

Things to do in an emergency situation

Task 1. Use Diki.pl to look up the following words. Write their meanings in the right column. Two of them are synonyms; underline them.

vulnerable	
poke	
scratch	
grab	
sensitive	
possessions	
strike	
groin	

Task 2. Read the text below and complete the gaps with the missing fragments a – g. There is one fragment that doesn't fit anywhere.

a. and hit up under his nose
b. you're not an easy prey
c. he will not be able to see clearly for a few moments
d. Your health and life count more than any possessions.
e. fall down
f. If you fall down
g. If you are pressed against the wall

Things to do in an emergency situation

Do you know what to do if someone is trying to attack you? Can you believe that you are able to defend yourself even if your attacker is bigger and stronger than you? There are some effective self-defense techniques that anyone can learn to fight back effectively and escape harm.

Obviously, avoiding physical confrontation is the best self-defense. If an aggressive robber wants your wallet, handbag or phone, give it to him rather than fight. ...**1**... .You can do even better if you throw that wallet away from you instead of handing it to the aggressor. There is a chance that he is more into your money/phone than you and he will speed for that thing. That is the moment when you should run away.

If it's impossible to escape, shout loudly ('BACK OFF!') as soon as the attacker touches you. This way you will signal for help and let the attacker know ...**2**... . If violence cannot be avoided, you only have a few seconds to make some moves in order to get away. You can hurt the attacker who is bigger and stronger than you if you know which body parts are the most vulnerable to hit. REMEMBER! According to martial arts experts, the most effective areas to hit are the eyes, nose, throat, the Adam's apple, solar plexus, groin and knees.

How to strike the highly sensitive areas:

The Adam's apple or the throat:

Hit these areas with a fist or a finger. The aggressor will get confused for a while and you will be able to escape.

Groin:

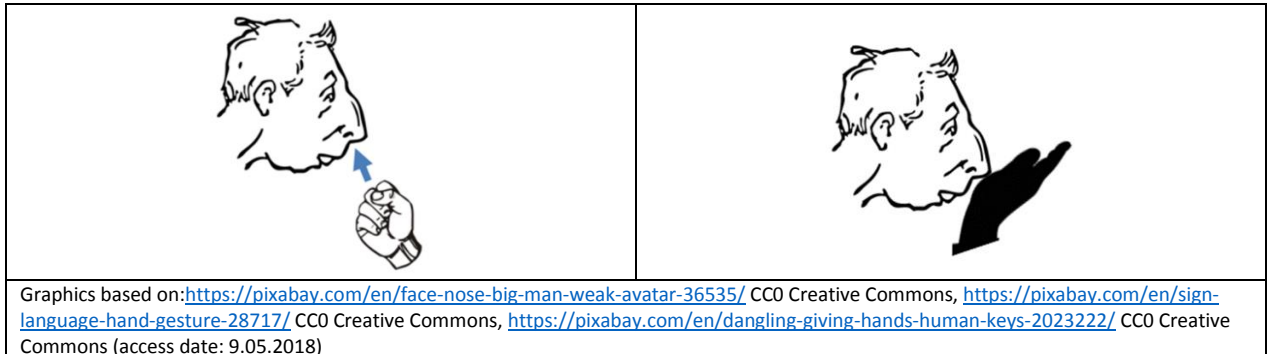
Hitting or kicking this area will paralyse the bandit, giving you enough time to run away.

Eyes:

Poke or scratch the aggressor's eyes with your fingers. It will harm his eyes so ...3... . This is your time to escape.

Nose:

If the attacker is close in front of you, use your fist or the lower part of your hand ...4... as if you wanted to move up the bottom of his nose into the sky (see the pictures below). When in pain, he should loosen his grip and then you can break free.



Knee:

The knee is vulnerable from every side. Kick it! It's impossible for the attacker to grab your foot.

How to break free:

1. If you are grabbed from the front:

If you can't lift your hands, hit the attacker's nose with your head or forehead. He will move away and you can hit him in the groin with your knee. Then run!

