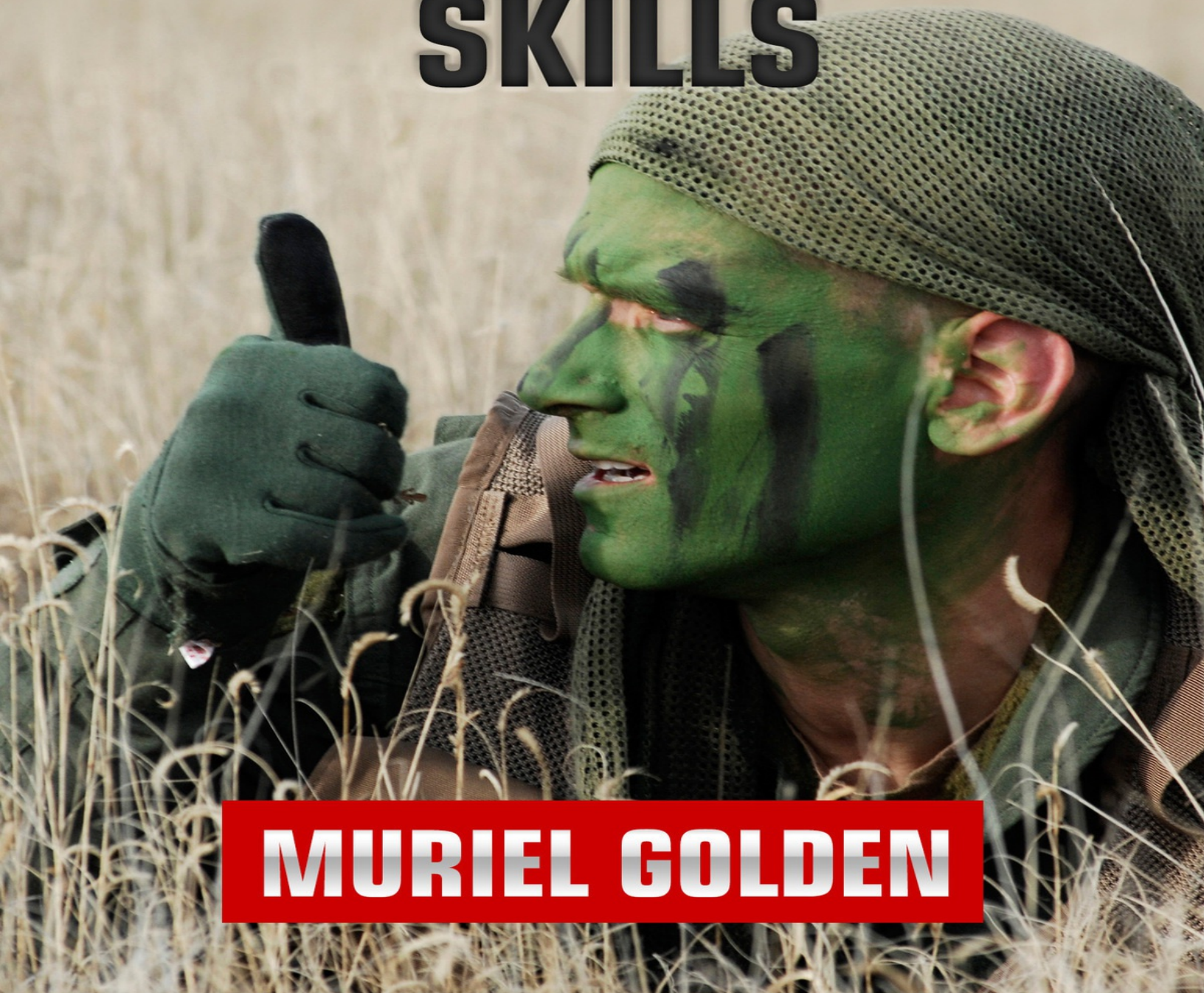


SURVIVAL

30 BASIC SELF-DEFENSIVE SKILLS



MURIEL GOLDEN

Survival:

30 Basic Self-Defensive Skills

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Introduction: Offense is the best Defense

Those who would blatantly attack someone for no reason, especially those that would attack an unarmed person with a weapon, are usually some of the biggest cowards you could ever encounter.

And just like the schoolyard bully, if you respond to their aggression with uncompromising fierceness they will be so shocked and unprepared by your

retaliation that the tables will instantly turn. And while you will be instantly inundated with the element of surprise, your one-time aggressor will find themselves paralyzed in fear.

If some big muscle bound guy decides to throw his weight around at the gym and shove a guy half his size, his eyes would quickly fill with terror to see that same runt he underestimated and thought was a pushover, grab him by the throat and slam him to the ground. Bullies don't expect their victims to fight back, so the second you do, the element of surprise your actions bring with them is enough to turn the tide in your favor.

In order to win a fight you have to stay on the offense, keep your opponent on their toes; *make them* have to defend themselves. I realize that this book is titled as a "self-defense" book. But in reality, in my experience, a good offense is the best defense you could ever have, and as you read further you will learn all of the technique, attitude and sheer aggression you will need to make that would-be assailant want to get as far away from you as they possible can!

