

Today's Paper » FEATURES » METRO PLUS

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Survival guide

PRINCE FREDERICK

Event Survival Instincts will hold a self-defence workshop for working women on March 8



Defence techniquesA training session in progress

A poster packed with pithy write-ups on how to avoid ‘predators’. And another, with neat sketches of two in a tussle with the weaker having the upper hand. The theme of safety for women underpins both these posters, prepared by Survival Instincts (SI) for a workshop.

To be launched on March 8 (Women’s Day), ‘Smart’ Self Defense Workshop for Working Women, deals with “self-defence measures, identifying criminals and sexual predators, pros and cons of using tasers, stun guns and pepper sprays and preventing, deterring and diffusing dangerous situations and confrontations,” among other things.

The self-defence section offers safety techniques found in a range of martial arts. For example, the ‘Onion Palm’, where the victim uses “the heel of her palm to punch the lower-most area of the assailant’s nose”, is present in different forms in Krav Maga and Kung Fu. Another attack, where the victim uses “the really bony part of her elbow for a telling blow to the assailant’s temple”, is found in Karate and Muay Thai. The self-defence package is built on the assumption that

the participant has no prior training in martial arts, nor the time required to master a martial art.