

Womanly Art of Self Defense



2 Raising her arms violently and moving elbows outward, the victim breaks the hold on her throat and puts her adversary on the defensive.



(Acme photos.)

3 The finishing touch, a painful counter attack designed to give the young lady an opportunity to escape.

1 Streamlining jiu jitsu to fit defensive needs of women today. The girl's prayer-like attitude above is the first step in breaking a strangler's hold.



4 The modern method of giving a weaker victim the advantage over an assailant. A point stressed is having the left elbow well under the man's right wrist.



6 Defense for the attack from behind. With arms in this position the victim rotates body sharply so that its weight is behind the blow to the attacker's face.



5 Not how to prevent a sneeze, but how to rebuff the advances of a theater masher. Surprise is the important element, as a sharp blow like this is painful and is intended to keep the masher off balance until help arrives.

Emoting

