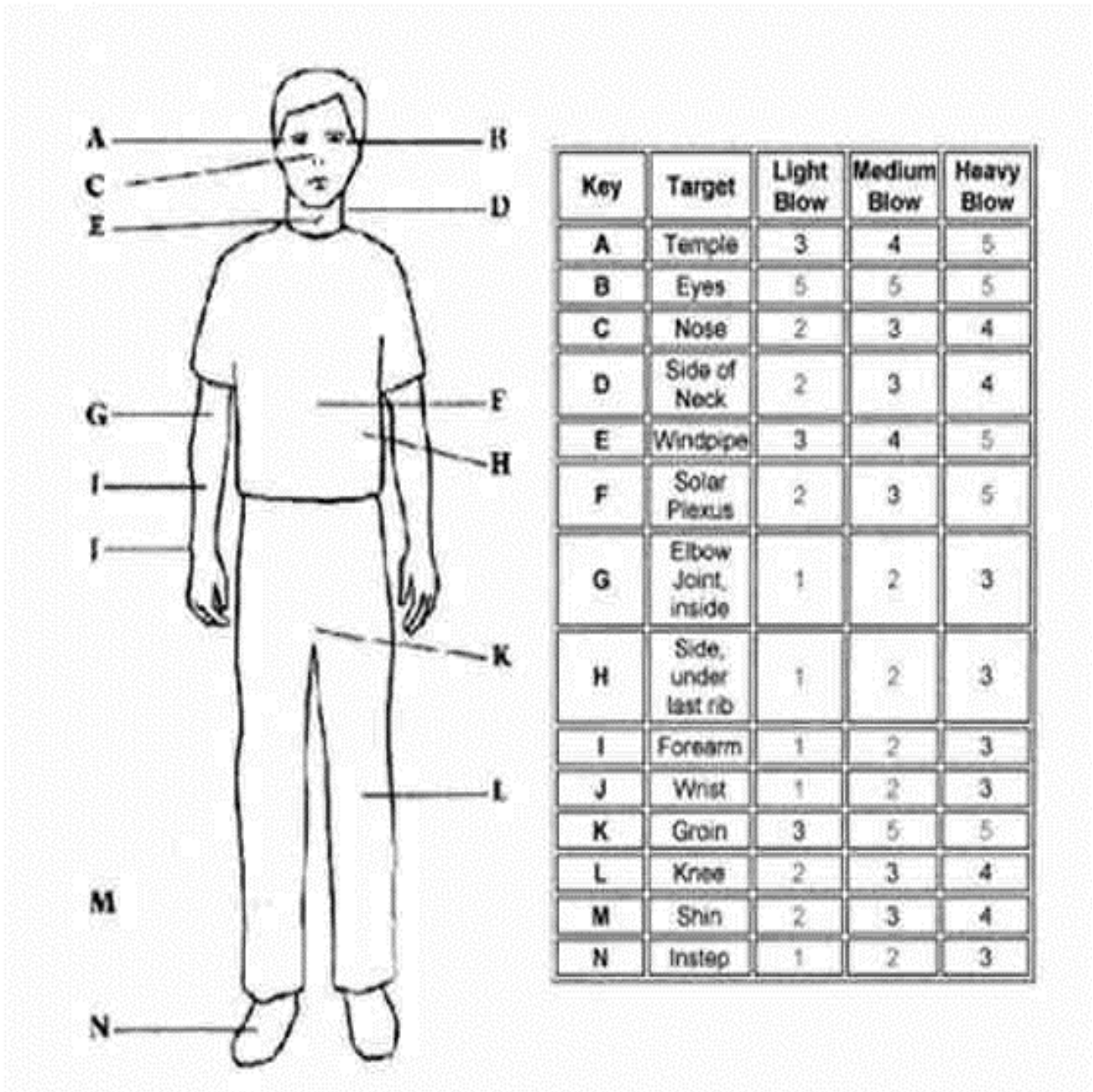


TARGETED STRIKE REGIONS AND THE EFFECTS OF STRIKING



KEY TO STRIKING CHART

The letters indicate the target area and the numbers indicate the amount of pain felt from a blow to that region

1. Moderate Pain
2. Sharp Pain
3. Stunning and/or Numbing
4. Severe injury, possibly permanent injury or fatality. This degree of retaliation is justified only in the face of a vicious attack in which your life is seriously threatened.

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TARGETS AND STRIKING TOOLS

PRIMARY TARGETS

- **EYES (B)** - when one eye is struck, both eyes water.
- **THROAT (E)** - a mild strike can cause gagging (temporarily incapacitating attacker); a full force thrust can collapse the trachea.
- **KNEE (L)** - will create a loss of footing, ending the attack.
- **GROIN (K)** - crushing the testicles against the pubic bone causes immediate pain, sterility, or even death.

SECONDARY TARGETS

- **NOSE (C)** - watering of the eyes and disorientation occur.
- **POINT OF CHIN** (not listed on diagram) - can cause a whiplash effect, hemorrhaging the brain. An extremely hard strike can cause death by breaking the neck.
- **EARS** (not listed on diagram) - can be bitten or torn off, having a psychological effect (either enraging your attacker or stopping the attacker altogether).
- **INNER EAR** (not listed on diagram) - can be damaged by forcing air into them with a cupped hand, causing disorientation or unconsciousness.
- **SHIN (M)** - attack with a scraping kick to one or both bones causes severe pain, stimulating the nerve in the shin bone; temporary disorientation will occur.
- **INSTEP (N)** - stomp kick can cause instant painful breaks of small bones.