



Contents

Introduction	2
The Different Styles of Self Defence	4
Things You Should Know Before Learning Self Defence.....	6
How to Improve On My Self Defence Skills?	8
Conclusion	10

Introduction

If you have walked down a dark alley in the dark of the night with no companions, you may identify with the feeling of your heart thumping against your chest. You keep looking over your shoulders, anticipating someone to mysteriously appear out of nowhere and pounce on you. You feel uneasy and afraid that someone will attack you or mug you. However, if you have had the ability to defend yourself, you would feel more confident and less afraid of being attacked. This is also the reason why many people have signed themselves up for self defence classes.

Self defence simply means to be able to fight off the aggressor and successfully protect yourself. It is also a legal justification for any force exerted by someone when his or her wellbeing is being threatened. There are various methods to do so; hence if you are interested to learn how to defend yourself, the first thing you should do is to learn more about the styles of self defence that you can choose from. The most common method of dealing with aggressors would be to respond physically by dealing moves that will disarm him or throw him off long enough for you to escape. When you choose to utilise this style of self defence, you will be able to choose between fighting with your bare hands or with a weapon. However, besides using physical techniques, you can also use verbal skills to convince the aggressor to back down. This is a technique which may be preferred by ladies, especially those who do not have sufficient strength to fight back.

Regardless of whichever self defence method you prefer, one thing is for sure – by learning how to defend yourself successfully, you will be able to prevent injuries and also increase your chances of surviving any assaults.

If you are interested in picking up self defence skills, you can read on to find out more about the things you need to know before signing up for a class and also about how you will be able to improve your skills.

The Different Styles of Self Defence

It is essential for everyone to have some knowledge of self defence. This is because not only will knowledge of self defence allow you to protect yourself from physical harm, self defence is also a legal and justifiable right. If you would like to learn about how to defend yourself, you can choose from the different styles of self defence available.

1. Unarmed Self Defence – this is the most common style of self defence. There are many different sets of moves and techniques you can employ to protect yourself, including moves from ancient martial arts like Kung Fu, Karate, Taekwondo as well as modern fusion styles known as mixed martial arts. Unarmed self defence skills do not only help you protect yourself from physical harm, they also make good exercise regimens. There are many available styles and lessons that can be customized to match the student's prior knowledge, age, physical abilities as well as attitude. If you only need to pick up one style of self defence, unarmed self defence is the way to go. This is also a self defence method which can be easily adjusted to fit any situation.
2. Armed self defence – this is the second most popular style of self defence. Armed self defence incorporates the use of weapons or arms. Learning this style of self defence is totally dependent on the laws of your country. This is because while teaching armed self defence is technically not prohibited by law, the carrying of the weapons that are used in these armed self defence classes is. This means that if you heavily train on armed self defence styles that require knives, your knowledge is useless if the laws in your area prevent you from carrying a knife around with you. If you only know self

defence techniques using a knife, you will basically be defenceless if you have no knife with you.

3. De-escalation (Verbal) – the de-escalation style of self defence or what is also commonly known as the “verbal judo” is a special kind of self defence skill that does not have a physical aspect. De-escalation self defence uses word choices, body language and tone to attempt to de-escalate a conflict or avoid an altercation. De-escalation self defence techniques are based on a variety of conflict management methods used to diffuse a potentially volatile situation. As such, the least anyone should know is some rudimentary knowledge of de-escalating a conflict.

Learning about the different styles of self defence can help you properly choose the style that you want to pick up. You can make your choice depending on your physical attributes, your attitude, prior knowledge as well as your capacity to learn. This will ensure that you get an efficient learning experience in self defence.

Things You Should Know Before Learning Self Defence

Here some basic things you should know before learning self defence. This knowledge can help you decide which self defence style is right for you as well as whether you really want to learn self defence skills or not.

