

No Man Has The Right

By Ross Jackson



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By the author

Taiho Jutsu - Beginner to Black Belt
No Man Has The Right
Confrontation Management

About the author

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Born	1948
Taiho Jutsu	4th Dan Black belt
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Aikido	2nd Dan Black belt
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Police Self Defence Instructor	1984 - 1996
Chief Instructor Police Taiho Jutsu club	1984 - 1990
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FOREWORD

This book is written for the millions of women throughout the world who deserve the right to go anywhere, at any time, without fear or favour.

NO MAN HAS THE RIGHT, to touch any woman (Unless she so desires). That is a statement of fact, and unfortunately in this world today it is a shame that it should have to be said. It is because of the fear women in the world have felt that it is justified this book be written.

The information given in this book is just that, information. None of the techniques described require practice to achieve the ultimate in self defence, - to make safe.

WHAT MAKES THIS BOOK DIFFERENT?

All previous books on self defence, including those that specialise in female self defence, depend on continuous instruction, coupled closely with a repetition of movements to attain a high standard of expertise. In other words - 'training'. The techniques shown had to be practised by repetition before they became effective.

What those books say is not wrong, in fact, the best way to attain any standard of proficiency is to train. However, the majority of people throughout the world want to be 'instant' black belts without any practical work.

There is also the fact that there are so many techniques displayed in the other books that the normal person reading is unable to assimilate the information. They have no wish to train, to be an expert. They just want it to work.

You may think that the only way to beat a black belt at his or her own game, is to become a black belt yourself. This book shows what can be achieved without practice, but with a little knowledge.

All you need do is read on...

THE AIM

- To achieve safety -

The ability to successfully defend is within the scope of any woman, regardless of age, size or shape. You do not have to be physically fit, in the prime of health, although if you are, it helps. It is the application that achieves the aim, for these methods require no repetition training.

Throughout this book the term 'make safe' will appear. In plain language, this means to get away, to be in a position where there is no likelihood of such a danger recurring.

This book is dealing only with the physical aspects of female self defence. Other books deal more adequately with the preventative and mental aspects of self defence, such as: -

Not going out alone.

Always letting someone know where you are going.

Walking along the centre of the pavement, away from building lines and parked vehicles.

Walk where it is light.

Be aware of the surrounding environment.

Do not go where there is possible danger.

Obviously there are times, when due to circumstances, the above guidelines may not be adhered to.

When you have done everything you can to avoid a physical confrontation, then the contents of this book are for you.

ASSAULTS

There are two methods of assault only. The first is where the recipient is aware of what is about to happen, the second is a surprise attack. However, all assaults revert to the first category after the initial attack has progressed.

Your rights

Let me first give a layman's explanation with regard to the law on assault and self defence.

Assault

A person does not have to physically touch to commit assault, but be in the position to carry out the assault if it was the intention to commit that assault.

Self Defence

The law with regard to self defence is somewhat more obscure for reasons that I hope to reveal.

A reaction may equal an action.

This means, if someone attempts to strike you and you then defend yourself by striking once, then that may be acceptable. But if you continue to strike again and again, it is no longer self defence, but now becomes an actual assault. You are the attacker.

I know that you can quote many instances where someone has defended and then attacked to a greater degree, and it has been held as self defence. However, there are probably more incidents, not publicised, that have not been found to be self defence.

However, if you can justify that you did everything possible to avoid being assaulted and that if you had not taken the action, an

assault would have happened there and then. Then you can say that you had to defend by pre-empting the attack.

To successfully defend against an assault then the defensive action must be able to negate the assault.

It is not the intention of this book to deal with defences against multiple attackers, or defences against weapons, nor to use personal female items as weapons. The ability to attain a degree of success at that level depends solely on the application of specialised skills in techniques which require a standard of expertise that only a trained person could achieve.

To gain knowledge, only practice at clubs that specialise in forms of combat that can give the required skill. There are many which are acceptable: - Aikido, which specialises in the application of locking and applying pressure to joints; Judo, which is purely a sport, but is effective in development of body and character; Jujitsu, from which all other martial arts are derived; Karate, for punching and kicking; Kung-fu, another derivative from Jujitsu, Taekwondo which specialises in kicking, are a few that come to mind. All are done quite successfully by women. There is also boxing to consider, although not very ladylike.

