Aspects of Self Defense

**The Fundamentals**.

1. Awareness.
2. Avoidance.
	* Awareness and Avoidance are the most important and effective ways to defend yourself.
3. De-escalation.
	* When you are caught in a situation and can't physically get away, then avoid violence through psychological/verbal de-escalation.
4. Fight skills.
	* When you can't escape or "talk-down" a situation.

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Other important considerations...

Stress and Adrenaline Complications.

* loss of fine motor and complex motor
* freezing, paralysis, tunnel vision
* loss of higher and rational self

Approaching realism in training.

* how to train ourselves to respond well to intense, emergency stress.

Pre fight indicators.

* yelling, threats, verbal argument, verbal harassment.
* posturing. chest out, arms wide, big ego gestures, angling, balling fists, trembling, or lowering head and neck and posture.
* in your face, chest bumping, shoving.

“Before” Considerations

* practice in all skills and attributes. getting proficient/used to skills and functioning under stress.
* role playing / scenario playing.
* figuring out where your “lines” are drawn in the sand.
* physical fitness.

“After” Considerations

* legal
* social
* retaliation