**10 "Dirty" Self-Defense Tricks for the MPower Program**

💥 When survival is on the line, fighting fair is not an option. These MPower self-defense tactics focus on brutal efficiency to stop an attacker fast so you can escape.

1️ **Eye Gouge** – The Equalizer

👁️ How to do it:

Use your thumbs or fingertips to jab, press, or scrape into the attacker's eyes.

Drive deep into the sockets for maximum effect.

🔥 Why it works:

Causes instant pain, disorientation, and involuntary eye-watering, giving you time to escape or strike again.

2️ **Throat Strike** – The Breath Taker

👊 How to do it:

Use a palm heel, knuckle, or a Kubaton to strike the windpipe.

Even a light hit will cause discomfort; a hard strike can stun or incapacitate.

🔥 Why it works:

Disrupts breathing, triggers panic, and forces the attacker to recoil.

3️ **Biting** – Your Built-in Weapon

🦷 How to do it:

Bite down hard on exposed flesh (arm, hand, neck, or face).

Aim for the inner arm, shoulder, or hand if being grabbed.

🔥 Why it works:

Creates instant pain and panic—no one expects to be bitten.

Works even when pinned or in a chokehold.

4️ **Ear Ripping** – The Sound of Pain

👂 How to do it:

Grab the attacker’s ear and yank down, rip sideways, or dig nails into the canal.

If close enough, smack both ears simultaneously (ear clap) to disrupt their balance.

🔥 Why it works:

Ears are sensitive and full of nerves—pulling or hitting them causes sharp pain and dizziness.

5️ **Hair Grab & Control**

✋ How to do it:

Grab a handful of hair (top or side of the head) and yank violently in any direction.

Use their head movement against them to set up a knee strike or escape.

🔥 Why it works:

Hair doesn’t stretch, so pulling it controls their posture, balance, and pain response.

6️ **The Groin Destroyer**

🥜 How to do it:

A front kick, knee, slap, or grab to the groin is always effective.

For extra impact, grab and twist or rip (if necessary).

🔥 Why it works:

The pain is instant, and a hard enough strike can cause shock and collapse.

7️ **Finger Snap** – The Small but Mighty Move

🤌 How to do it:

Grab one or two fingers and bend them backward or sideways as hard as possible.

If the attacker has you pinned, breaking one finger can loosen their grip.

🔥 Why it works:

Fingers are delicate—even a minor sprain can disable their ability to grab or punch.

8️ **The Shin Rake** – Bone-on-Bone Pain

🦵 How to do it:

With hard shoes or boots, drag your heel or sole down the attacker’s shin.

Combine it with a foot stomp on their toes for extra damage.

🔥 Why it works:

The shin is unprotected—raking down it feels like a knife slicing through skin.

9️ **Spit in Their Face** – The Mental Disruptor

🤮 How to do it:

If the attacker is too close or restraining you, spit directly into their eyes or mouth.

Follow up with a strike or escape while they react.

🔥 Why it works:

Disgusting and unexpected, it triggers a psychological freeze response.

10 **Weaponizing the Environment**

🔪 How to do it:

Use keys, pens, a Kubaton, or even your phone to stab, rake, or strike.

Throw dirt, sand, or water into their eyes if outdoors.

🔥 Why it works:

Everyday objects can turn into powerful self-defense weapons when used creatively.

**Final Takeaways**:

✔ There are NO RULES in self-defense.

✔ Survival > Fighting Fair.

✔ Shock the attacker, break their control, and escape FAST.