If, when you have read this book and would like to continue, then seek out a club as would suit your preference, and join. You can only improve. Experts are not born with their skills, they all had to learn.

Local martial arts clubs are always looking for new members and are in most areas. If they are not of the type that you require, then they at least may know of another club that would suit. Instruction will be given at all levels and is always under continual guidance of the chief Instructor of the club. There is no need to fear about being 'thrown' or 'picked on', remember, they want you back, it is not in their interests to harm you. You would not return and they would lose revenue.

Many of these clubs advertise in local newspapers or have their adverts in shop windows so are easy to contact. But remember, they will expect you to train so that you could attain a good standard, so unless you are prepared for such a commitment do not waste your and their time.

A word of warning though. For purely self defence training, always make sure that the instructor is qualified in self defence. Instructors who teach martial arts will be registered with their own governing body.

The contents of this book provide information that may save a person against a serious assault.

“I told my daughter what to do if she was attacked. I spoke to her on the telephone and explained. She rang me some weeks later to thank me. She had been attacked and defended using what I had said. It worked. She’s safe”Jones (Leicester)

“My schoolboy son was followed by someone who attempted to take his telephone. I had shown him what to do, in fact I had practiced with him. He said “It was so easy. They were so surprised, they ran away.” ... McCoy (Birkenhead)

TECHNIQUES

The actual techniques described in this book are few. The number had been purposely kept to a minimum.

It is a common mistake of instructors, including myself in my early days, to try to impress and show as many variations and escapes as possible. Books that show a great range achieve two things. Firstly, they display the knowledge and scope of the instructor. Secondly, they usually cover the range required to attain a standard that only constant practice will allow. So, for a person such as yourself who is not trained, then an abundance of techniques will have the opposite effect of that required by the book in the first place. The choice is so wide that you would not know what to do, you would spend so long thinking about possible techniques, and as a result would not be able to achieve the aim - to make safe. For a technique to be completed 'instinctively' then only by repetition training would it be achieved, up to that point it is not 'natural'.

The techniques in this book are just that, natural. This book will teach you how to use what you already know, what you can already do, and capitalise on that.

For a trained person glancing through this book, please read on, there may be small things, so basic, that you may have been forgetting to teach them as I did, or you may even add to your repertoire. Remember, even the smallest item of knowledge can be of use.

Here is something to ponder:-

**Power is strength
Strength is not power**

A physically strong man can be controlled by the power of a physically weak woman.

DEFENCES

All that you need to do now is to look to gain knowledge. If you want to practice with anyone, great! But realise that you must be careful. If you make contact you may well cause serious injury.

The defences deal with low key assaults to begin with, increasing to possible sexual assault and then rape.

Read progressively. Do not jump. Get the knowledge, knowledge will give skill.

To defend successfully against an impending or actual assault can to a great degree depend upon your state of mind.

Your senses tell you what is happening around you.

There is a human **awareness** of assaults.

There have been times in your life when you know that someone is about to grab you or accost you in some way. Not only can you feel it, you can see it. You can see it in the other person's demeanour, the eyes, the speech, their body language. You just know something is going to happen.

This actual heightening of the senses serves to act as a catalyst for self defence, but only if you use it.

Having knowledge of self defence allows you to use these senses to your advantage. You will be calmer, more in control of your body, although an inner turmoil may be running through your brain.

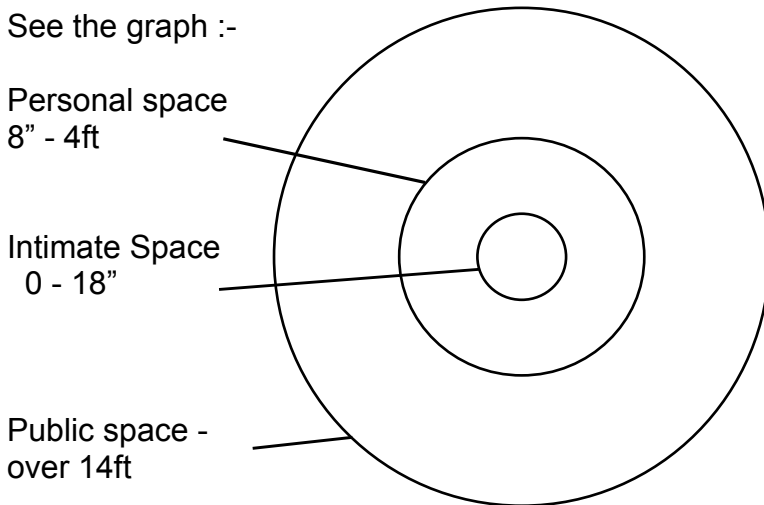
Think indignant

NO MAN HAS THE RIGHT TO TOUCH ANY WOMAN

There are at least two things that you must now read about if you are to be able to use the knowledge in this book. One is a theoretical application, the other, practical.

