



# The 'Masher Smasher'

aka 'Slap and Tap'

By

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[Audio version at end of article.]

Women have many 'natural' defensive tools available to them — including knees, elbows, feet, and hands. Once they learn some basic self-defense techniques and practice them, they can 'turn the tables' on bad people who try to hurt them.

## Slap ears .. Knee to groin

Out of all the self-defense techniques I've taught women during 60 years of teaching martial arts, this is one of their favorites. Why? Because it's easy to learn and it works.

I use the terms 'Masher Smasher' or 'Slap and Tap' to help women remember it.

A man (masher) tries to 'hit' on a woman. He may become aggressive when the woman does not participate in his 'flirting.' He may grab her shoulders, arms, or wrists. If the woman's hands are free (he grabs her shoulders or upper arms), the woman responds by slapping his ears with the open palms of both of her hands at the same time. That causes the 'masher' to lose mental control for a few seconds — just enough time for the woman to use her knee to kick the man's groin. That usually puts an end to the 'masher's' attempt to control her.

Slapping someone's ears with both of your open hands (palms) at the same time causes tremendous pressure and pain inside the attacker's ears and head. A solid kick to the groin hurts as well and will often drop a large man to the ground. The combination of pain in the ears and groin usually means the woman can safely escape.



## Reversing the Technique

If the man grabs a woman's arms or wrists in a way that she cannot raise her hands to strike his ears, she can reverse the technique. I call it 'Tap and Slap.' The woman responds by using her knee to kick the man in the groin, then slaps both his ears with open hands. If the kick is strong enough, the 'slap' may not even be necessary.



Another combination is 'Tap, Rap, Slap.' That's where the woman knees the man in the groin, which usually causes the man to bend forward. The woman then places her hands on top of the man's head and knees him in the face. This usually causes the man's body to fall backward. If needed, the woman can slap the man's ears, kick him in the body with her foot, or strike him in the face with her palm if he's still trying to hold on to her.

## Practice

The key to being able to use any of these techniques without having to think about how to do them is to 'practice, practice, practice.' You can practice them with a partner, with a kicking bag, or even without a partner or bag. The idea is to build 'muscle memory' so that you can protect yourself quickly and effectively. Slapping and kicking a bag is helpful to understand the power of the technique.

I hope you NEVER need to use these self-defense techniques, but practice them as if you might have to some day. You'll be glad you did.

[\[Audio Version\]](#)





*You can be attacked anywhere, at anytime, by anyone.*

*Be ready.*

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