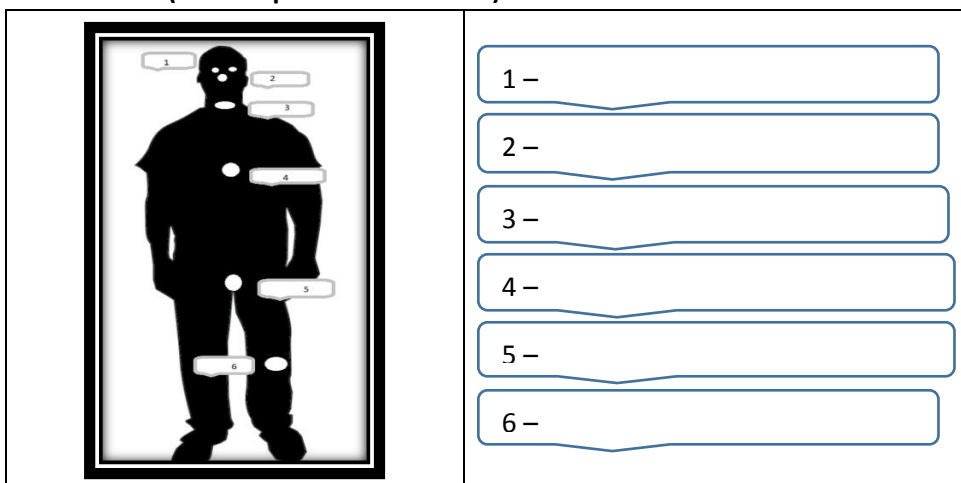
2. If you are grabbed from behind:

Bend back fast and try to hit the attacker with the back of your head. No matter if you hit him or not, one of his legs will automatically move forward. Then it's your chance to bend down, grab this leg and pull it with you while getting up. The bandit will lose balance and ...5... . (See the picture presenting these moves in point 5 of this Bright Side article: <https://bit.ly/2EB0FBa>)

3. ...6... :

Hit one of the most vulnerable areas with your head, fist or the bottom of your hand. For example, you may bend a little and quickly jump up in order to hit him in the nose or jaw with your forehead. The aggressor will get confused and you will be able to run away.

Task 3. What are the most vulnerable places of human body to attack? Write their names next to the numbers (use the picture on the left).



Graphics based on <https://pixabay.com/en/man-silhouette-person-human-body-37470/> CC0 Creative Commons (access date: 30.04.2018)

Task 4. Guess the words. One space stands for one letter.

- a) If the bandit is too close to you and you cannot use your hands to attack, hit him with your _____ .
- b) This part of the body is highly sensitive from every side. You may kick it and the attacker will not grab your foot. _____
- c) _____ or scratch the aggressor's eyes and run away!
- d) Hit the most _____ n _____ b _____ parts of the attacker's body.
- e) The groin is a highly _____ e _____ v _____ part of the body to attack.

Task 4 for dyslexic students.

Part 1. Order the letters or syllables and guess the words.

- a) If the bandit is too close to you and you cannot use your hands to attack, hit him with your _____ .

e	d	h	a
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- b) This part of the body is very sensitive from every side. Kick it and the attacker will not grab your foot. _____

e	e	k	n
---	---	---	---

- c) _____ or scratch the aggressor's eyes and run away!

k	e	p	o
---	---	---	---

- d) Hit the most _____ parts of the attacker's body.

ne	ble	ra	vul
----	-----	----	-----

- e) The groin is a highly _____ e _____ v _____ part of the body to attack.

tive	si	sen
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Part 2. Separate the words in the snake. Then write them in your notebook with different colours.

pokevulnerableheadsensitiveknee

Task 5. Write the conclusion of the article (2-3 sentences).

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Task 6. Explain the saying: *IT IS ALWAYS BETTER TO BE SAFE THAN SORRY*

Answer key

Task 1.	<u>vulnerable</u>	easily hurt				
	poke	to push your finger into something				
	scratch	to rub your skin with your nails				
	grab	to quickly take hold of sb/sth with your hand				
	<u>sensitive</u>	easily hurt				
	possessions	the things that you own				
	strike	hit				
	groin	the genitals				
Task 2.	1- d	2- b	3- c	4- a	5- e	6- g
Task 3.	1- eyes	2- nose	3- throat or the Adam's apple	4- solar plexus	5- groin	6- knees
Task 4.	a) head	b) knee	c) poke	d) vulnerable	e) sensitive	

Netography

1. 7 Self-Defense Techniques for Women Recommended by a Professional
<https://brightside.me/inspiration-tips-and-tricks/7-self-defense-techniques-for-women-recommended-by-a-professional-441310/> (access date: 17.05.2018)
2. Basic Self-Defense Moves Anyone Can Do (and Everyone Should Know) by Melanie Pinola
<https://lifelife.com/5825528/basic-self-defense-moves-anyone-can-do-and-everyone-should-know> (access date: 17.05.2018)
3. 'Written by a cop', <http://what-even-ever.tumblr.com/post/80859261860/written-by-a-cop-everyone-should-take-5-minutes> (access date: 17.05.2018)