Because saving paper is awesome, we made this zine reversible. Please unfold to find a poster on the back!

This zine was made in collaboration between the Self Defense Starter Kit (SDSK) team and the ReproRights Zines (RRZ) team.

SDSK is Robie Flores & Ali Withers.
Moves by the women of WISE - a self-defense and leadership organization.
RRZ is Layla Alter, Emma Holland & India Menuez.
All RRZ publications are open source materials.
Please reproduce as many of this zine as you want, to share with your extended community.
PDF’s of this zine and other zines from RRZ are all available for free download at our site: reprorightszine.us
For more info on SDSK and to see some awesome video tutorials, check out their site: selfdefensestarterkit.com
Illustrations by Areeba Siddique
Graphic Design by Lily Sullivan
To report a hate crime visit: www.splcenter.org/reporthate

DO'S AND DON'TS

DO take a moment to practice
DON'T lose your balance
DO have your keys ready
DON'T carry a knife.
DO your hand up
DON'T carry mace.
DON'T keep your hands down
DO step away
DON'T lose your balance
DO be alert
DON'T be paranoid.

IF SOMETHING HAPPENS...

1. KEEP THOSE NERVES KICKED AWAY FROM YOU
2. KEEP YOUR HANDS UP:
3. KICK THE KNEES: KEEP THEM WAY FROM YOU
4. BLOCKING SHOVES

STEP 1: PUSHING ON

Pull the person's hand off of you by grasping for pressure points on their side and back of their hand. And then, pushing down on those pressure points, you can force their hand off by pushing or pulling it away.

STEP 2: WINDMILL OR SWIMMING TECHNIQUE

Forcefully slam your fist down on their arm, which will separate the hand from the arm. Using your other hand, grab their wrist and come in for some combination strikes to the side of their head and groin. Lots of ways to build variations here.

STEP 3: ADVANCED HIGH-LEVEL MOVE WITH MULTIPLE STRIKES!

Grab your arm, and use your other hand to smash through their elbow. Now, you can come in for some combination strikes to the side of their head and groin. Lots of ways to build variations here.

If something happens to you, report it to your local police department. Hate crimes and harassment incidents are underreported.

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VERBAL DE-ESCALATION: USE YOUR VOICE

The #1 goal of self defense is de-escalation. Your voice is really important and powerful too! We are socialized to be quiet, so you should practice making your voice LOUD.

Try shouting: NOOOOOOO

WE'RE SERIOUS

In stressful, unexpected situations, your body won’t do things you’re not used to doing. That’s why you have to practice yelling, so you can alert bystanders that you’re in danger.

ALSO, TRY THE BROKEN RECORD TECHNIQUE

Here’s a really easy trick. If somebody starts talking to you, and it’s bothering you, you just say the same phrase OVER AND OVER AGAIN and physically remove yourself from the space - turn your back, walk away.

WE REcommend SAINING

Have A Good Day
Have A Good Day
Have A Good Day
Over and over and over and...