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5 top tips from self-defense experts

Top tips from self-defense experts.

Hitting the most vulnerable part of the attacker quickly — and with as much power — as possible is Tony Schiena's top tip. Schiena provides counterterrorism training and defensive tactics through Multi Operational Security Agency Intelligence Co. "This area is the most exposed and unprotected by cartilage or bone," he noted. "A strike can easily damage or crush the Adam's apple, causing suffocation, and even a light blow can temporarily disrupt breathing, giving enough of a shock to allow escape." And, he added, "a high heel or long fingernails can also be used as a weapon."