

Self-Defense: Tips and Techniques

Young Women's Forum

Crime prevention should be the main focus - avoiding putting yourself in a dangerous situations, giving criminals a chance to make you their victims, rather than entering into a physical confrontation.

Physical techniques require a great deal of practice in order for them to be effective especially in situations when you are under stress.

Your instincts are your guide, act on them and avoid having a low level of awareness by not observing what is going on around you, because most probably if something doesn't look right or feel right, it usually isn't right and it's as simple as that.

Always remember that once you have decided to defend yourself, you should fight with everything you have got and whatever it takes to protect yourself and your family. Mental strength comes from fear and mostly anger. Thinking of what the criminal could do turns the anger and fear into power.

In addition to the above you may consider the following Techniques for Crime Prevention:

- **Walk with confidence. Look like you know what you are doing and where you are going even if you don't. Keep your head and eyes up.**
- **There is safety in numbers - travel in groups.**
- **If something looks odd - act on it, move towards a crowd or inside a store or office.**
- **Just say "No" when approached by suspicious people needing assistance. A firm, but polite no should suffice. Do not be pressured into giving money, directions or any other assistance.**
- **Screaming works - someone may come to your aid, but if nothing else, at least you are attracting attention to yourself. It is important that there are witnesses to the crime.**
- **Lock your car doors - obviously the most effective way to keep people out of your car.**
- **Carry a cellular phone - it allows you to summon help from anywhere.**
- **Once again, lock your home doors.**
- **Dogs are the number one deterrent to would be burglars. Alarms are also an indispensable tool.**
- **Carry pepper spray with you, it's more useful sometimes than carrying a weapon which could be used against you. There comes a time when it is too late for prevention techniques and you are required to make a decision about self-protection.**

If you ever were put in a situation where your only choices are to fight or not to fight, make a decision and stick with it. If you decide to fight, fight with everything you've got. In this case here are more Simple Techniques that you could think of and use:

Target areas that are simple and effective.

Locate weak points in the body in order to maximize your opportunity for escape.

One of the most important of these points is the eyes. The eyes are both fragile and essential, a prime target for attack. It takes a bit of intestinal fortitude to stick your finger hard and deep into someone's eyes.

The above was extracted from an article written by Mike Campagne

