



EVAN PANTAZI



"Kyusho Self Protection" for Women

Vital points



click!



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Let's face it the martial arts are filled with Women's self-defense programs, which the name alone is a recipe for failure. The term "Self Defense" has a negative connotation that from the start can yield failure for the user. The problem is that this label already portrays in the mindset that the individual is a victim of a violent act or aggression and that the practitioner should perform a defensive action. This premise of acting after the fact is why most people succumb to the aggressors' actions and never fully recover from the initial attack or fear inducing situation.

If a Woman thinks or takes a defensive mentality or action based training, they open the door for many problems in an altercation with a predatory and aggressive societal deviant. In taking the defense, they are allowing the attacker to initiate and build momentum in their attack. Being the typically smaller, weaker and less aggressive type, the female is now at an even greater disadvantage as the mindset actions and aggressiveness were not intercepted and allowed to gain. The Woman must not become defensive; she must be aware of her situation and not dismiss or ignore possible threat, she must become proactive and gain the initiative and momentum while manipulating the attackers' mindset to have a possibility of advantage.

This opposite approach is actually a safer method and mechanism of prevention and protection. First she must become situationally aware and her attitude must become proactive or offensive as this will determine her ability and safety. This is a "Vital Point" in protection, being properly prepared for any eventuality with a honed mindset, targets and tools. The training must encompass far more than simple "techniques", they must be reflexive, adaptable, spontaneous and possible under the effects of adrenaline rush during severe stress and emergency. Even beyond these limitations are inborn limitations that must also be addressed for the user to actually succeed, this is not technique, this is the very soul of the individual and their capacity to do what is necessary. There is a major difference in the pattern or gross motor skills that Men and Women have that must be addressed before they will in fact combat themselves in time of need. Everything thereafter must be based on these instinctive actions so that they obtain the most efficient protective skill that requires no thought or constant practice (although this of course is best approach).

Proper tools must be trained that will be natural for the gender in accordance with the gross motor skills that are natural for the individual. This will increase their efficiency and affect without possible injury to themselves. Many physical skills you believe to possess (and do in the perfect environment), will be unusable

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When the adrenaline surge strips you of variable sensory, mental and muscle comprehension, processing or control. It will also spark an escalating or snowballing effect on the individual as more and more personal control is lost. The first skill that will evaporate is complex series of actions (exactly what stylistic techniques are), if you were counting on these, then you will be in a totally foreign position, this will lead to further stress, adrenaline and physical shutdown.

Beyond the reflexive inborn tendencies are the mental barriers that range from normalcy bias (thinking it won't or can't happen to you, just others as it has not yet occurred) to getting past the common fear, repulsion or inability to strike another being. Far more people (especially in the female gender) have this repulsion or inability so the typical classes that try to teach damaging the eyes, throat, joints and bones will never become an accepted action their conscience will allow them to use instinctively. Additionally one must learn how not to present themselves as a potential target from their thoughts, actions or habits that actually place them more at risk.

The practice of a set technique for a situation is so encumbered by limitation that it becomes a recipe for failure... they must instead be educated in target over technique that takes all the previously stated limitations and instinctual tendencies into account. They must discover their natural tendencies (not someone else's) and refine them into dependable and predictable assets. There are far too many ways that an individual could be attacked that it is impossible to practice a technique for all possibilities, rather they need to understand and learn a different mental attitude. Training specific targets with dynamic motion, timing, force and intensity as well as environments (as each will affect the abilities or the possibilities of the individual), will enable the practitioner in far greater adaptive possibility. These given targets should also not be reflexively protected by the assailant as that will diminish the efficiency or affect the practitioner is able to deliver. As example the strike to the groin or other typical targets taught, like the eyes, are protected by inborn reflexes that work to protect these targets with withdrawal or covering type actions. The vital targets learned must not have this reflex, yet still be potent enough to disable the attackers' physical functionality instantly, this is Kyusho.

Training must be divided into separate modules with increasing mental and physical preparation along with intensity of attack. With this type of training, the practitioner will become 100% more empowered and capable of protecting themselves and loved ones... because it educates the individual to act naturally. No one is forced to perform a set of techniques, nor are they instructed in actions that are not instinctive to them they are refined to be safer and more effective under any circumstance.