The theoretical is a knowledge of PROXEMICS. This is a word originated by a Professor Earnest Hall in 1964 and deals with the proximity of ourselves in relation to others.

See the graph :-



Intimate space, 0 - 18". Is reserved for loved ones, close family and children. How often do you lean away from someone who sits next to you or talks to you closer than 18"? It is most uncomfortable.

Personal space, 18" - 14 Ft. Is reserved for friends and work colleagues. Perhaps you have been walking along a corridor, there is another person who passes in the opposite direction. You are aware of them, they have a right to be there, but you feel uncomfortable, if possible you try to avoid looking at them and you would have redirected your direction of travel if you could.

Public Space, 14 Ft. and beyond. Anyone we don't know, the rest of the world.

When to react

To use the theoretical Proxemics information in a practical way, apply the following axiom.:-

If somebody moves into your **personal space** you must do something, if verbal does not work, it has to be physical.

If somebody moves past your **personal space** and into your **intimate space** then there is a definite possibility of assault. The reaction to invasion of **intimate space** can only be physical by contact to the offender, it must be swift and sure.

Let us deal with **personal space** and how to retain it.

Remember we are dealing with a confrontation, not awareness, if you had been able to avoid the ensuing situation you would have done so. This is when it is impossible to get to a position of safety.

Do these three things in conjunction to obtain a defensive posture.

- 1. Put your hands forward, palms out facing your opponent.**
- 2. Take a step back with either foot, it doesn't matter which.**
- 3. Shout "NO" as loud as possible.**

Shouting “NO” as loud as possible achieves three aims.

No means just that - No. An offender cannot say that he/she is just having an argument with you, using an excuse that they know you etc.

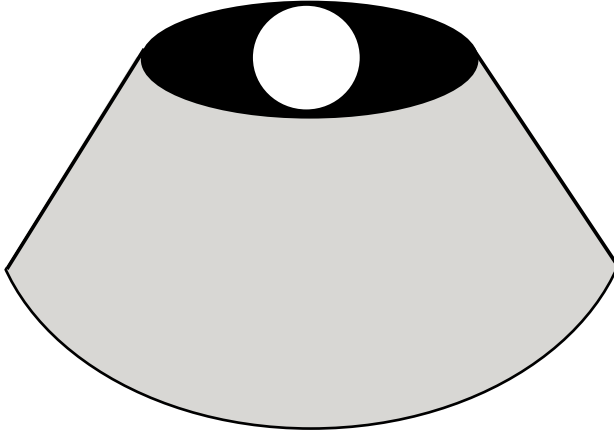
If loud enough it may startle the offender into a submissive reaction.

The louder the better, use it to summon assistance that may be out of sight, possibly 50 metres or more away.

It is worthy of note to realise that 60% of all assaults are stopped by the defender reacting in a forceful defensive manner. Note well that it is a fact that subsequent assaults received by defenders are not increased because of their resistance. The level of assault is determined by the attacker at outset and not as a result of your resistance.

The Fighting Arc

There are two fighting Arcs. Yours and your opponents. As an initial defence it is the intention of yourself to keep outside of your opponent's 'fighting Arc', but when you are unfortunate to be in their 'fighting Arc', then you must take advantage of your own fighting Arc and proceed accordingly. This sound an anomaly, let me explain.



If you wish to be in a position of strong defence then you need to be outside your opponent's 'fighting arc', this is achieved by backing away or making them move away.

As they approach then they bring their fighting arc into position. It is your own fighting arc that you must take advantage of. When your opponent enters your fighting arc you must react immediately. If not, then your opponent's fighting arc will come into play and you will lose.

Remember the Fighting Arc.

