

Figure 3.2 Eye Strike

APPROACH

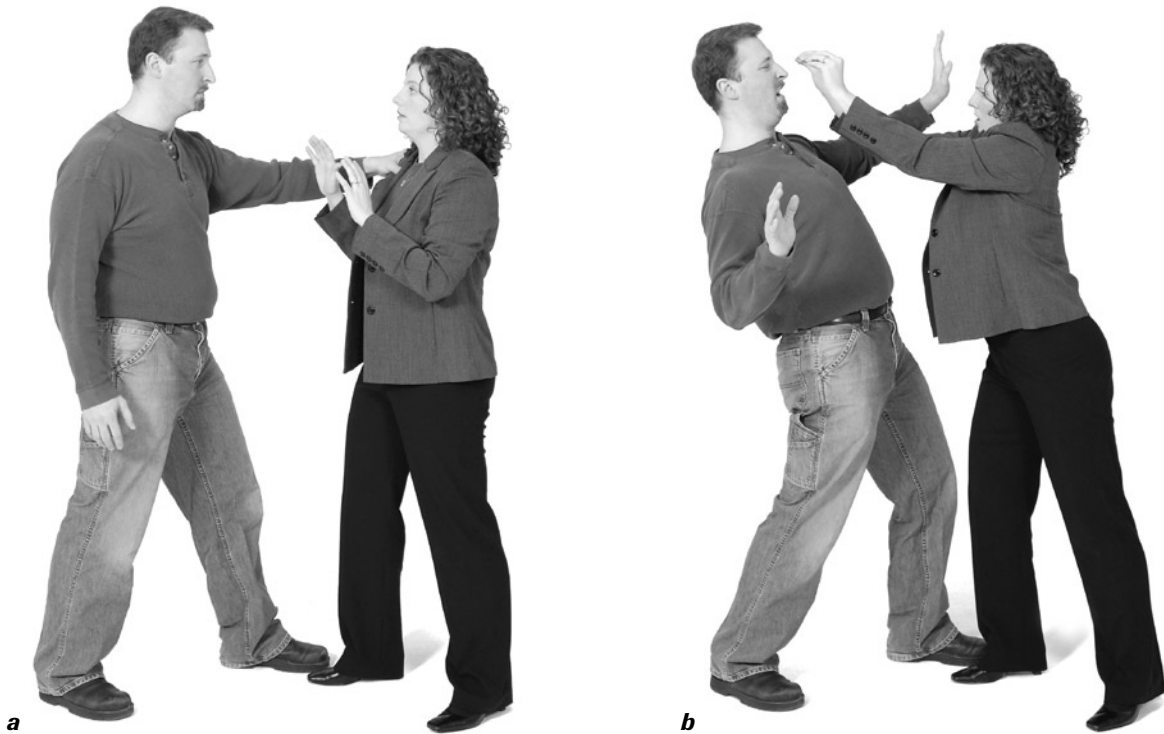
1. Begin in protective stance

EXECUTION

1. Form hands into Eye Strike position
2. Strike toward eye region
3. Shout *NO!*

FOLLOW-THROUGH

1. Bring hands back quickly to protective stance
2. Repeat if necessary



Starting in protective stance, practice the Eye Strike several times at your own speed. Practice 20 repetitions, shouting *no* with each one.



Misstep

Pulling away from the attacker during the attempted Eye Strike.

Correction

Hold your protective stance and lean into the strike slightly. At the end of the strike, your arms will still be slightly bent, not fully extended.



Misstep

You want to punch with clenched fists instead.

Correction

Reread the first page of step 3, Striking With Hands and Arms. And practice, practice, practice!

Hand and Arm Strikes Drill 1. *Eye Strike Surprise*

This drill requires a partner. I'd like you to experience an Eye Strike from the point of view of an attacker. Take up positions on either side of a glass door or window; stand as close to the glass as possible. When you are ready to strike, try to surprise your partner by aiming an Eye Strike at the glass in front of his or her face. Do not, of course, hit your own fingers on the glass. Your partner then tries to surprise you with an Eye Strike as well. Experiment with your timing and placement to achieve a moment of surprise and be sure to include a strong *no* shout with each

strike. To give yourself and your partner the full benefit of the surprise factor, allow yourself to enter into the drill fully instead of just acting it out or going slowly.

Score Your Success

Talk someone into doing this drill with you = 10 points

Manage to surprise your partner when striking = 20 points

Shout *no* with your strike = 10 points

Hand and Arm Strikes Drill 2. *Eye Strike Execution*

Another option for practicing the Eye Strike with a partner is to have someone hold a piece of tough fabric (denim works well) at or above eye level in front of you. The fabric should be held firmly and taut enough to provide both some resistance and some give. Your partner should be sure not to hold the fabric directly in front of his or her own face. Practice the Eye Strike 5 to 10 consecutive times, using your voice and jabbing at the fabric each time.

To Increase Difficulty

- Practice it one-handed.
- Practice it with your nondominant hand.

Success Check

- Keep your fingers together, thumb on the inside.
- Use a quick, jabbing motion.
- Return to protective stance after each strike.
- Use your voice with each strike.

Score Your Success

Complete the drill = 20 points

Return fully to protective stance after each strike = 10 points

Shout *no* with your strike = 10 points

ELBOW STRIKES

There are at least two ways to use your elbow in self-defense. These are surprisingly powerful strikes. Because your elbow is small and pointy (probably), you can channel all of the power of your arm, shoulder, back, and hips through a relatively small surface area. Elbow strikes can effectively disarm or even temporarily disable an attacker.

Low Elbow

The first strike you'll practice is one to use against someone behind you. From protective stance, reach forward with your dominant hand in a fist and thrust your arm directly back, striking the attacker in the gut, ribs, or just under the breast bone with the point of your elbow