

HANDS UP BOOTCAMP

TARGET AWARENESS & MULTIPLE-ATTACKER PREVENTION

Instructor Note: This handout summarizes practical target-selection and situational-awareness principles associated with Tim Larkin's teaching and broader personal-safety training. It is not presented as a verbatim or official numbered Tim Larkin list.

THE CORE MESSAGE

“Attackers may read you before they approach you.”

Show awareness—not fear. Show boundaries—not aggression. Keep your hands available, protect your space, and always know where your exit is.

1. AWARENESS

- Sees who is nearby and notices changes in movement.
- Occasionally checks behind and beside them.
- Recognizes when someone changes direction with them.
- Pays attention to entrances, exits, vehicles, groups, and blind spots.
- Avoids becoming completely absorbed in a phone or headphones.

2. POSTURE AND MOVEMENT

- Head up rather than staring at the ground.
- Upright posture rather than slumped shoulders.
- A purposeful stride rather than hesitant movement.
- Balanced, coordinated movement rather than appearing impaired, exhausted, or confused.
- The goal is not to look tough—it is to look awake, capable, and ready to move.

3. HANDS AND READINESS

- Are both hands occupied with bags or other items?
- Is a phone blocking the person's view?
- Are the hands buried in pockets?
- Does clothing or equipment restrict movement?
- Can the person quickly protect themselves, move, or reach an exit?

4. ISOLATION AND ENVIRONMENT

- Is the person alone?
- Are witnesses nearby?
- Is the area well lit?
- Is the person trapped between vehicles, walls, railings, or a dead end?
- Can the group surround the person or block the escape route?

5. SOCIAL COMPLIANCE

- Does the person ignore discomfort because they do not want to appear rude?
- Do they allow a stranger to move too close?
- Do they answer increasingly intrusive questions?
- Will they follow someone toward a vehicle or isolated area?
- Do they accept unwanted touching or blocking as “just joking”?

6. BOUNDARY RESPONSE

- A stranger asks a question while continuing to close distance.
- Someone ignores the person's effort to move away.
- A person touches, grabs, or blocks the route.
- Someone attempts to separate the person from friends or witnesses.
- The key question: Do they respect the first boundary?

7. ESCAPE AWARENESS

- Has the person noticed the nearest safe exit?
- Can they move without tripping or becoming trapped?
- Are they allowing people to spread around them?
- Are they fixated on the loudest person while others reposition?
- Are they moving toward people, light, staff, security, or a public area?

MULTIPLE-ATTACKER PRINCIPLE

DO NOT LET THE GROUP BECOME A CIRCLE.

The person doing the talking may not be the primary physical threat. Another individual may be moving toward the side, behind the target, or toward the escape route. Move early so the possible threats remain generally in front of you. Do not stand still, argue, or become emotionally locked onto only one person.

BYBU MOVEMENT PRINCIPLES

Do not stay on the tracks.

Step off the line.

Angles create exits.

Move where the danger is not.

Hands up means protecting your space while preparing to leave—not starting a fight.

HANDS UP TARGET-TEST DRILL

Purpose: Teach early recognition, boundary setting, positioning, and escape. No strikes or grabs are used in this drill.

1. Walk through a simulated parking lot, sidewalk, hallway, or public area while carrying a phone or bag.
2. Two or three partners act as possible strangers and begin changing position.
3. Look up, scan, and identify coordinated movement.
4. Keep both hands available and maintain balance.
5. Change direction when something feels wrong.
6. Prevent anyone from moving behind you or blocking your route.
7. Use the fence position: open hands near chest height, elbows relaxed, body slightly angled.
8. State clearly: "Stop. Stay back."
9. Move toward people, light, staff, security, or a clear exit.
10. Leave rather than continuing to debate or prove a point.

