

Austin Society of Karate Abduction Prevention Techniques for the Junior Program

WEEK	ATTACK	DEFENSE
1 and 6	Single Wrist Grab	1) Make a fist with hand that is grabbed. 2) Grab fist with other hand. 3) Front Kick to shin with opposite foot of hand grabbed. Step Back with foot after kick. Twist body and pull away from thumb. 4) RUN! <i>Note: Have student keep arms in tight to body. On cross wrist grab student will have to pull down as well as back to go against the thumb.</i>
2 and 7	Double Wrist Grab	1) Front kick to the knee. 2) Keep hands open, pull up inwards towards head against the attacker's thumbs. (<i>Keep arm in tight to body</i>). 3) RUN!
3 and 8	Front Choke	1) Grab on to attacker's wrists. Turn head to get a breath. 2) Front kick to shin. 3) Raise hands above head, clasp hands together. Step back with left foot Twist body, breaking grip. 4) RUN! <i>Note: The step back and twist needs to be done at the same time</i>
4 and 9	Front bear hug under arms / picked up arms free.	1) Gouge eyes. 2) Front kick to groin or knee. (<i>If after eye gouge attacker does not drop them kick will be to groin, if dropped it will be to knee.</i>) 3) RUN! <i>Note: For over the arms the first attack would be a bite or knee strike to the groin.</i>
5 and 10	Rear bearhug under arms / picked up arms free.	1) Rap on knuckles. 2) Rear head butt. 3) Back kick to groin. 4) Side kick to knee. 5) RUN! <i>Note: To release from bear hugs - biting, scratching, elbow strikes may also be needed. For over the arms the alternate could be rear head butt, bite, back kick to groin.</i>

Austin Society of Karate Abduction Prevention Tips for the Junior Program

WEEK	TIPS
1	1) What phone number do you call if you are in trouble? A) 911! 2) If your house is on fire what is the first thing you do? A) Get out of the house! (<i>Call 911 from neighbor's house</i>)
2	1) If you need help what do you scream? A) Help! Fire! (<i>Everyone wants to see a fire</i>) 2) Memorize your home phone number, your parents work number, and pager number.
3	1) If an adult grabs you what do you scream? A) Help! This is not my Mother! / Help! This is not my father! 2) Use the "buddy" system. Always try to go places with a friend or buddy.
4	1) Always carry enough change for a phone call. 2) Walk against traffic instead of with traffic. (<i>It's hard for someone driving by to pick you up, and you can run back the other direction</i>)
5	1) Don't help strangers out. If they need help finding their dog or child, tell them no! 2) Always tell your parents where you are going.
6	1) Don't accept gifts, candy, or a ride from a stranger. 2) Have a code word for someone if they are going to pick you up.
7	1) Play in safe places such as backyards or playgrounds. NEVER play in abandoned or vacant buildings or in the woods. 2) Never open the door for strangers or delivery men if your parents are not at home.
8	1) Don't let strangers know you are home alone. 2) If someone puts you in the trunk of a car, try and unplug or kick out the tail lights. (<i>A police officer may pull them over for no lights, then you can scream</i>)
9	1) If you see something scary or a strange, person tell an adult. 2) If someone touches you in a way you do not like tell an adult immediately.
10	1) Never get within arms reach of a car and never get into a car with someone without your parents permission - even if you know the person! 2) Bad Guys don't always wear black or dress funny. Most of the time they dress just like me and you.