THE THREE RULES

This book is based on the application of three basic rules.

These rules are so important that not to remember and apply them I would only describe as utter stupidity. This is strong language I know, but I use it to emphasise the strength of the application of the three rules. They can only be applied chronologically and must not be performed in any other way. To do so would defeat the object of making safe.

They are:-

- 1). **LOOK** (Look where to apply rule 2)
- 2). **SHARP PAIN**
- 3). **MAKE SAFE**

These rules must be applied in that order to effect a successful escape. The three rules applied to Self Defence require only a 30% effort to achieve completion of the desired aim:-

Your Safety.

RULES EXPLAINED

Rule 1

LOOK

Without RULE 1 being applied, none of the other rules can be performed. This is so obvious that to put it into writing you may feel that your intelligence is being insulted, this is not the case. It is just that the majority of people do not look at what they are doing, they look at what they are about to do and because they think that they know the eventual outcome, at the precise moment of completion they begin to look away to concentrate on the next action. This is human nature.

The body is reacting in a specifically predictable way to the task it has been set. This is commendable if the action is static, however, in the case of self defence the movements are rarely static.

An easy way to explain this is thus:-

You are standing facing someone, they are in your way. To make them move you raised your hand, placed it against their chest, keeping your arm straight you begin to walk forward. That person will be forced back. If you were now blind-folded and did the exact same thing, and the person in front remained in the same place, then they would still be forced back on contact with the hand. Easy isn't it?

NOW THE REASON FOR THE RULE

As before, you are standing in front of that person, you are again blindfolded, you begin to move forward to place your hand on their chest to force them back. They however, move silently out of the way. You continue to move forward, and into possible injury as you cannot see any obstruction, and even if an obstruction was placed in your way you could not take any avoiding action. Why? Because YOU CANNOT SEE.

Remember what was said before, the methods in this book require no practice, so to look is vitally important.

What's that I hear you say? "Other people don't look when they're doing something but still achieve their aim."

That is because of only one thing and one thing only, practice.

They are trained in self defence, and a trained person knows where another's body is going to be without having to look. But not to begin with, they had to practice. You have not practised.

So RULE 1 applies.

LOOK

(Look where to apply rule 2)

RULE 2

SHARP PAIN

Let me first explain another simple thing.

It is so simple that again most people know of it but are not aware of its great importance to Self Defence.

**** **[SHARP PAIN]** ****

Sharp pain stops any action dead. A dull pain can be worked against, but not a sharp pain.

Here are two instances:-

You are out shopping, and one of those dreadful persons with a shopping trolley or perambulator catches the side of your ankle, or you even strike the wheel with your own ankle. What is your immediate body reaction?

SHARP PAIN immediately causes the injured ankle to be drawn away, the body sags, the head lifts, the hands open and items held are dropped or fractionally released. A second or two later the brain takes over from the bodies involuntary spasmodic movement, then the verbal dispute begins.

Most people do DIY and at some time.....

You are holding a nail in one hand, a hammer in the other. You begin to hammer the nail home, with steadily increasing force. The fourth or fifth strike you violently hit the thumb of the hand holding the nail. What is your immediate body reaction?

SHARP PAIN immediately causes the hand holding the hammer to open, the hand holding the nail opens sharply and is drawn away, the body moves away and the feet move in a spasmodic

reaction. You are unable to see where the nail or the hammer are falling, in fact, you have no control over your body as the pain is so violent.

SHARP PAIN

The sharper the pain the more specific the reaction. However, a word of caution about inflicted pain in Self Defence circumstances.

Sudden sharp pain caused an immediate body reaction, but a reapplication of pain is not so sudden, and a further repeat has the opposite effect in that the effected part becomes numbed to the pain and the aim is not achieved. SHARP PAIN. Do not make it continuous.

Punching

Causing sharp pain can be achieved in many ways, but it is not recommended that it be cause by punching. Punching in itself is so specialised. I know that we all clench our fists naturally in times of aggression or anger, but unless you are trained to strike in such a fashion, then punching can cause serious injuries to the to the person actually doing the strike. Knuckles can be broken, the wrist may break. The pain that you receive may even be more than you attempted to inflict in defence ... so ... **do not punch!**

Let me explain. Punching needs training., like learning to drive a car. Unless you practice you will be very lucky to start first time, and will find it impossible to continue. The martial artists who practice punching are experts at what they do. Karate for instance, exponents have worked hard to achieve that standard, and without practice they would have probably received serious injury. Any- way, another comment is this - Punching is unnecessary, it is not effective enough to create the proper reaction.