BEHAVIORAL RED FLAGS

- Closing distance after being told to stop.
- Coordinated movement by two or more people.
- One person distracting while another repositions.
- Blocking exits or steering someone toward isolation.
- Concealing hands or objects.
- Ignoring clear boundaries.
- Attempting to separate someone from friends, staff, or witnesses.

IMPORTANT: These are risk indicators, not guarantees. Do not judge danger by race, age, gender, clothing, disability, or appearance. Focus on observable behavior: closing distance, coordinated movement, boundary violations, concealment, distraction, isolation, and blocked escape routes.

AWARENESS • BOUNDARIES • POSITIONING • ESCAPE

Be Your Best Version of You — Power. Precision. Perseverance.

MAN'S FRAME: PRESSURE POINTS & WEAK SPOTS

TARGETS FOR DAMAGE, DISTRACTION & ESCAPE

HEAD & NECK

1 EYES

Fingers, thumbs or knuckles can cause pain, tears, and temporary blindness.

2 NOSE

Upward strike can cause pain, tears, and disorientation.

3 JAW

Side fist, palm heel or elbow can cause pain, disorientation or knockout.

4 THROAT / LARYNX

Front or side strike can cause pain, breathing difficulty, or loss of voice.

UPPER BODY

5 CLAVICLE

Strike downward to cause pain and arm weakness.

6 RIBS (SIDE)

Palm heel, elbow or knee can cause pain, difficulty breathing.

7 SOLAR PLEXUS

Hard strike can knock the wind out, causing pain and disorientation.

LOWER BODY (FRONT)

8 GROIN

Kick, knee or foot strike can cause extreme pain, nausea, or temporary incapacitation.

9 INNER THIGH

Strike can cause pain and weaken balance or mobility.

10 KNEE (FRONT/SIDE)

Side kick or strike can damage the joint, causing pain or collapse.

11 SHIN (FRONT)

Kick or stomp can cause pain and disrupt stance.

12 ANKLE (FRONT/SIDE)

Stomp or twist can cause pain, instability or collapse.

VITAL NERVE & MUSCLE TARGETS

13 BASE OF SKULL

Palm heel or fist can cause pain, dizziness, or disorientation.

14 SIDE OF NECK (STERNOCLEIDOMASTOID)

Strike can cause pain, dizziness, or loss of balance.

15 SPINE (CERVICAL)

Direct pressure or strike can cause nerve shock, pain, or paralysis.

BACK & TORSO

16 SHOULDER BLADES

Strike or clawing can cause pain and limit arm movement.

17 KIDNEY AREA

Fist, elbow or knee can cause pain, nausea, or disorientation.

18 LOWER BACK

Strike can cause pain, muscle spasms, or temporary immobility.

LOWER BODY (BACK)

19 HAMSTRING (BACK THIGH)

Strike can cause pain and weaken mobility.

20 CALF MUSCLE

Kick or stomp can cause pain and disrupt movement.

21 ACHILLES TENDON

Kick or stomp can cause severe pain and reduce mobility.



HOW TO USE

- Targets are most effective when the opponent is moving toward you, off balance, or distracted.
- Use speed, surprise and follow-up to create an opportunity to escape.
- These techniques are for self-defense only. Train responsibly.

LEGEND (EFFECT LEVEL)

- EXTREME DAMAGE / POTENTIAL KNOCKOUT
- HIGH PAIN / MAJOR DISRUPTION
- MODERATE PAIN / MOBILITY IMPAIRMENT
- PAIN / MINOR DISRUPTION
- PAIN / MINOR DISRUPTION (LOWER BODY BACK)

KEY TIPS

- 🎯 Aim for weakness, not strength.
- 👊 Use whole body mechanics.
- 🏃 Escape immediately after creating an opening.

AWARENESS. CONTROL. PRECISION. ESCAPE.
YOUR GOAL IS NOT TO FIGHT—IT'S TO GET AWAY SAFE.

This chart is intended for educational self-defense awareness only.
Do not use techniques to cause unnecessary or permanent harm.