

# Smart Self Defence Techniques You Must Know

Self-defense is an important skill that everyone should have. Knowing how to defend yourself can help you stay safe in dangerous situations. In this article, we'll discuss some smart self-defence techniques that you must know. 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

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### 1. Be Aware of Your Surroundings

The first step to self-defense is to be aware of your surroundings. Pay attention to the people and things around you. If you see something suspicious, trust your instincts and get out of the situation. It's better to be safe than sorry.

### 2. Use Your Voice

If you're in a dangerous situation, don't be afraid to use your voice. Shout for help or yell at your attacker. This can startle them and give you an opportunity to escape.

### **3. Use Your Body**

If you can't avoid a physical confrontation, you need to use your body to defend yourself. There are a number of effective self-defense techniques that you can use to disarm your attacker or escape. Some of the most common techniques include:

- Punching
- Kicking
- Elbowing
- Knees
- Headbutting

### **4. Use Weapons**

If you're in a situation where you're being threatened with a weapon, you may need to use a weapon to defend yourself. Some common self-defense weapons include:

- Pepper spray
- Tasers
- Knives
- Guns

## 5. Get Help

If you're in a dangerous situation, don't hesitate to get help. Call 911 or find someone who can help you. It's better to be safe than sorry.

Knowing how to defend yourself is an important skill that everyone should have. The techniques discussed in this article can help you stay safe in dangerous situations. Remember to be aware of your surroundings, use your voice, use your body, and get help if you need it.



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