



How to Survive in Life Threatening Situations

If you are trying to learn to protect yourself or just don't want it to happen to you, here is a quick tutorial if you feel might find yourself in an unfortunate survival situation from attackers and intruders. Remember to always sharpen your skills by any means but not by putting others in danger, police will attempt to arrest or fine you for harming anyone or anything. If and when you are, do so with extreme caution to not bring harm. If you can, avoid that or some other sort of situation and it will most likely not happen.

Steps

- 1 Stay calm.** Being calm will help you make the correct decisions in your situation.
- 2 Size up your situation.** There is a very fine line between self-defense and attacking another person. If its just a bully, avoid fighting and go to an adult, if that doesn't help get your parents or police involved. If you are being or feel threaten it is wise to always get the police involved but do so without wasting their time.
- 3 Find a hiding place.** Search for one where you can still escape from attackers. Use natural camouflage to your advantage, for example, if you were wearing a camo shirt or jacket find a place that would hide you the most. Always be aware where the attacker is and avoid them at all costs. If they can see you enough to identify you, make no movements, no sounds, nothing, you will be found. If you have to move, do it without anyone seeing or hearing you. When you are sure that the attacker is gone or won't be back, call the police and/or run away, but be aware of where the attacker is.
- 4 Fight the attacker.** This step isn't a great way to protect yourself, and you should disregard this step, but if you feel you can fight and win, evade the attacker's movements first. Deliver most blows to the head if you can, and try to catch them off guard. Knock them to the ground as fast and if you can, but always try to repeat the first three steps when you can run from the attacker.
- 5 Run towards help.** If this is a neighbor tell them to get out of the area along with you. Always get the police involved in life-threatening conditions.

Tips

- Firearms are not ideal protection for you. In the U.S. a grand jury might convict you of murder if you had a firearm and the attacker was only carrying a pipe as a weapon.
- Always think about where the bullet and shot will go if you do use firearms. Some family members were killed by another member using firearms inside a house.
- Always get police involved for threats. Sometimes they are not recommended at times where say a teacher could help a bully victim, so choose wisely in your situation.
- Always try to avoid fighting, you are less likely to survive if you do not know how to suppress an attacker fast and hard.
- Remember that some people cannot physically and/or mentally handle some situations, if you feel you must, practice the steps given the best way possible that would not risk your life or the lives of others.
- Unfortunately, women and children are most likely to be attacked or harassed, and most are unlikely to physically and/or mentally handle some situations. With that said, children including teenagers tend to overthink and hastily act out wrongly. Tell them and others that there is a very fine line between self-defense and attacking another person, and that police will attempt to arrest or fine you for harming anyone or anything without being threatened bodily harm.