your attacker to stagger backward, allowing you to escape their grasp.

Alternative: An open palm to the ears can be very disorienting.

4. Elbow strike

If your attacker is in close range and you're unable to get enough momentum to throw a strong punch or kick, use your elbows.

To perform:

- ✓ If you can, stabilize yourself with a strong core and legs to ensure a powerful blow.
- ✓ Bend your arm at the elbow, shift your weight forward, and strike your elbow into your attacker's neck, jawline, chin, or temple. These are all effective targets.
- ✓ This may cause your attacker to loosen their grip, allowing you to run.

5. Alternative elbow strikes

Depending on how you're standing when you're initially attacked, you may be in a better position for variations on the elbow strike.

To perform from the front:

- ✓ Lift your elbow to shoulder height.
- ✓ Pivot on same-side foot and allow your hips to rotate, creating more momentum into the front part of your elbow when you strike.

Co-funded by the
Erasmus+ Programme
of the European Union



To perform from the side and back:

- ✓ Make sure you see the target.
- ✓ Bring your elbow up and pivot your opposite foot, rotating your hips and turning into the target, making contact with the back part of your elbow.

6. Escape from a 'bear hug attack'

For cases where the attacker is coming from behind, you'll want to use this move. Focus on getting low and creating space to free yourself.

To perform:

- ✓ Bend forward from the waist. This shifts your weight forward, making it more difficult for your attacker to pick you up. It also gives you a better angle to throw elbows from side to side to the attacker's face.
- ✓ Turn into the attacker with one of your elbows and continue counterattacking.
- ✓ This should give you space to turn fully, using another move to injure the face or strike the groin. With the space these moves have created, you may be able to escape and run away.

7. Escape with hands trapped

If your attacker comes from behind and traps your arms (this is similar to a bear hug, but you won't be able to move as freely), here's what to do:

- ✓ First reaction should be to stop your attacker's arms from going higher into a headlock. Shift your hips to one side. This gives an opening for strikes to the groin with open-handed slaps.

Co-funded by the
Erasmus+ Programme
of the European Union



- ✓ Bring your hand back up to your arms and raise your opposite elbow to turn into the wrap. Keep your arms tight to your chest as you're turning in.
- ✓ Stay aggressive with your knees and other counterattacks until you can disengage.

8. Escape from side headlock

When the attacker locks their arm around your head from the side, your first instinct should be to avoid getting choked.

To perform:

- ✓ Turn into the attacker's side as much as possible to avoid being choked.
- ✓ With your hand that's furthest away, strike the groin with open-handed slaps until you have enough mobility to turn your head all the way out to disengage.

Self-defense art show:

<https://www.youtube.com/watch?v=w5PP-GB-XOw>