Kicking

When kicking, the correct way in self defence is to strike with the sole of the foot, using the padded area just below the toes known as the ball of the foot. Having shoes on will give extra support to your feet and will also allow a harder strike.

Never, unless you are trained kick with the instep. The top of your foot is very sensitive to pain, and if struck, will cause you to have the same reaction that you wish your opponent to have.

The instep can only be used to strike fleshy areas such as the groin or leg muscles. Also, if the instep is used then the kick becomes high and the position of balance is lost, unless you are trained then you may fall over. Another thing to consider is the mode of dress, a tight skirt will inhibit a high kick, thus limiting the amount of power to be exerted, the skirt may split, the possibility of falling over is increased many fold. There is a distinct possibility of the toes being broken if the kick is not exact.

So, do not kick like a footballer, remember, it is specialised, and to be specialised you have to train.

RULE 2 is applied at the same time as a verbal command **“NO”**

This is part of the same rule and should be done at the same instant that the SHARP PAIN is administered. Shouting intensifies any action, it also makes you concentrate more fully on the action in progress and allows a more solid completion of the strike than would otherwise occur. The shout of **“NO”** should be done as loud as is possible. It has the effect of causing the attacker to pause momentarily in an a startled manner. Martial artists call this shout Kiai, translated it means ‘Super Power’. Not only does it startle the attacker, it gives you extra power and strength. Do not be afraid to shout. You must mean what you say, scream it at the top of your voice.

“NO”

“NO”

“NO”

NO MAN HAS THE RIGHT TO TOUCH ANY WOMAN

In recap

It is very hard to apply RULE 2 unless RULE 1 has been applied.
So....

RULE 1 LOOK (where to apply rule 2)

RULE 2 SHARP PAIN and **“NO”**

Now apply

RULE 3

MAKE SAFE

RULE 3

MAKE SAFE

MAKE SAFE is the finishing touch. It would be a shame to achieve both RULE 1 and RULE 2 and fail to achieve RULE 3.

MAKE SAFE means exactly that, **MAKE SAFE**

There are no actual rules for making safe. It can only be applied to the situation at that time. If you are in a car, drive away. In a phone box, ring for help. In an enclosed area, get out. On your own, go to others etc. Only you can make the decision that will make safe.

MAKE SAFE can be assisted thus:-

- a) Scream at the top of your voice.
- b) Make sure you know the attacker's location.
- c) Get assistance as quickly as possible.
- d) Attract attention to make yourself safe.
- e) Under no circumstances remain.

It is the element of surprise that allows the application of the rules. Do not tell the attacker that you know any self defence. Just do it. Remember the saying, "Forewarned is forearmed".

It is no good achieving 1 & 2 and then deciding "I'll teach that person a lesson." and stay to inflict what you consider retribution. Remember sharp pain decreases the more the pressure is applied. By doing such you may place yourself in a position where you are unable to escape

That is all there is to this book. **3 Rules**. The only requisite is that they must be remembered. They do work, very effectively so.

Rule 1 Look (Where to apply rule 2)

Rule 2 Sharp pain - shout “NO”

Rule 3 Make safe

The Techniques

Defences shown against

(Categories)

Obstructed passage
Approach

Attempted pulling
Attempted pushing

Body restraint releases

Rear waist holding	arms held
Rear waist holding	arms free
Front obstruction	
Front waist holding	arms held
Front waist holding	arms free

Rape

OBSTRUCTED PASSAGE

The man is facing you
He is definitely not going away.

RULE 1

Look down at the ankles.



RULE 2

Kick ankle as hard as possible.

Shout "NO", as loud as possible.



RULE 3

Make safe



FRONT APPROACH

As the man approaches. Give way by moving backwards. Be aware of your surroundings so that you know where you are when you move to make safe.

RULE 1

Look at the ankles.



RULE 2

Kick the ankle. Shout "NO".



RULE 3

Make safe.



ATTEMPTED REMOVAL - PULLING

As he pulls, your automatic reaction is to resist. Do so, but don't turn away, keep facing him.

