Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Self Defense Pressure Points Exam**

1. Pressure point defense is a good technique to use when someone isattempting to stab you with a knife.
   1. True
   2. False
2. There is no danger of serious harm to an actor when you use a blunt object in pressure point defense.
3. True
4. False
5. When impacting pressure against the primary nerve in the thigh you should kick the nerve area with your foot.
6. True
7. False
8. The impact to the knowledge knot may cause your assailant to become immobilized for a few seconds.
9. True
10. False
11. When applying pressure to the primary nerve in the side of the neck you should remember that this is an impact area.
12. True
13. False
14. The knowledge knot is located at the top of your shoulders at the base of thespine.
15. True
16. False
17. In order to use the pressure point tactic under the jaw you must be above your assailant.
18. True
19. False
20. The pressure point under the jaw tactic is typically used to remove an attacker from someone else, but can be used to force someone away from you.
21. True
22. False
23. You should be careful in applying the under the nose technique due to the possibility of nasal discharge.
    1. True
    2. False
24. In “Self-Defense” you are allowed to only use whatever level of force is necessary to stop the assault against you.
25. True
26. False
27. When impacting the primary nerve in the neck you should
28. Hit the person in the side of the neck with a baseball bat or a club.
29. Hit the person in the side of the neck with your open hand facing forward.
30. Hit the person in the side of the neck with the outside of your forearm or elbow.
31. When applying pressure under the nose you should place the crook of your

hand and wrist against the

1. Bottom of the nose, and pull upwards toward the top of the head.
2. Bottom of the nose, and pull back towards the upper jaw and teeth.
3. Bottom of the nose, and apply force toward the back of the head
4. The pressure point behind the jaw and below the ear is applied by
5. Using your knuckle to press hard against the nerve area
6. Using a blunt object like a pen or unsharpened pencil hard against the area
7. A & B
8. When applying pressure to the thigh you need to remember that this techniqueis a close-quarters
9. Steady pressure technique
10. Sudden impact technique
11. Jabbing technique
12. When applying the under the jaw technique you should
13. Grip all four fingers under each side of the jaw
14. Grip with only your strongest finger on each hand
15. Use your knuckles under each side of the jaw
16. When applying the under the jaw technique you should
17. Dig and twist with your fingers, hands and wrists.
18. Push inward with your hands.
19. Pull upwards in a hard, steady motion.
20. The under the jaw technique is usually used when you
21. Are attempting to pull an attacker off another person
22. Are being attacked from in front
23. A & B
24. The defense plea of Self-Defense may be used if you
25. Only used the level of force necessary to stop the assault against you
26. You only escalated force to stop the force against you based on the degree of that force
27. A & B
28. When impacting the primary nerve in the thigh you should
29. Step forward and push your assailant simultaneously as you hit the area with the shin of one of your legs
30. Wait until the assailant has gripped you and is pushing you backwards
31. Fall down on the ground and kick upwards against the thigh
32. The primary nerve in the thigh is located
33. Vertically and parallel with the thigh bone
34. Centered vertically on the outside of the thigh
35. A & B

**Bonus Question:**

Explain in detail how and when you would use each of the pressure/impact techniques you have learned in this lesson.