7 TIPS TO BASIC SELF DEFENSE
7 Tips That Give You The Advantage In Self Defense
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Chapter 1
What is self-defense?

It’s the defense of a person especially through the use of physical force.

Unfortunately, we live in a world that has an ever-increasing threat of violence. You might be able to look back on a situation you didn’t feel very comfortable in.

Maybe it was all in your head and maybe it wasn’t, but you might have thought I wish I knew how to defend myself. If that was your thinking this guide will help you know some basic techniques to keep you and your family same in the event you ever need to use it.

Self-defense is the art of avoiding trouble.

When you know how to defend yourself you gain confidence and this is sometimes a good defense in itself.

Your mind and body will know what to do if ever you need to use your training to fend off an attacker.
Chapter 2
Focused Hits

The eyes, nose, throat, solar plexus, groin, Instep and shins serve as a good beginning point to targeting; they're all very easy, effective places that are easily accessible with assorted types of hits. While the groin area may be really effective, don't concentrate only on the groin as a target. Do this only when the attacker is within close range.

Hits are made better in a lot of ways:

Brace the target area by the individual being against a wall or floor or even brace the Target yourself by confining the individual or limb in place while striking.

Don’t aim just at the target area but about six inches past it.

Don’t pull your strikes back too fast. Your strike is kept in contact for a count this helps produce a level best transfer of energy. Hitting with a bigger surface likewise gives a better carry-over of energy.

Strike a lot of times to the same target.
Screaming Helps you center your energy into your strike.

As a universal rule strike with hard to soft and soft to hard At The Following:

Knee to Femoral
Head to Nose
Palms to head

Be warned that strikes to the throat may cause permanent damage to the throat and even result in death so this has to be treated very carefully in training and only utilized in a true self-defense state of affairs. The same precaution is necessary with strikes to the eyes, you have to treat this with total carefulness in training and only utilize firm strikes in a real self-protection situation.
Chapter 3
Escapes From Basic Holds

1 Wrist Grab
Step Back into Defensive posture. Dominant side back. Draw back the arm being held and drive your free arm against theirs. Twisting your body. Distract and hit.

2 Wrist Grab
Aggressor grabs your wrists. Step backwards into Defensive posture. Dominant side backward. Drive your elbows down, turning your wrist somewhat inward as you pull your arms through the aggressors thumbs.

3 Wrist Grab Behind
Attacker grabs your wrists. This time step forward into Defensive posture. Lift your knee and drive your foot onto their instep. Punch your arm out of their grasp. Force your elbow back into the solar plexus and run to safety.

4 Hair Grab
Attacker snatches your hair. This time step forward into defensive posture. Get a grip on one or two digits and bend them right back. Hold fingers in a lock or break the fingers. Utilize a shin Kick once again if necessary. Escape to safety.

5 Bear Hug
Attacker seizes you from behind. Drop your weight and broaden your stance for more stableness. Drive your knuckle joint many times into the back of aggressor’s hands. Shoot your head backward into the aggressors face. Hit hard to the groin (an open hand works well) However grab, shake and tear off whatever you can get to induce as much pain as conceivable. Run to safety.
6 Punches

Aggressor throws Punches. Step back into a Defensive posture with hands elevated in front of the face. The aggressors innate response is to punch around your hands in a Hook Punch or arm-swing. Adjust your elbow with any punches thrown. Precise alignment of elbow joint isn't vital as you have your arms as part of the block also. This block itself induces far more injury to the aggressor.

7 Head Lock

Aggressor goes to grab you. Put your hands promptly against the sides of your head to keep their arm from enclosing around your neck. Slip underneath their arm as they attempt to clinch, maintaining a hold on their arm.
Conclusion

If you run or walk solo don’t wear headphones this leaves one of your senses unaware. Don’t reply to questions from strangers on the phone giving info that you’re alone. Create eye contact with individuals in a way they know that you’ve seen them. Yelling works as somebody might come to your assistance.

Be aware of your surroundings if using an ATM at night. Develop the confidence that you have in yourself and that you’re geared up to defend yourself. Be in command of your own fate instead of leaving it in the hands of some remorseless hoodlum.
End

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