# Co-ed Escapes

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*by Chris Murray*

## He Attacks You From Behind, Don't Panic

The attacker grabs her from behind trying to use both fear and strength

## Stun Rather than Injure

Keep a calm head and prepares to strike with the two weapons you have available: your head and your foot. Your goal is to stun & surprise not to cause injury. A stunned opponent will freeze or become disoriented, but an injured one will become enraged. Rather than panic, choose to use your speed and surpise to catch him off guard.

## Hit Him with Your Head, Stomp and Use Your shoulders to Jerk Away

A swift strike with the back of your head and foot stomp stuns him. More importantly it pushes your shoulders back into his chest. This gives your shoulders room for a quick downward jerking movement that will you away from your attacker and leave your elbows strategically placed.

## Elbow in the Side, Heal into His Toes and Step Away

Your elbow is now implanted in his side. Use it as leverage to pull your opposite arm free. If you can't get free, bite the forearm as hard as you can. If facing him, jam your fingers up his nostrils and rip upwards or grab the inside of his cheeks, (watch the teeth) and tear outward. As he recoils, turn.

## Twist Away Again, Looking Where You Want to Go. Your Body Will Follow

By turning your entire body into the arm still holding, you'll free yourself from one arm. Your body will instinctively follow in the direction you are looking. This creates momentum and your weight will propel you explosively out of a firm grasp.

## Keep Moving. Throw Your Arms Up to Dislodge Him

With your whole body committed to one act, (moving away) you have the advantage over your attacker. Throws your arm into the air to force him to further loose his grip.

## If attacked, Your Goal is to Get Away, not to Fight.

The Best Way to Get Away is to Surprise Your Attacker by Doing the Unexpected.

1) Don't waste your energy fighting someone stronger than you. Instead use sudden sharp movements like biting and gouging.

2) Don't try to hurt them; just try to catch them off guard.

3) All's fair: teeth, hair, nails, screaming and spitting. If you can reach something close by grab it and use it.

4) Turning your body make it harder for the attacker to hold on to you and gives you a chance to get free.

5) The sooner you respond to an attack the better the chance you have to escape.

6) Don't be fooled. An attack is an attack no matter how nice they talk while they are doing it.

## Get to a Public Place

**Once free run to a more populated area and contact the authorities.**

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