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## Antirape Seminar for Women

This seminar involves simulated physical training as well as professional lectures on specific topics. Some of the lecture topics involve sexology, the male-female syndrom, communication disabilities between the sexes, psychology and self-therapy, dealing with fear and unconventional stress related situations, and the art of self motivated mental, emotional and physical survival.

### 1. Psychology of the rapist

- A. The understanding of his thought process
- B. Defining his weak points

### 2. Identifying the type of rapist we are dealing with

- A. Different communication methods
- B. Communication methods if rapist is of a violent nature
- C. Communication methods if rapist is of a non-violent nature
- D. Communication methods for an armed but non-violent rapist
- E. Communication methods for an armed and violent rapist

### 3. Introduction to the various types of methods and weapons used by rapist

- A. The following list includes a few examples: knife, pistol, club, handcuffs, rope, choking and strangulation, beating, psychological torture, threats to hurt your child, etc.

Participants in the seminar will be introduced to these weapons and learn:

- A. What can these weapons do to me
- B. Maintaining of mental control at the sight of a weapon
- C. Basic knowledge in the use of these weapons as a defensive and offensive tool for your protection (i.e., if you were successful in disarming the rapist).

### 4. Introduction to the anatomy of a male

- A. Knowledge in striking areas in the male body
- B. Pressure points that can deter an attacker from hurting you
- C. Nerve points where to strike in order to cause severe pain
- D. Extreme vital areas where to strike and remove organs if life is in danger. These techniques are executed in order to very seriously dissable an attacker.

5. Once the above phases are achieved, the participants will be introduced to the studying of the methods to strike vital areas (different parts of the hand, feet, elbows, fingers, head, teeth, shoes, knees, heels, fists, wrists, knuckles, forearm and the hips). Women will be expected to know how to use these parts of their body in order to strike the assailant and disable him.

### 6. Introduction to a very specific type of combat

#### 6.1 Anti rape combat

- A. Knowledge of basic punches
- B. Knowledge of basic kicks
- C. Knowledge of basic blocks
- D. Knowledge of specific strikes

#### 6.2 Static self defense

A. Very aggressive self defense against static attacks (i.e. front choke, side choke, rear choke, hair grabs, breast grabs, face grabs, wrist grabs, bear hugs - overarm and underarm, sleeve grabs, arm grabs, collar grabs, round house slap or punch, shirt grabs, throat grabs, thigh grabs and more)

B. All these self defense techniques designed to prevent and counter such attacks will use very effective and basic moves all of which are consistent with everything you have learned in the previous phases of the seminar. Consequently, these moves will be designed to be instinctive as well as parallel to our body's natural way of moving and reacting. This will ensure effective execution of technique.

#### **7. Self defense against weapons**

A. Mobile attacks such as pushing, throwing to the ground, making the woman bend down or bend over, attacking the woman by forcibly moving her somewhere (taking her to his car or to a basement, putting her on top of a table etc.)

#### **8. Self defense against weapons**

- A. This section will be devoted to anti rape defense and techniques against an armed assailant
- B. Participants will gain general knowledge in defending against weapons such as those mentioned in phase 3
- C. Participants will also gain general knowledge in the personal use of such weapons in order to counter the attack

#### **9. Miscellaneous situations**

- A. Mind and body uniting in order to be realistically and instinctively react against assailants
- B. Situations such as ground defense, elevator techniques, bedroom techniques, attempted rape in the kitchen while cooking, laundry, taking a shower etc.
- C. Participants will be introduced to the use of natural weapons that are easily accessible in their respective environments (pillow, pen, soap, travel, coins, bottle, toothpicks, soup bowl, fork, spoon, laundry detergent, scissors, cucumber etc.)
- D. This section is crucial, for it will give participants the ability to use these instinctive self defense techniques, strikes and blocks in the different everyday environments in which we find ourselves. This will give participants flexibility of action and reaction, or preventive and counter tactics, independent of the setting of the attack

#### **10. The need to sometimes participate psychologically with the rapist's desires in order to fool him at his own criminal act**

- A. Women will be taught that under extreme situations (if the assailant plans to violently use his lethal weapon) they must pretend to accept being the criminal victims
- B. Methods of participation include accepting his physical grabs, caressing him when he takes hold of your hand or any other part of the body, telling him he is handsome and that you enjoy violent sex, undressing him, grabbing his genitals etc.
- C. In that split fraction of the second in which the assailant feels you have succumbed to his orders, you will violently react by striking vital areas like removing his groin or biting it, taking his eyes out, biting his face, breaking his knees, biting his tongue, breaking his fingers and every other technique you have been taught to execute

#### **11. Summary of every topic learned under the elements of surprise, panic, fear and darkness**

- A. Participants will be put through a realistic exercise in which they will have to react by being unexpectedly surprised or shocked. This will give them the mental awareness inherent to the reality

The purpose of this seminar is to give women the physical, mental and emotional ability to defend themselves using whatever means available. This type of training could not only save a woman's life, as well as from a tragic trauma. These techniques will not only give participants self confidence, but also the ability to help those we care about.

Courses can be structured from specific sections of this document, for participants desiring to specialize in a respective area.

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