



## **Self-Defense Weapons for Women (Part Two)**

**Anything 'On' or 'Near' You  
Is a Potential Weapon for Self Defense**

**By**

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In the [first part of this new series](#) about Women's Self Defense I shared about how women can use their purses or wallets as self-defense weapons. In this second part I'd like to look inside a purse to see what items a woman might have available to use as a defensive weapon.

The reason I started with using the purse itself is because attacks against women often happen in less than two seconds. That means the woman doesn't have time to open her purse, reach inside, grab something, and use it defensively. That makes the purse itself a first line of self defense. If a woman is carrying pepper spray in her hand, she can also use that. You'll find an article about [how to use pepper spray here](#).



I've also taught women to carry their car keys in their dominant hand (if they don't carry pepper spray) with one of the larger keys protruding from between the index and middle finger. They can use the key to scrape, strike, or otherwise cause injury to an attacker's eyes, face, throat, neck, solar plexus, etc., along with kicking, elbowing, and screaming until they're able to escape from the attacker.

Keep in mind, that while using pepper spray is usually a 'distance' self-defense weapon, using your purse, car keys, or something from inside the purse is usually a 'close' self-defense weapon. I recommend that women make as much distance from their attacker as possible without turning their back on him until it's safe to run away. However, if an attacker gets close to you then use your purse, pepper spray, keys, or anything else you can grab to distract and disable him.

## Inside the Purse

I mentioned last time that I taught women's self-defense clinics for many years and would often ask a woman before class if they would help me with a demonstration. When asked they would open their purse and place all of the items inside their purse on a table. I remember one woman who had 47 items in her purse. Whether the number was 47, 17 or just 7 items, I would then show the women how each item could be used for defense.



I learned through the years of conducting self-defense clinics for women that almost every purse contained a hair brush. This is an excellent weapon for self defense. The handle of the brush can be used to strike an attacker in the face (e.g. eyes, nose), neck, or throat. Hair brushes that have a handle that comes to a sharp point are really good self-defense weapons. The brushes (soft or hard) are great for scraping an attacker in the face or other parts of his body. The brush-end is also good for striking, as is the back of the brush. Slapping

an attacker in the face with the back of a brush will ‘distract’ him long enough for you to ‘disable’ him with your elbows and knees.

An important thing to remember when using a hair brush or other item to ‘strike’ or ‘scrape’ an attacker is not to let them see your intent to use the brush. Don’t hold the brush above your head or out in front of you before attempting to use it. That lets the attacker see what you intend to do with it, which means he can grab your arm, block your strike, or otherwise avoid being hit. Hold the hairbrush by your side until you’re ready to use it. The *ascending* motion of your strike is not as much of a signal to your attacker as a *descending* motion.





Another self-defense tactic is to grab your lipstick holder. If the attacker comes at you quickly, you can use the lipstick holder (usually metal or hard plastic) to either throw at his face ([Throw and Go](#)) while you escape, or use to poke him in the eye or throat.

You can also take off the lid as if you're going to put the lipstick on your lips, then push the lipstick into the attacker's eye while you knee them in the groin. Lipstick is a substance that sticks and makes it difficult for someone to see clearly — plus it stings. If the attacker opens his mouth after you poke him in the eye with the lipstick, throw the lipstick container in his mouth and knee him in the groin. He will choke on the lipstick while dealing with the pain of being kneed in the groin.

Scream and escape to safety. It's difficult for someone who can't see and can't breathe to continue attacking you.

## Purse Items You Can Use

Other items you may have in your purse that you can use for self-defense purposes include —

- Nail File (use to strike eyes, throat .. also use to scrape face to distract while you knee him in groin)
- Nail clipper (clip attacker's skin almost anywhere and it will hurt .. knee the groin, scream, and escape)
- Pen (use to strike eyes, throat)
- Mirror (smash into attacker's face and it can cut him)
- Compact (smash into attacker's face or throat)
- Loose change or candy (for throwing into attacker's face to distract)
- Creams/Moisturizers/Lotions (aim for attacker's eyes)
- Sunglasses (smash into attacker's eyes and the glass can cut them)
- Prescription bottle (smash into attacker's face)

- Hand Sanitizer (spray or pour into his eyes or pour on your hand and rub into his face)
- Perfume (spray at his eyes)

Take a look inside the purse you are carrying today. What items could you use for self defense? Keep the items you think would be best for self defense at the top of the inside of your purse. If you are attacked and have time to reach inside your purse, grab one of those items and use it with all the strength God's given you. Remember to knee the attacker in the groin, elbow to his face or chest (if needed), scream, and escape. Your personal safety is of utmost importance to me and others who care about you

## **Women's Self Defense Resources**

[Self Defense 90-10](#)

[Young Women and Sexual Assault](#)

[Safe Jogging](#)

[Stop and Drop](#)

[Evade to Enter](#)

[Evade to Escape](#)

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



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