

Valuable Lessons in Self Defense

Over the years, Mom and Dad have taught us, not only to defend ourselves spiritually, but physically against the evils in this world. I'm going to talk about a few of our favorites, like raking the head, gouging eyes and other various techniques.

First, my personal favorite, the "eye gouge." In this particular move, it is important to have the right mind set, the idea is not to damage the offender's sight, just merely to impair it temporarily. Something else to remember is that the fingers are to remain slightly curved, and firmly locked in that position. The actual gouging action should be swift and controlled (so as not to put one's self in danger.) The procedure should go something like this:

- ~ While approaching the subject, begin to get in position for attack
- ~ Then get the attention and gain eye contact with the subject
- ~ Quickly reach up toward their optic cavity surrounding their eyes with your fingers
- ~ Now push, as if you were trying to touch the back of their skull

Next, I want to talk about the "head rake." Picture, if you will, a nippy autumn day when the family is outside raking leaves. Rake is to grass as fingers are to head. This is most effective with longer fingernails, and much practice is necessary to get the same reaction with no fingernails.

Another, not everyone may be familiar with, is the "rib lifter." This defense mechanism works the best on "not so big boned" people. The basic idea in this move is to dig the fingers into a person's side, thus gaining a good hold on the bottom of the attackee's ribs. After you have a firm grasp, pull up toward the victim's shoulders.

Last, the "clav ripper." For this particular maneuver, one must remember to keep his or her fingers close together and slightly curved. Like the eye gouge, it is a swift action that gains the best reaction. Move in and move out FAST, to avoid injury. Run up to the victim, and hook your curved fingers around the subject's clavicle bone (a.k.a. the collar bone.) Then as fast as you can, put the majority of your body weight on their bone. A good way to remember this one, is to visualize your self hanging from a small ledge, when in fact it is their collarbone.

In conclusion, it is a good idea to follow each defense mechanism with a hearty laugh, to emphasize the stupidity of anyone who would dare challenge a Stevenson. Our parents love us and so they have provided us with plenty of ways for us to be safe and free from harm.