RULE 1

Look at the ankle.



RULE 2

Turn to face your attacker.

Kick ankle. Shout "NO".



RULE 3

Make safe.



ATTEMPTED REMOVAL - PUSHING

As he pushes, your automatic reaction is to resist.
Do so. Lean against him.

RULE 1

Look at the ankles.



RULE 2

Stamp on the toes with your shoe heel
as hard as possible. Shout "NO".



RULE 3

Make safe.

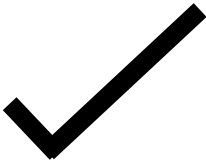


STAMPING

When you stamp, do it with your heel. Use as much force as is humanly possible. Strike with all your might - at least twice.

If you are wearing shoes with heels, then the force exerted is at least 20 tonnes per Sq. inch.

Stamp with all your bodyweight.



Do not use the ball of your foot to strike. You cannot make contact hard enough.



Retaining your balance is hard and it is easy to fall over.

CLOSE QUARTER HOLDING - BODY CONTACT

Let us now move onto close quarter holding, in other words, body contact.

Only think of using techniques such as these when all other prior mentioned methods have been exhausted.

Do not attempt to scratch an attacker's face. It is not effective enough, it causes only superficial injury and the reaction by the offender is rarely sufficient enough to obtain a successful release. I know that it does make the man let go of you, but it does not incapacitate long enough to make safe properly.

If you feel the need to scratch, bite or pinch. Follow the release immediately with the application of a strike to the ankle using the before mentioned rules 1, 2 and 3.

REAR HOLD - ARMS HELD

It is a basic fact that most women attempt to break free from a rear hold by wriggling. It just does not work. Do not do it.

You may not realise it, but whilst his arms are around you, he cannot actually do anything other than hold. You can, are able to, and will.

RULE 1

Lean your head forward
look down at the feet.



RULE 2

Stamp on toes with heel.

Shout "NO".



RULE 3

Make safe.



In addition, not instead, you may also apply:-

If the man spreads his feet to stop your stamp, then relax for a second. Using the full force of your body, strike his nose with the back of your head.

If the nose is struck, the eyes water.

Nose strike.



Then stamp again.



REAR WAIST HOLD - ARMS FREE

Exactly the same techniques as previously described can be used. But with the hands free comes another.

Clench the fist, not as a punch, but as though you are going to knock loudly at a large door.

Extend the knuckle of the index finger.

RULE 1

Look down at his hands.



RULE 2

Strike the back of his hands repeatedly as hard as possible.

Shout "NO".



RULE 3

Make safe.

Stamp on instep as before.



FRONT HOLDING

Again as before, these techniques should only be attempted when all other methods of persuasion have been exhausted.

This deals with the eternal Romeo at a party. You know the type, 'god's gift to women'. Your body is against a wall, you have repeatedly attempted to leave.

RULE 1

Look down at his ankles.



RULE 2

Kick shins. Shout No.



RULE 3

Make safe.



FRONT HOLDING

The following techniques depend upon the level of the assault taking place, progressing from the unfriendly 'gropper' who just will not let go, to a determined sexual assault. Obviously, dependent on the type of assault is your reaction.

Hugging

He refused to release. You have tried to extricate by fair means, but he is still forcing his attentions on you.

You cannot see his feet so you cannot kick. Remember, if you can't see the target, don't strike. If the waist is held exceptionally tight then it is almost impossible to get enough force to strike the groin.

The techniques that are available to you are manyfold, but to show them would only confuse, therefore only a few basic are shown in this book. All you require is the basic rules of self defence:-

1, 2 and 3. Look, Pain and Make Safe.

FRONT WAIST HOLD - ARMS FREE

RULE 1

Look at head.



RULE 2

Take hold of hair at back of head.

Pull hard- Shout "NO"



Strike nose **hard** with open palm.

If he has little or no hair.

Pull the ear(s).

Then immediately strike nose with open palm.



RULE 3

Make safe.



FRONT WAIST HOLD - ARMS FREE

RULE 1

Look to waist, then to face.



RULE 2

Put one hand on small of back, with other, strike open handed on point of nose.

Shout "NO".



Step to same side as hand on waist, push nose as hard as possible and he will fall over onto his back.

Do not push on the chin. He can easily stop the pressure. The strike makes the head move backwards. Where the head goes, the body will follow.