1. Self defence works – self defence skills and techniques are effective. There have been countless cases around the world which proven that the knowledge of self defence can allow a person to protect him or herself from physical harm. This is important, especially when there is nobody else around to help. Moreover, the popularity of self defence classes is a testament itself that these skills are really useful.
2. Self defence is not a guarantee – while self defence skills may work, this is not a guarantee that having knowledge of self defence can automatically ensure that you can protect yourself from all kinds of situations. Besides imparting moves and techniques, many self defence classes will also teach students to listen to the fight or flight mechanism that is hardwired into our bodies. Some people may believe in the delusion of being able to take on everyone and anyone with their self defence techniques. However, this is not necessarily true, especially if your opponent has a much bigger built or you are outnumbered by your opponents. As such, you will need to determine when it is time to fight or run away.
3. Self defence requires a large amount of physical exercise – most self defence techniques are ancient martial arts that involve a lot of physical drills and exercise. This is why before you actually start learning self defence; you must first prepare yourself to

do a lot of physical exertions. Self defence classes require a lot of stretches, physical drills, sparring with partners as well performing self defence techniques on your fellow students.

4. Self defence requires discipline – discipline is needed so that you will be able to persevere and make it through the hardest parts of the training course. Discipline also ensures that the student will constantly practice his or her skills in order to hone these skills and stay nimble. As long as you have the necessary discipline, you will be able to learn your skills in the shortest time possible.
5. Self defence has legal connotations – it is very important to know when you are able to use it, and to what extent can you use your self defence skills. The right to self defence is strictly and lawfully enforced. This is why you must familiarize yourself with the self defence laws in your area before actually signing up for a self defence class.

These five items are things you should know before learning self defence. When you are choosing between different self defence classes, you should take into consideration these factors so that you know what you are getting into.

How to Improve On My Self Defence Skills?

Both men and women need to learn how to defend themselves against a variety of threats in the modern world. Self defence is a valuable skill that can save one from physical trauma and even death. Aside from this, the knowledge of self defence can make people more confident. Learning self defence is also a good way to keep your body in shape. With the various benefits, more and more people are getting onto the bandwagon and learning how to defend themselves. For people who ask “How to improve on my self defence skills?” here are a few tips to help you.

1. Teach yourself – this is one of the easiest ways to improve your self defence skills. There are a lot of resources available that can teach you basic self defence skills. These resources are available in the form of books as well as videos. For people who only require a basic guide, self defence books are already good enough. However, for people who prefer learning by looking at the demonstration of the moves, videos will be better, as opposed to descriptions or pictures of the moves.
2. Self Defence Classes – one of the most popular methods of improving your self defence skills is by attending self defence classes. Self defence classes are just like any regular classes. You will find yourself being taught by one instructor alongside the other students. The movements and techniques will be demonstrated by the instructor in front of the class and the class can practice these movements and techniques with the instructor or with their fellow classmates. Self defence classes are great because you can learn while having fun with fellow students at the same time.

3. Personal Instructor – this is the most efficient and effective way to learn self defence. Nothing compares to the personal teaching method when it comes to effectively transferring knowledge to a student. Personal instructors can customise lessons according to the strengths and weaknesses of their students. Students will also have an easier time learning the techniques because they learn at their own pace. With a personal instructor, students can learn self defence skills easily and in the shortest possible time.

For people who wonder “How to improve on my self defence skills?” they can choose the best thing that works for them from among these three options. Depending on the resources that are available for them as well as their personal preferences, they can choose the best method for themselves in order to learn self defence skills that they can use to protect themselves from various threats in the modern world.

Conclusion

In conclusion, self defence is something that everyone should learn. Even if you do not think that you will become a victim to assaults, there is no harm in being prepared should that time come. However, you should keep in mind that while you have the ability to fight off someone, you are not required to have a physical response for every situation. For example, you may choose to ignore hostile taunts and simply walk away. There is no need for unneeded violence; as such, before you use your fist, you should assess the situation and only make a move after you have made a proper decision of what to do. You should also not abuse your self defence skills and hurt others.

With these tips in mind, you are now ready to learn how to defend yourself! Look for resources or instructors who can help you today.