

Name: _____

Date: _____

Self Defense

A V P U N C H W B U N M K S P H D Q D E S U A H
W P G X L K E U J U M W A E B Q L H Z X G A B D
X Z M J R Y R F K V P Z T T E C N E D I F N O C
V W J Q W Q A E U P U D Q U D M X P O M X L U F
K J O D C I W V Z W R K D L O H E K O H C X Q D
K S B S H R A Y Q E L N K V C Q A Z J F W U O D
A M Z L D F C D M L H J Z F W H T T K Z X A E Z
D Z A G K U E P J E M T U O V C C W T E N W O S
U L P T H D U B N M B L J E E G A D I K P H S K
W C Z E T U Z Z O H I R F S T G N J W Z O N C T
W W U O L N L S P F Y B N A D V U Z K E C I O V
G N B B I Y K W A E V S W E Q U T V Z V Y S C H
C L U B U R V N E Q Y V X L A L I Q A J M X S H
H D D J R J N I W I Q A Z E J N V X T K C O L B
O D J M J W K V L J S T J R C E S C S S R Q T T
K M F L V F K W A R L G H I K R J G A W I X L F
E A W A Z Y J Z N U L M Q S L A Q F C J C R C Q
A T V U C N N O O K Z O K P K B G L Z V E A W V
X U E O K C F E S L E W I H K L H F R P Z I Y B
Q M X O I T G I R N M I I F J E X D C G A X P V
Y Q D Z F D D K E N B G B E K I R T S N I H C S
D I U Z Z F C N P K E I F V K L D K T N I S Q Z
I A E P K I E D D D O V O S N R Q H Z Z O D G O
Q D H A K L Q Z A D L T K R K M E F A S W I B U

personal weapon

choke hold

avoid

voice

punch

chin strike

confidence

choke

aware

kick

vulnerable

release

wrist

block

safe