RULE 3

Make safe.

FRONT WAIST HOLD - ARMS HELD

RULE 1

Look down at body.



RULE 2

Put palms either side of groin, push hands forward, forcing his bottom back.



If you need to create more room then grab and squeeze the groin to make make him move his hips back.



RULE 3

Make safe.

If the holding progresses from the unfriendly grope to that of a sexual attack, you may feel that the previous techniques would not give you the assured escape possible.

The following techniques are for the resistance of a determined attack. Having knowledge of these techniques is enough to give great confidence. None of the following can be practiced, even by a martial artist in their ultimate state, only the approach moves.

FRONT HOLD/APPROACH - SERIOUS OR SEXUAL ASSAULT

This defence can be done to an attacker facing yourself or even to an attacker of another person. The result of this defence is dramatic, the injury that may be caused could have a long lasting effect on the health of the attacker.

FRONT HOLD/APPROACH

Your waist is being exceptionally tight. **RULE 1** Look at the head.

RULE 2. Lean backwards from the waist. Extend both arms out, cup hands.



Clap hands over ears with as much force as possible. Shout “NO”
Kick if need be. Even if the ear drums are not burst, the release will be immediate.

RULE 3 Make safe.

GROUND HOLDING/RAPE

Well over 70% of all sexual assaults take place on the ground - The attacker has forced the woman to the floor.

The techniques shown previously in this book should hopefully stop the man getting close enough to wrestle you to the ground.

Defences against floor holding are in themselves complicated, and to put them into practice requires just that, practice. So, if you are interested, then as I said before, think about going to a martial arts club.

However, here is some information that will be of great benefit.

There are only two ways that a man can hold a woman on the floor. They are:-

1. If the man sits astride the hips.
2. Between the legs, as for rape, using the body to hold the woman's body down.

You, because of your physical attributes, cannot be as strong as a man, but you are undoubtedly as powerful as him, in fact possibly more powerful. You must first overcome his physical strength, and the way to do it is

NOT Physical but mental.

In dealing with a rape, it is the intention of this book to concern itself only with a frontal assault/rape.

What you read next will alter your concept of self defence and you may think that it will lead to allegations against yourself. Your proof of Rape is the damage and bruising on your body. It can't be faked.

DEFENCES AGAINST RAPE

The majority of Rapists obtain their gratification not from actual intercourse, but the subjugation of the woman. They want to exercise their feeling of power over the now helpless woman.

Here are a few comments to think about that may affect if you should take any action:-

Are you worried that if it came to a court case, do you think that the court would say that you encouraged the attack?

Do you think that when he has finished the he will be satisfied and leave?

Do you think that he will leave you alive if you could identify him?

Are you prepared to retaliate fully? No half measures will do.

Do you think that your resistance would increase the risk of further bodily injury?

Nobody can make the decision for you It is yours and yours alone. It is easy for others to make decisions in hindsight, Most people become experts in hindsight, but at the time?

People (men), do not seem to be able to comprehend the abhorrence that women feel against the crime of rape.

The bodies physical reaction to such a violation is hard enough for a woman to bear. But the mental trauma that accompanies a violation lasts not for a short time, as it does in the male countenance when an assault has occurred on him, but sometimes life long in the case of a woman. These mental scars affect woman in many different ways.

**NO MAN HAS THE RIGHT TO TOUCH A WOMAN
UNLESS SHE SO DESIRES**

This book is all about one thing and one thing only. You must be made safe. The man should be made to think twice about ever touching a woman against her will again. Remember, he is violating the sanctity of women, and that is sacred.

There are unwritten rules when it comes to physical linking, intercourse. If the man wants sexual intercourse and the woman doesn't then does it happen? **NO**.

If the man wants sexual intercourse and so does the woman, then does it happen? **YES**.

So who has the power? You do of course.

In a sexual attack these rules are broken.

What is said next is radically different to anything said before. **You have to get those ground rules back and you can't do it physically, so do it mentally.**

Normally it has been said 'don't fight.' The 'think of your country' syndrome. It's what women have been told for years.

Well, men now believe it themselves, and that is going to be to your advantage. If the man is holding you down. Don't fight. He is physically stronger than you, if you struggle you will only waste energy.

