

# ***SELF-DEFENCE***

- ***WHAT IS SELF-DEFENCE?***

**SELF-DEFENCE IS WHAT WE DO TO PROTECT OURSELVES FROM POTENTIALLY AGGRESSIVE AND DANGEROUS PEOPLE**

**THE MOST IMPORTANT COMPONENT IN SELF-DEFENCE IS AWARENESS (OR, SIMPLY PUT: THE BEST SELF-DEFENCE IS AWARENESS)**

- ***WHAT'S THE MEANING OF "AWARENESS"?***

**AWARENESS IS THE CONDITION OF BEING AWARE (THAT IS TO SAY, OF HAVING KNOWLEDGE) OF WHAT HAPPENS AROUND YOU; IN OTHER WORDS, YOU MUST PAY ATTENTION AND NOTICE WHAT HAPPENS AROUND YOU, SO THAT YOU CAN AVOID SITUATIONS AND PEOPLE THAT COULD BE POTENTIALLY DANGEROUS.**

**"Awareness is the ability to *read* people and situations and anticipate the probability of violence before it happens.**

**Awareness is not about being fearful or paranoid. It is a relaxed state of alertness that you can incorporate into your character."**

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## ***HOW TO DEAL WITH AN AGGRESSIVE PERSON***

**Unfortunately, sometimes it's not possible to avoid people that could be potentially dangerous. If you can't leave the area, what should you do in these situations?**

- **DON'T BE TOO PASSIVE:** if you are too passive, criminals and bullies will consider you a perfect victim!
- **DON'T BE TOO AGGRESSIVE:** if you are too aggressive you will increase the chances of having a physical confrontation (and even if you are sure to prevail, it's always better to avoid a physical confrontation).
- **YOU MUST HAVE AN ASSERTIVE ATTITUDE;** that is to say, you have to be confident and determined without being arrogant.