

Smart Self-Defence Techniques You Must Know to Stay Safe

In today's world, it's more important than ever to be aware of your surroundings and to know how to defend yourself if necessary. While there are many different self-defence techniques out there, not all of them are created equal. Some techniques require a lot of training and practice, while others are more accessible for beginners.

In this article, we'll discuss some of the smartest self-defence techniques that you can learn to protect yourself. These techniques are easy to learn and can be used by people of all ages and fitness levels.



Kung Fu - Everyone's Invited: 8 Smart Self-Defence Techniques You Must Know by Vedant J Maheshwari

★★★★★ 5 out of 5

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Situation Assessment

Before you can defend yourself, you need to be aware of your surroundings and assess the situation. This means paying attention to the people around

you, noting any potential threats, and identifying any possible escape routes.

If you feel like you're in danger, don't hesitate to trust your instincts and take action. You don't have to wait for someone to attack you before you defend yourself.

##Verbal and Non-Verbal Techniques

There are a variety of verbal and non-verbal techniques you can use to deter an attacker or de-escalate a situation.

Verbal techniques include:

- Speaking firmly and confidently.
- Establishing boundaries.
- Using assertive body language.
- Making eye contact.
- Using humour.

Non-verbal techniques include:

- Standing up straight and tall.
- Making eye contact.
- Using assertive body language.
- Avoiding confrontational behaviour.

Physical Techniques

If verbal and non-verbal techniques don't work, you may need to use physical techniques to defend yourself.

The most effective self-defence techniques are simple and easy to learn. They don't require a lot of strength or athleticism, and they can be used by people of all ages and fitness levels.

Here are some of the most effective physical self-defence techniques:

- **Strikes:** Strikes are used to attack an attacker's vital areas, such as the head, face, and groin.
- **Blocks:** Blocks are used to deflect or redirect an attacker's strikes.
- **Grappling:** Grappling techniques are used to control an attacker and take them to the ground.
- **Joint locks:** Joint locks are used to immobilise an attacker by applying pressure to their joints.
- **Throws:** Throws are used to take an attacker to the ground and control them.

Training and Practice

The best way to learn self-defence techniques is to enrol in a self-defence class. A qualified instructor can teach you the proper techniques and help you practice them in a safe environment.

Once you've learned some basic self-defence techniques, it's important to continue practicing them regularly. This will help you to improve your skills and build your confidence.

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Learning self-defence techniques is a smart way to protect yourself and your loved ones. By following the tips in this article, you can learn how to stay safe and defend yourself effectively.

##Long SEO Title

Smart Self-Defence Techniques You Must Know to Stay Safe: A Comprehensive Guide for Beginners



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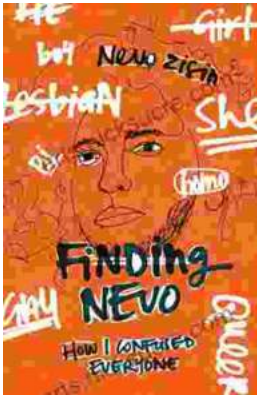
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