

# SELF-DEFENSE FOR “OLDER” WARRIORS

with Buck Greene from [www.WarriorLife.com](http://www.WarriorLife.com)

## 1. Thumbs Up

- Fingers or thumbs in someone’s eyeballs are still one of the best weapons that requires little strength.
- You can do a *bil jee* (finger strike) with your fingers extended, or you can grab their eye sockets like a bowling ball.
- Your thumb is stronger than your other fingers.
- Even people with arthritis can manage a thumb strike.

## 2. The Squid Of Anger

- Multiple systems do this technique or something similar, like “The Shredder” or “The Widowmaker,” etc. I used to take a martial art where we joking called it the “squid of anger,” meaning you just drape your fingers over their face and go to work.
- It’s incredibly disconcerting to have someone digging their fingers into your face, your eyes, your lips, etc.
- Obviously, this isn’t the best technique for people who lack hand strength, but it takes very little actual “muscle” to use this as a distracting method.

## 3. Shins & Ankles

- Getting kicked in the shin hurts. Getting stomped on the ankle can actually leave you unable to fight.
- Ankle stomps can be done with your body weight and without much “lift” to your leg.
- You can rake with the edge of your foot and do a “soccer kick” to the shin.

- A cane to the shin is pretty damned painful and is a fast movement.

## 4. Force Multipliers

- A gun is obviously the best way for an older person to defend themselves.
- As you get older and you maybe lose strength in your hands, consider revolvers or guns with tip-up barrels so you don’t have to rely on racking the slide.
- Knives are an incredibly powerful force multiplier that require very little muscle. They are some of the best tools for older people.
- Pocket sticks, saps and blackjacks, and other small, weighted force tools are a good idea if they’re legal where you are.

## 5. Call An Ambulance (But Not For Me!)

- Thugs target older people because they look like easy marks.
- If you are a trained and prepared warrior, you can use this to your advantage by pretending to be worse off than you are.
- When they are overconfident, explode into action and use their arrogance to your advantage.
- I’m reminded of that meme, “Call an ambulance... but not for ME!” It shows a guy faking a heart attack in order to draw his concealed handgun.

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