



Self-Defense Weapons for Women (Part Three)

Anything 'On' or 'Near' You

Is a Potential Weapon for Self Defense

By

Sensei Mark McGee

Some things women have ‘on them’ are their hands, arms, legs, and feet. Learning how to use them effectively is a good idea — one I highly recommend. However, the learning process involves training and that takes time. If you are so inclined to learn how to defend yourself by boxing, kick boxing, or martial arts, keep in mind that fighting against a larger, stronger opponent can be a difficult challenge — one you don’t want to fail. You need to learn well and train often.



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I'm certainly not against women earning a Black Belt in martial arts. I've trained and promoted many women to that rank through the years. However, even martial arts training can be a challenge if you are surprised by a larger, stronger opponent who is passionate about harming you or getting something from you.

Environmental Weapons

That's why I also add 'environmental weapons' training to give women an edge in what would otherwise be an unfair situation — a surprise attack by a stronger person. I call it 'environmental weapons' because it's learning how to use anything in your 'environment' as a defensive weapon. The first two parts of this Women's Self Defense series started with using a purse and what's inside the purse. You can read [Part One here](#) and [Part Two here](#).

What if you are attacked inside your home or place of work and don't have access to your purse? What if you are attacked while walking or jogging in your neighborhood and don't have your purse with you? What if someone sneaks up behind you, grabs you, and attempts to carry you away — or push you to the ground? What would you do then?

Staying aware of your surroundings will help you in many ways —

- You'll be aware if someone is watching or following you
- You'll be aware of your location and whether there are 'safe people' nearby who could come to your assistance if you're attacked
- You'll be aware of what 'environmental weapons' are near you and how quickly you could get to them if someone attacks you
- You'll be aware of your 'exits' (escape routes) in case someone attacks you

Taking Stock of Your Available Weapons

Think about your life for a moment. What is your normal routine from day to day? Next, segment your routine. Think about each place you go during a normal day. Take an inventory of what you see in each place. Remember that everything you can see can be used as a weapon for self defense. Become familiar with everything that is usually available in your environment. Think about how you could use each item to defend yourself. If you're not sure, ask a self defense instructor and they'll be glad to show you. Once you learn how — practice often so that using any environmental weapon becomes 'naturalized' (you can use it without having to think about it).

Here are some examples to consider based on where many of my female students were attacked before coming to classes to train in self defense —

- Kitchen — knives, forks, spoons, cooking pans, glasses, plates, food, broom
- Bedroom — wall pictures, lamps, furniture, clothing, books, bottles, bedding, pillows
- Bathroom — lotions, soap, shampoo bottles, razors, mirrors, makeup stool
- Parking garage — stairs, purse, contents of purse, pepper spray, car keys, car doors, car windows, car mirrors (outside mirrors), tire iron
- Bus stop — purse, contents of purse, pepper spray, bench at bus stop (push or pull attacker so they fall over bench), sides of bus stop (push or pull attacker into side as you use your arms and legs to strike)
- Restaurant — knife, fork, spoon, glass, plate, food, table, chair
- Office — laptop computer, chair, desk, desk drawers, stapler, pens, pencils, paper, scissors, notebook, purse, purse contents, pepper spray

- Running trail — stick, tree limb, rock, stone or rock (use to hit him in head or soft parts of his body), dirt (throw or rub into his eyes), purse or wallet, contents of purse or wallet, pepper spray
- Public park — purse, pepper spray, contents of purse, dirt, stone, rocks, stick, tree limb

And in all of these and other environmental situations —
SCREAM!!

Escaping The Attack

As you take an inventory of ‘environmental weapons’ available to you — also think about how to ‘escape’ once you have freed yourself from the attacker. Look around for exits. Where would you run? How would you escape to a ‘safe place?’ What is a safe place in each environment? Why do you think it’s safe? If you think about your escape routes before needing to use them, you’ll make better choices in case you actually have to use them.

Also think about what you would do once you escaped and reached a ‘safe place.’ What would you do next? Call police? Call a relative or friend? Go on with your day as if nothing had happened? Talk over your options with someone you trust and see what they think you should do. Keep in mind that though you were able to escape an attack, attackers tend to keep attacking. The person who attacked you will probably attack someone else. Is there something you could do to help catch the attacker and put them in a place where they can’t do that to anyone else?

The First Five Seconds

The first five seconds of an attack are often the most consequential. If you can successfully defend yourself within those five seconds, the chances of your escaping without serious harm are fairly good. However, if the attacker is able to extend his attack time beyond five seconds the chances of your escaping safely are not as good.

I also teach my students that every attack is preceded by 60 seconds. Those precious 60 seconds before an attack begins is the prime time for you to be ready to deal with the attack. If you are 'aware' that you could be attacked anywhere, at anytime, by anyone, you will be better prepared than people who are not aware of that possibility.

Use every minute of your life to prepare for something you hope and pray never happens to you. If you are attacked, use the first five seconds to end the conflict by whatever means possible. Think about it — prepare for it — train for it.

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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