Initially the individual must be helped past many barriers that would stop her from action. She must get past the fear of

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Self Defense



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“Training must include timing, distancing and commitment so the attackers is actually struck as opposed to seeing it before the strike lands to stop or grab it”

actually striking and dropping another individual that means no harm. This will be far more difficult than someone attacking her, but if there is even the slightest hesitation or reluctance in striking another, they will never act properly under the stress of real conflict. All of this training will be ineffectual if they are not first rid of something called “Normalcy Bias”. This means that they are not of the mindset that an attack could not or will not happen to them. They must understand that they, as anyone, may need to protect themselves, no one is immune.

Next is the development of their natural weapons which are much different than a man’s inclination or natural actions. This is done with actual bare hand strikes (proper weapons utilizing the natural open hand aptitude), to the instructor/s so that she callouses herself to fear and hesitation. Her actions should not be allowed to become emotional, but rather deliberate and immediate. Once her natural weapons are known, the stress level must increase so that she can see if they will still be natural and reliable in conditions of uncertainty, immediacy, high stress and mobility. If they are not the weapons she is naturally inclined to from stressed induced demonstration should replace the others that failed. And then once known they must be drilled incessantly and dynamically never faked or pulled.

After the Woman’s natural weapons are known and honed the targets must be taught... but only the ones she is natural at achieving under heavy stress and even multiple attackers in dynamic situational training. These targets must be weaker anatomical structures that will cause the greatest effect without massive power or speed. These targets must not be reflexively protected like the eye or groin, and best out of the attackers’ sightline and therefore control. These should be very few in number as quality and assured accessibility is far more important than quantity. The principle is to be as simplistic as possible as there is less possibility of failure under pressure.

Next in line is working coordination in their striking, working with their ability to access them correctly when being rushed, stepping back or to the side. They then must be trained to use either hand or leg with equal ability, effect and confidence.

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Training must include timing, distancing and commitment so the attacker is actually struck as opposed to seeing it before the strike lands to stop or grab it. All speeds and intensities must be experienced by the Woman so she is fully aware of capabilities and possibilities and the trainer must be ever watchful to assist or change what is needed.

Inducing stress will help develop the battle readiness and increase confidence, coordination, accuracy and dependability in their natural weapons, Kyusho targets and their response. This can be done with verbal attack, surprise, force, new situations and new environments. Environmental training will help them determine if are they able to handle the aggressor with accurate timing and targeting in various locations, environments, clothing, footwear and ground conditions. This will help them further develop their “Situational Awareness” in all areas.

Once these traits are adopted we can then increase the demand and urgency by working against an attack they did not intercept and they are physically caught. This may change the dynamics but the principle discipline and simplicity already instilled will further protect the practitioner.

The training starts again with this new paradigm but with a new idea. When grabbed the natural tendency is to resist or try to escape. A smaller women that has had both arms grabbed as example will naturally try to pull away or struggle away, but it is most time ineffectual as the stronger more aggressive attacker is ready for it as well as more powerful to retain the grip. The Woman must realize this and capitalize on it... and there is a very simple solution. As the attacker grabs, at first attempt to pull away from them and as they begin to resist or pull back, that is when we can jump in, turn, change height or use various other direction entries. They are pulling you in and you are entering faster to surprise and offset their strength and therefore control. This is now the time to attack the weaker Kyusho targets that were learned and trained during the first level of the Kyusho Self Protection program.

This is now much closer combative need and therefore again we must watch that the original targets they used in the interception mode are still viable for them (our experience shows that most will be, but some additional targets and weapons may be needed). Again it is not based on technique, but from natural weapon, target and coordination abilities of each individual Woman.

Any new targets or weapons must again be out of the main sight line (if they are a repeat attacker they will also be very aware of a knee or kick to the groin and be ready to stop it.), use gross motor skill accessibility and have greater effect with less generated power.

Your continued study of Kyusho helps you understand the weaker anatomical structures that will help Women immeasurably, but it is more than that... they (anyone) must train Kyusho correctly to become real.

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New Kyusho DVD!!!

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English, Español, Français, Italiano **Vital points**



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