

Personal Defense and Escape Skills

In this exercise you will learn simple ways to avoid or escape from the most common types of physical confrontation.

Violence isn't always physical. As soon as we accept bad or poor behavior we have established an agreement with another as to the nature of our relationship.

Act quickly!! Once a situation becomes assaultive or violent it is crucial that the intended victim act quickly, decisively, and appropriately. Hesitation and ambivalence greatly increase the likelihood of injury. One lesson to be learned from traditional martial arts is the importance of using the coordinated efforts of the mind, emotions, and body when dealing with both the threat and reality of a physical attack.

Work with the instructor to practice the following skills:

1. What to do if someone grabs you
2. The right way to leave a dangerous situation
3. The right way to call for help
4. The right way to protect others
5. What to do if someone shoves or pushes you