

DC IMPACT

Self Defense

The Value of a Single Self Defense Technique

Mark Morris, a trainer of muggers for IMPACT, compiled data twenty years ago of graduates' use of techniques from IMPACT and its predecessor program. It showed that a palm heel strike to the nose or chin was used in 37% of our defenses to physical assaults. Typically that strike alone allowed us to get to safety because the attacker fled, was disabled or knocked out.

If you have taken DC IMPACT's Basics program, you have learned the palm heel strike (or "heelpalm") to the nose or chin. If you haven't taken IMPACT yet, try hitting the heel of your palm lightly to the area just beneath your nostrils. You will realize that this area has many sensitive nerve endings. A strike there causes a burning sensation and watering of the eyes, and in fact, it affects the entire nervous system. Oh and by the way, it is an urban legend--entirely untrue--that a blow under the nose drives bones into the brain! Two bones in the skull protect the brain.

The other target for a heelpalm is the chin. Striking up to the chin drives the head back, which is very disorienting. All mammals strive immediately to right themselves when they cannot see the horizon, putting any attack they have launched on pause. Further, human predators cannot see the next blow coming, which is typically a knee or kick to the groin. And with sufficient force on the heelpalm to the chin, a concussion or knockout occurs, generally ending the attack right there!

For more information about the effectiveness of different techniques, check out ["Fight Science" on the National Geographic Channel](#).

by Carol Middleton, with thanks to Chicago IMPACT for the idea!

Media Spotlight

Upcoming Classes

Women's Basics This Sunday!

4 Sundays 1-6pm:
June 5, 12, 19, and 26
Fee: \$595; \$100 non-refundable deposit required to reserve spot in class.

Payment plans available.

Grad rate: \$300

Length: 20 hours

Enrollment: Open and older teen girls.

[REGISTRATION](#)



Intro to IMPACT

Sundays 1-4pm: Aug 7, Oct 9, and Dec 4, 2011
Fee: \$79 with advance registration, \$89 at the door

Length: 3 hours

Open enrollment for teens and adults. No experience necessary

[REGISTRATION](#)

Co-Ed Basics

5 Sundays 1-6pm: Sept 11, 18 and 25, Oct 2 and 16

Fee: \$595; \$100 non-refundable deposit required to reserve spot in

An [article by Roseanne Barr](#) revealing the sexism over which she triumphed to bring her TV.

An [outrageous article](#) about a girl forced to apologize for her pregnancy after a rape.

More on the [Texas cheerleader](#) who was raped and blamed for it.

An opportunity to [help the cheerleader](#).

And finally, an [inspiring response](#) by Megan McCain to Glenn Beck who called her fat.

Thanks to IMPACT Personal Safety of Los Angeles for these links!

Videotapers Needed

Dear Grads: we are looking for women to videotape the Women's Basics class this Sunday, June 5 and next Sunday, June 12. The classes are from 1-6pm. If you can do part or all of a class please contact Deborah ASAP at: deborah@dcimpact.org or 202-487-3953. Thank You!

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class.

Payment plans available.

Grad rate: \$300

Length: 20-25 hours

Enrollment: Open to women, men, and older teens

[REGISTRATION](#)

Beyond Basics 2: Stick Defense

Sunday July 31, 2011; 1-6pm

Fee: \$149 with advance registration, \$159 at the door

Length: 5 hours

Open to all IMPACT Basics Grads

[REGISTRATION](#)

Beyond Basics 3: Knife Defense

Sunday October 30, 2011; 1-6pm

Fee: \$149 with advance registration, \$159 at the door

Length: 5 hours

Open to all IMPACT Basics Grads

[REGISTRATION](#)