

11 COMMANDMENTS OF SELF-DEFENSE

Author unknown at this time

1. NEVER UNDERESTIMATE YOUR OPPONENT. ALWAYS ASSUME HE (SHE) IS DANGEROUS!

2. DON'T GET FANCY USE SIMPLE, EASY AND EFFECTIVE TECHNIQUES.

3. BE SURE YOU ARE ALWAYS WELL BALANCED WHEN DELIVERING A TECHNIQUE,(STRIKE, KICK, ETC.).

4. LEARN TO REACT INSTANTLY. BE QUICK AND ACCURATE. DO NOT HESITATE.

5. DON'T HESITATE TO USE SUCH TECHNIQUES AS PULLING HAIR, EYE GOUGING, BITING, AND SCRATCHING. THERE ARE NO RULES IF YOU ARE BEING ATTACKED.

6. AFTER ATTACKING OR COUNTER-ATTACKING, NEVER LOSE SIGHT OF YOUR ADVERSARY. BE ALERT FOR A CONTINUATION OF THEIR ATTACK. NEVER BE CAUGHT BY SURPRISE.

7. ALWAYS DELIVER YOUR BLOWS TO YOUR OPPONENT'S WEAKER AREAS; KNEES, EYES, GROIN, THROAT, NOSE, AND SO ON.

8. ALWAYS "YELL" WHEN DELIVERING A TECHNIQUE, THIS WILL MOMENTARILY DISTRACT AND POSSIBLY ALARM YOUR ATTACKER.

9. WHENEVER POSSIBLE, USE ANY AVAILABLE OBJECT (PENCIL, PEN, KEYS, ETC) AS A WEAPON TO HELP DEFEND YOURSELF.

10. ALWAYS FIGHT AGGRESSIVELY. USE ALL YOUR STRENGTH.

11. WHEN DEFENDING YOURSELF, ALWAYS FIGHT AS IF YOUR LIFE DEPENDS ON IT. THERE'S NO TELLING WHAT AN ATTACKER'S INTENTIONS MIGHT BE.