

Self Defense Game Solitary

Aim of the game : To have repelled all attacks

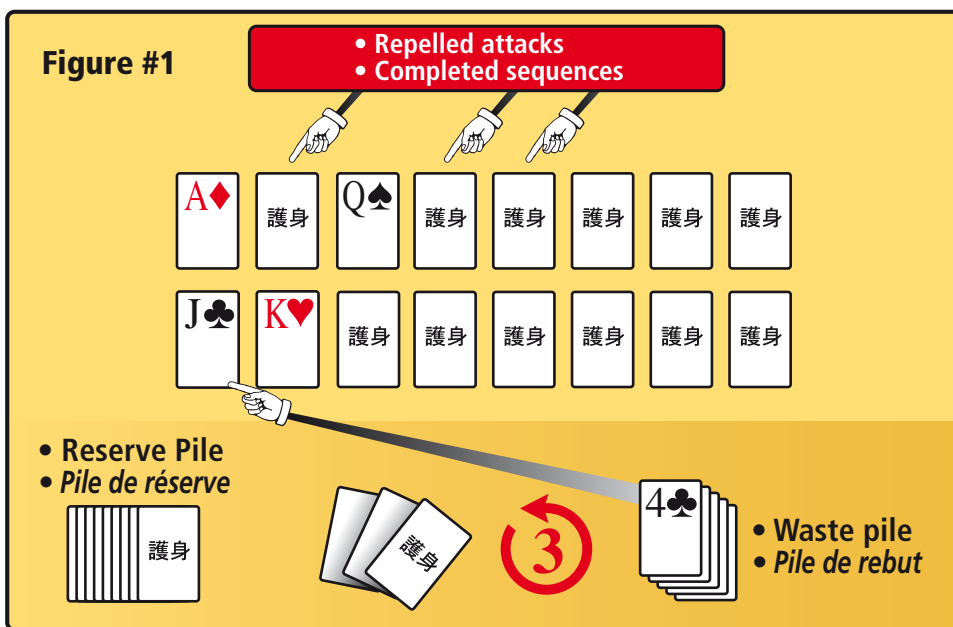
Cards description :

The following card in the sequence is indicated here. If there is more than one indication, any of the 2 will complete the sequence.
If there is none, the sequence is completed with this card

Card identification

The preceding card of the sequence

Technique's name in English, in French and in Japanese



• Introduction :

The Self Defense Game illustrates 16 real life threats (**attacks**) and their appropriate **self defense replies**. The goal of the game is to repel all attacks by creating **sequences of cards** that represent actual self defense techniques.

• Starting the game :

Shuffle all cards.

1- Take 3 cards from the reserve pile (one at the time so that when you flip them the top card remains the top card) flip those cards to form a waste pile.

Only the top card from the waste pile is accessible. All attacks cards (Ace, King, Queen and Jack) can be played right away. Place them face up to form 2 lines of 8 cards. Defense cards can be played only if they fit in the sequence of an attack already played. When a sequence is completed, turn them over to facilitate the understanding of the game.

2- When a card from the waste pile is played, the next card becomes playable.

3- When the top card from the waste pile cannot be played, repeat step 1 in taking 3 new cards from the reserve pile.

4- When the reserve pile is empty, flip the waste pile to form it anew (do not shuffle).

To win, you must repel all attacks before the fifth turnover of the waste pile. Jokers are optional cards, they may or may not be played. It is normal that when all attacks are repelled you have some cards leftover.

WARNING : Practice of selfdefense techniques may involve serious risks, including injury, disability and death. Do not practice these selfdefense techniques without professional supervision. Users assume all risk of injury.