

How to Defend Yourself if Attacked

Are you one of those people that are picked on and attacked by those who think they can use pain to teach you a lesson? Then teach them one right back. Described below is almost everything you need to know to defend yourself in any situation, regardless of the person's size.

Steps

1 Observe the person (or people) attacking you. Try to estimate their aggression levels and the possible ability of fighting. It is easier than people think to understand an opponent just by observing their aggression responses.

2 Do not fight if you don't have to. Try to talk down the fight. If you see that they are slowly calming down, say what you need to get them to walk away. Even if you believe you have done nothing wrong, it's still better to avoid a physical altercation.

- If you ever have a chance to flee and escape the attack, do it. You can do this by throwing a wallet, watch or whatever the attacker wants in the opposite direction so you can escape.

3 Stay alert and prepare yourself. If aggression levels remain high, you should begin preparing yourself for a strike. Keep yourself centered. Bring your body closer together and tight so that you are smaller. This will make it harder to fight you and will give you more control when you need to defend yourself. Remember that keeping your body compact will prevent you from flailing and will make it easier to keep your balance during strikes.

- **Know the defensive position.** Put your non-dominant leg in front and pointing outward. Bring down your body so that your center of gravity is low. With your front fist closed and blocking your face, keep your balance until you are ready to pivot your body.
- **Know how to kick.** In your starting defensive position, bring your back leg and shoulder forward, turning your body 180 degrees. With the momentum your body created, lift your back leg up and then straighten your knee to deliver the blow.
- **Know how to punch.** In your starting defensive position, bring your back fist and shoulder forward, turning your body 180 degrees. Your back shoulder should pass your front one, and your whole body will follow. Using this momentum your body created, deliver a closed fist punch to your attacker.

4 When the aggressor attacks, deliver a proportional response. If you are hit, make sure that you are hitting back enough to defend yourself and to deliver a blow without being overly aggressive. If for some reason, the police become involved, you can be arrested for assault even if you didn't instigate, if you were striking not in self-defense.

5 Try to disarm your attacker so that you have the opportunity to escape. Usually, it's best to go for the most vulnerable body parts on your attacker. This will depend on your height (if you are short, attacking his/her eyes might be difficult) or size (if you are small, you maybe not have enough force to attack his/her stomach) and your attacker's height and size.

- **Eyes:** Blind your attacker by gauging out his/her eyes by thrusting your fingers into his/her eyes.
- **Throat:** Knock the wind out of your opponent by hitting him/her in the throat with your fist (See: know how to punch, above).
- **Ears:** Quickly clasp your hands over both of your attacker's ears at the same time, this will cause a ringing in his/her ears.
- **Groin:** If your attacker is a male, kick or punch his groin. He will likely fall to the ground, giving you a chance to escape.
- **Solar plexus:** This will cause your attacker to fall over if done with enough force. Either kick or punch (See:

know how to punch and know how to kick, above) your attacker in the solar plexus (stomach/abs).

- **Nose:** Punch your opponent in the face with your fist (See: know how to punch, above) to cause them to focus their attention on their face.

6 Always remain in the defensive position. Don't give your attacker the chance to grab your arm or catch you off balance. As soon as you hit him/her return to the "defensive position." To get into that position, put one hand in front of your cheek and one in front of your temple (left or right depending on your stance). You must do this because if you are hit hard in your cheek or temple, you will pass out.

7 If you can't escape, protect yourself as best as you can. This means to cover your vulnerable body parts. Always cover your face. If you are on the ground, roll into a ball and cover your head.


8 If it escalates, create a weapon. If, and only if, the situation becomes too difficult to handle, look for a weapon on your person. Keys, purse, belts, etc. are not ideal, but they could be the difference between a couple of stitches and a serious stay in the hospital.

9 As soon as you can, escape and seek help. Never try to "finish" a fight. If you see an out, take it and seek help. This is going to help if charges get pressed. Immediately explain what is going on to someone who can help: 911 dispatch, the nearest police officer or a good Samaritan. Have them call the police and immediately write up a report or have them take a statement of what happened.

10 Seek medical attention if needed. Depending on how severe your condition, do this first. Hospitals often have the staff to deal with threats and attackers if they try to continue the fight.


Community Q&A

How do I defend myself if I'm a child?

 Get on the floor; it makes it harder for them to pick you up. If you're in a public place, yell out: "Help! I'm being kidnapped!" or "This is isn't my parent!" Make it as difficult as possible for the attacker.


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What do I do if I am homeless and have nothing to hit an attacker with?

 Pick up dirt or any rocks near you, and throw them at your attackers face. This will cause them to block their face giving you time to escape or attack.


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If I use physical self-defense, could I get hurt worse?

 If the attacker wants something from you, (ie: wallet, phone, etc.), then yes, because you could just give it to them. If they just want to hurt you, then most likely not.


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What if I see someone being attacked?

 If you are in a public place, call attention to the attack so that other people can help you stop it. If you're alone, call the police. Also, you could try scaring the attacker by saying something like, "My father's a cop" or "You know this place is filled with security cameras, right?"

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How can I learn defense strategies?

 You could begin by learning martial arts. For example, sign up for a karate class.

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Can you answer these readers' questions?

 Refresh

On **How to Obtain a Business License**, a reader asks:

What licenses are necessary to have a nonprofit organization?

Your answer...

Reply

On **How to Take Clomid**, a reader asks:

How do I time if I'm ovulating?

Your answer...

Reply

On **How to Trace the Owner of a Phone Number**, a reader asks:

I have a phone number of an unknown how do I find his name or picture

Your answer...

Reply

Tips

- These are just tips. As stated above, always try to avoid conflict. These steps should be a last resort.
- Distract their attention by saying or pretending something strange is behind them. When they turn their back, try to escape from them.

Warnings

- Protect your well-being. If you are in danger of slipping out of consciousness or even dying, get yourself out of the area immediately, and run to a police station or a busy area where someone is likely to come to your aid.
- Fights are dangerous. People can get out of hand and do things they don't intend to. Always fight only if you have no other options.