



Basic Kubaton Skills

Always have it handy. A lanyard attached to the end can come from the pocket, the purse, or between the mattress pads (which is where you keep your "bedroom" kubaton); your personal one never gets left behind.

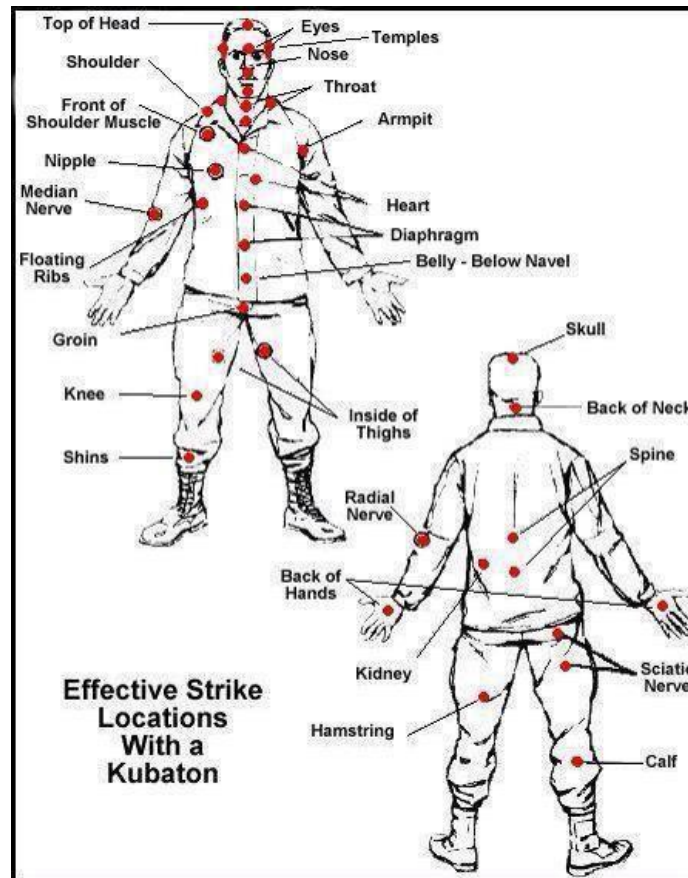
A kubaton in the glove box or at the bottom of a purse is no weapon at all. You should practice getting it in your hand from a variety of approach situations so you can be ready. When walking in parking lots and malls, I carry it in my strong hands with my keys dangling down from the end of it. I've noticed many people, especially men, eyeing it cautiously, and sometimes a person who seems intent on approaching me will shy away from me at the last moment. Besides functioning as a deterrent, the mini---baton is a symbol to its owner. One of my students told me that when she holds her mini---baton, it prompts her to be aware of her surroundings. "It's such a good reminder," she says. "It keeps you on your toes."

The Kubaton is a great little tool to help you get away. Here are a few ways to use this little but highly effective tool.

1. Striking, with either a Hammer Fist action or a Knife-Thrust Stabbing motion. Use your thumb to secure the end or the barrel.

2. Pushing against sensitive areas to repel the attacker such as the sternum, the upper lip, upper rib cage, back of the hand, etc. You can use your own kubaton on yourself to find many more. (Remember to be careful not to hurt yourself!)





The Graphic above shows several good striking areas. Use them cautiously in practice.

Striking points, indicated with red dots, are areas where there are either clusters of nerves, bones close to the surface, or trauma vulnerability (temple). Hitting them with accuracy is not necessary if you remember to practice by striking several times. However, as soon as the strike accomplishes its job, it's time to get away. There are very few places on your own body where a sharp tap with the kubaton will not produce pain.