

### Defence against a shoulder-grab and punch



1

Feeling herself grabbed harshly and being pulled around, Adori immediately starts to raise her hands into a defensive position.



2

Seeing a punch coming in, Adori covers up into a spike, dropping her weight into her front leg and driving her elbows into the attacker's chest.



3

Adori then shoots her fingers to the attacker's eyes to disorientate him and temporarily impair his vision.



4

With the attacker's head driven back from the finger-strike, Adori strikes the attacker's throat, disrupting his air intake ...



5

...then grabs his left shoulder with both hands (to prevent a head-butt) and drives her rear knee into the attacker's groin.



6

Adori then moves quickly behind. Bracing her elbows against the attacker's back, she grabs into his eyes and nose to lever his head back and take him down heavily.



7

If necessary to prevent the attacker getting up to follow her as she makes her escape, Adori stomps to his head.



8

Adori runs to the closest busy public environment and calls for police assistance.

Kid LABOTOMY



### Adori Bubble

Looking for a form of self-defence, Adori started learning Taekwondo in 2000, primarily under the instruction of Sensei Callegari. A few years later, Adori, interested in expanding her martial arts experience, began learning the traditional weapons of Okinawa under the direction of Sensei Etecell. Adori went on to attain a 1st Degree Blackbelt in both WTF Taekwondo and OIKA Kobudo and taught both of these styles for a number of years at the Academy of Martial Arts in Sydney.

Still burning with a strong desire to find a reality-based self-defence system, Adori discovered Krav Maga whilst reading *Blitz* magazine in 2002. Instructed by Carl Halley of Tactical Krav Maga, Adori went on to be awarded her Advanced Civilian Instructor Certification by Mr Itay Gil, who travelled from Israel for the grading.

Adori became Australia's first female Tactical Krav Maga instructor, and she and her training partner Kevin Marshall, a former Australian Army Commando, went on to establish Fight Like A Girl TKM (FLAG). FLAG is dedicated to teaching women how to keep themselves safe through awareness, skills and knowledge provided through seminars, classes and coaching in Sydney and Melbourne. FLAG gives women an alternative training environment providing both mixed and women's only training times, with additional focus given to the emotional and psychological pressures faced, when dealing with violent encounters.