

Article 2: 5 Quick Survival Tips

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As soon as people discover that I teach martial arts they start to plague me for some "quickie techniques". The reality however is that there are very few techniques that are quick to learn and remain somewhat effective when the pressure is on to defend yourself. Time and repetition are what make self defense an efficient tool in your arsenal. If its real world techniques you want to learn, sign up for my classes, if you want some free advice to help you survive a street encounter, here's five tips that will increase your chances exponentially. What follows are only recommendations and not necessarily guarantees regarding your personal safety!

#1 Look around you. As simple as it may seem you would be surprised at the number of people that walk around with their head down. They are absorbed in a book or newspaper, sucking down a soft drink or coffee, or just thinking too hard about their day. PAY ATTENTION! Criminals want the element of surprise and will jump at the opportunity (literally) to make you a victim. Pretend you are a body guard to your favorite movie star or singer. Glance left and right. Look behind you occasionally. Walk wide around corners or bushes. Avoid coming too close to someone that seems out of place or may be watching you too intently. By merely looking around and paying special attention to danger areas you can reduce your chances of assault by 90 percent!

#2 Trust your instinctual alarm signals, even if the reason doesn't seem obvious. Trust your instincts. It is unfortunate that people disregard their 'gut feelings' after a period of time. You know how you get 'vibes' from people? If you get bad ones, don't let that person come near you. Believe it or not your unconscious mind can recognize danger faster than your cognitive thoughts can process the information.

#3 Never be reluctant to walk in another direction. If something about a situation seems to be odd, change your direction of movement. If a criminal is intent on using violence to accomplish an act he will do it. The cause and effect portion of this equation is that you need to walk in, or approach, a certain area. Your sudden change of direction throws a wrench in the gears of what the criminal perceived as a perfect plan.

#4 Move towards people. If someone tries to follow you, head straight for a public place where people are gathered. Look for some type of authority figure such as security, managers, someone in charge, etc. This group of people is sure to have some trustworthy citizens who can be witnesses.

#5 Give it up. Think for a few moments about the things you enjoy doing; people you care for; family, friends, and associates; your whole life and dreams you have or goals you've set. Now, for what amount of money would you give all that up and be killed? Not a very appealing thought is it? When it comes down to personal self defense you need to decide just what it is you will fight for and what you will give up to avoid possible fatal injuries. As a general rule of thumb it is best to simply decide, "I will not allow anyone to violate my person in a physical manner." That means everything else is superficial and unimportant. It can be replaced. You can't.

When it boils right down to it, these five fundamentals are the primary line of defense in lifesaving measures you need. Forget the heroics (I tend to call it stupidity) of TV and movie "fight scenes". Avoidance comes first, the actual physical application of self defense techniques (fighting you could not avoid it) is your secondary line of defense.