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# FHM

FOR HIM MAGAZINE

May/June 2000

## I can't fight to save my life

**Q** Dear Fighting Dad, Coming home alone late one night, I was confronted by two guys eager for a scrap. I tried talking my way out of it, but after a few quick shoves, I proceeded to have the tar beat out of me. Can you give me any simple self-defense tips so I can avoid shelling out major bucks for karate lessons or a big gun? *D. Lunderville, Norman, OK*

**Paul Walsh answers:**

**A** Remain calm. As your adrenaline begins to flow, try not to panic; adrenaline is your friend and will make you stronger and faster. Use your knees and elbows to hit as much as possible, because they pack a wallop. Most importantly, if you know or suspect that your attackers are armed, do whatever they say and don't resist—it's not worth the risk of dying.

People pick on others they assume won't be a problem, so a key to being left alone is to not look like a target. Walk confidently with upright posture. Don't look for eye contact, but try not to appear intimidated. It's always best to walk away when confronted. If you're stopped again, give them the chance to leave. And if that doesn't work—and a fight is the only way out—here's how to make sure you're the last one standing:

### Step 1

Protect your soft spots—your solar plexus (breastbone), neck and groin—and create a sturdy stance by turning your body sideways to your attacker with your toes slightly turned inward. Remember to keep your hands up and unclenched.



### Step 2

When approached by more than one guy, move to one side so that the bigger attacker is between you and the smaller thug. Take on the bigger of the two first—you'll have more strength in the beginning, and you might scare off the puny guy.



### Step 3

If he throws a punch, try to move outside his swing and grab for his fist or wrist as it passes by. Hold on to the wrist as firmly as possible and twist it, pushing the back of his elbow forward and using his momentum to bring his arm behind his back.



### Step 4

With his arm still behind his back, keep twisting his wrist—hard—and jam the arm straight up like a chicken wing. Don't loosen up. Use your other hand to pull his shoulder, head, hair or eye socket toward you firmly to keep him from twisting free.



### Step 5

You can easily break his arm or dislocate his shoulder, so keep the other guy at bay and give them both the chance to leave peacefully. If they don't, break his arm by twisting hard. Then force his head into the face of his buddy, aiming for the nose.



### Step 6

You might feel like doing the Ickey Shuffle over the fallen thugs, but you should be ready to strike further, or run like hell if they try to get up. If they stay down, offer a smug but sympathetic "I told you so" and quickly make your exit.

