

How to Fight if You Need to Defend Yourself

Often times we find ourselves in need of defense. Is it over something trivial? Then walk away. If you really are in a sticky situation, run or yell for help. If all other options fail then follow these steps.

Steps

- 1** Yell for help first if you are confronted by an attacker.
- 2** Run if possible.
- 3** If you must fight, get into a low stance with legs bent.
- 4** Be aware of your surroundings, watch the attackers center of gravity, be able to know when and at what direction he will attack.
- 5** Block punches with your forearm or open hand, block kicks the same. If possible simply dodge the strike.
- 6** Attack when they are off balance. After an attacker strikes, they usually are not totally balanced and can be caught off guard. A sharp kick to the side or legs can cause lots of damage. Punch to the side of the face or use an elbow.
- 7** Knees and Elbows work best close range.
- 8** If in a confined space, try using the back of your elbow to hit the temples of your attacker.
- 9** Don't kick to the head unless you have a good opportunity or are trained to do so.
- 10** Many attackers try to take you to the ground and so try to stay on top of your attacker.
- 11** If you can't overpower them, then return to a standing position or try to hit an attackers pressure point. i.e. neck, ribs, or biceps.
- 12** Once the attacker has been weakened or injured run for it. Try to find a policeman or call the Emergency Services.

Can you answer these readers' questions?

 Refresh

On **How to Fill Out a Deposit Slip**, a reader asks:

I am trying to finalize a cash deposit using a prepaid gift card but after finding a Wells Fargo bank as my choice, what is my next step?

[Reply](#)

On **How to Make an Evite**, a reader asks:

How do I invite spouses and families with single email addresses?

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On **How to Set up a Life Estate**, a reader asks:

What is the difference between "transfer on death deed" and Life estate?

[Reply](#)

Tips

- Even the strongest opponent can have bones broken and can have pressure points used against them.
- Pressure points can be found anywhere a bone attaches to muscle or where joints are connected as well as nerves.
- Always try to talk or bargain your way out of a situation before it occurs.
- Most importantly always report that you have been attacked. It is vital to be able to claim self-defense in court.
- To learn more take a self-defense class.

Warnings

- Always know that you can go to jail for hurting somebody if it isn't for self-defense.
- Anyone can be hurt in a fight.
- It cannot be stressed enough that the best thing to do if confronted by an attacker is to run.
- Be careful not to punch someone squarely, you could break your hand.