At the particular time that he is sitting astride with his hands on your wrists, he can do precisely nothing. To attempt any further assault, he must let go. If you have relaxed then he will be fooled into a false sense of security.

If the man is raping, intercourse is occurring, he will probably be holding the hands. If the hands are being held, then they **MUST** be released.

How? The solution is simple, but you have to use your guile.

Think on this. Men are extremely gullible when it comes to women. A woman can control any man by just using her intellect. Men think that they are 'god's gift' when it comes to sexual attraction.

Answer this question truthfully. Can you fool a man with your emotions? Any woman can. You cannot use force to free your hands, he must release them voluntarily. To do this you must gain his confidence.

Remember, men are extremely gullible. If you begin by telling him that what he is doing is making you feel wonderful, he's a great lover, he's the 'bees knees'. At first he will be startled, but after a short time his ego takes over, he will actually begin to believe what you are saying.

Euphoria sets in "I'm the great lover". He will begin to relax a little. Keep saying these platitudes. You need your hands free. Take your time, don't rush, you've got to fool him completely.

Tell him that you want to hold him close, anything that allows you to move your hands freely. When the hands are free, begin to move them slowly. Get them to either side of the head, its a natural position for love making, and remember, you're fooling him. Place the hands gently, not forcefully, with the fingers to the rear of the head and the palms by the temple.

You can now effect your release with ease, but what you are about to do requires no half measures. Its all or nothing.

NO MAN HAS THE RIGHT TO TOUCH YOU

DEFENCE WHEN RAPE IS OCCURRING.

RULE 1

Look at head.



RULE 2

Place thumbs over eyes.



Using front of nails, push with all your might. Straighten arms. Drive right into his eye sockets.

Shout "NO". **Scream** it!

Do not use the soft part of the thumbs.

RULE 3



RULE 3

Roll over, get up and run. Don't lie there thinking that you will get him again on his way down. You will have only one chance, make it work. His reaction if you stay, will be exceptionally violent.

Make safe.

You might feel squeamish about placing the nails, and pushing into the eyes, its natural to think like that now. But, realise this is when a rape is occurring.

His body reaction will be sudden. The head will rise followed by the hands and body, he will withdraw. Your action is to roll, get up and run before the rapist has time to recover some composure. Don,t lie there do do it again as his body collapses down again. And it will. so, roll and run.

Don't think that if you just push with the thumbs it will work. It may, but it probably won't, you just can't get enough pressure to be sure of your release.

Don't use the bottom of the thumbs.



Yes it is a violent escape, but what he is doing is more violent. It is violation. Let the court sort out the implications after. They are not there. You are. If a rape has occurred then your body will have received injuries that proves your resistance.

Unfortunately, this technique has been used on many occasions. It has always had the desired effect. It has Made Safe.

NO MAN HAS THE RIGHT TO TOUCH YOU UNLESS YOU SO DESIRE.

In conclusion, I hope that this book has been of some benefit to you, giving you more confidence in yourself and abilities.

If you have females in your family, and you have completely read and digested the facts in this book, then tell them about these techniques. If the little knowledge they gain from you helps them in any way, then the publication of this book has been worth it. Consider the presentation of another copy of this book to others.

However, even if you don't present them with a personal copy, I hope that you will show them this book and let them see first hand. Its a funny thing, but no matter how much you tell some people something, and they say they believe and understand, they don't. So let the pictures replace a thousand spoken words. Don't be afraid to re-read. Strengthen your knowledge.

If, once you have digested the contents of this book, and you feel that you could cope just a little, and would like to learn more about self defence, then make enquiries and join a self defence club. Even if you don't wish to continue, then you have done a very wise thing. You have gained information, and that can only help you in your daily life.

As a final note, although the content of this book is about the defence of females, in actual fact, statistics prove that assaults on females are in the minority, but because of the power of the media, it appears to be an onslaught.

The world really is a relatively safe place for a woman. But you never can tell. It pays to be careful.

NO MAN HAS THE RIGHT TO TOUCH A WOMAN UNLESS SHE SO DESIRES

No Man Has The Right



No Man Has The Right - to touch any woman without her permission.

What can a woman do to defend successfully, how to do it without training.

Any woman from 7 - 70 can defend herself using the information in this book.

Only 7 things to read about, not the hundreds as in normal self defence books