Chapter 1: Be On Guard

In order to be a fighter you have to be alert. Your senses need to be trained before anything else. Someone who has been conditioned to defend themselves from attack could never get sucker punched.

Even in a relaxed setting laughing with friends, there is a small part of them that is vigilant and if someone were to suddenly strike out at them from out of nowhere, they would catch that flash of movement in the corner of their eye and react in a split second blocking the blow with there left forearm while the fist of their right hand automatically closes and e delivers a nearly simultaneous blow to their would-be attacker's head.

Someone who has been conditioned to be a fighter has these inborn reflexes

and traits. I prefer to say “conditioned” much of the time rather than trained, because although it is possible to train fighting ability, as I am attempting to do in this book, fighting can be something you are completely conditioned to as well. Rather than seeking the ability to fight, it can very well be foisted upon your shoulders completely unbidden; as was the case in my own experience.

Without delving into the specifics of what molded me growing up, let’s just say I was picked on enough that I learned self defense early on as a matter of sheer survival.

I developed a highly honed fighting instinct to keep the bullies at bay and make them never try their nonsense with me ever again. Regardless of what your experience is however, I want to instill that same fighting instinct so that you can always expect the unexpected.

Know Your Surroundings



It may take time and a bit of practice, but you need to be vigilant of your surroundings at all times. Know where your car is parked in the parking lot before you enter the store, realize the street you are about to cross has a dark alley tucked away beside it. You need to take inventory at all times of the makeup of your location.

Knowing your surroundings doesn’t mean not getting lost, you could be completely confused as to what street you’re on but still have an ever present awareness of the shifting environment right in front of your eyes and ears.

Knowing your surrounding doesn’t mean you know where you are on the map it just means that you utilize the five senses nature gave you to live in

the moment and know exactly what you are interacting with as you traverse through any given environment.

Shorten Your Reaction Time



Biggest problem anyone can have when being faced with a random attack is that their response time becomes severely delayed, or even worse they become paralyzed completely; thereby giving their attacker all the advantage in their onslaught.

To prevent this you need to be able to shorten your reaction time. We have the natural predisposition to hesitate and question the things we encounter on a daily basis, but when your safety is on the line this hesitation needs to be thrown by the wayside.

A good way to increase your overall reaction time to unpredictable factors of your environment is to expose yourself to unpredictable situations. It could be as simple as running through a wooded nature trail.

A trail through the woods would present you with many unpredictable patterns to avoid whether its hanging tree branches you have to quickly bat out of your face, a sudden need to jump over a log, or even a random animal scurrying in front of you.

A situation like this just might present enough chaos to improve your reflexes. This is just one example, but you get the general idea, in order to improve your reaction time just find a way to (safely) subject yourself to a series of unpredictable exchanges in which you are forced to react quickly. Do this enough and your reaction time will steadily improve.

Harness Your Adrenal Gland



We are all born with powerful adrenal glands that can give us surges of immense power during a crisis; we just have to know how to harness them. Those with an ineffective ability to tap into this power source end up paralyzed in fear rather than using their stress hormones for self preservation.

You may have heard of the fight or flight response, but in reality there is a third option on the menu, because many do not fight or make flight when they are confronted they freeze.

This is especially the case when an assailant pulls a gun on you; in fact this is the response most expect. Just like in the movie, someone pulls out their weapon and says, “Freeze! Don’t move!”

But in a truly threatening situation, immediately freezing and not even trying to put up a resistance doesn’t help anyone, freezing in place with your heart pounding in your chest will only make you physically ill and incapable of putting up a fight if you really need to.

So instead of freezing, ride that wave of anger and fear and without given anything else a second thought leap at your attacker and disable him. Our

adrenalin gives us super strength and speed, and since you are literally fighting for your life at this point, the advantage will be yours and your cowardly attacker will be subdued.

Use Mindful Meditation



I don't want to get all "Zen" on you guys here, but a lot can be said for mindful meditation. Being mindful literally means to be on guard and aware of your environment, you are mindful to everything happening around you.

Like a radio switching channels, once you tune in to mindfulness you will never be caught off guard ever again. In order to achieve this state of mindful awareness, just set aside 30 minutes of absolute quiet every morning in which you can simply relax and focus on your breathing.

Concentrate on the simple efforts of your line to inhale and exhale oxygen out of your body, not long into this exercise you will soon find the very thoughts of your mind begin to slow down and recede like waves in an ocean.

This meditation technique works to recalibrate your conscious awareness, clearing your mind and allowing you to focus more clearly on your surroundings rather than your own anxieties and fears.

Chapter 2: Basic Martial Arts Concepts

The Martial Arts are an ancient enterprise spanning thousands of years, I'm not going to pretend that I can teach you all you need to know about Martial Arts technique in one book, but I don't have to.

As long as you have a basic understanding of the core concepts of balance and empowerment that these teachings espouse I've done my job. Because in the end being a black belt doesn't matter, your technique may vary, the most important thing is to have the willpower and drive to come out on top, the following examples are just a few of the vehicles you can take for a spin.

Karate



There can be no doubt that Karate is the most well known Martial Arts technique. With a name that mean literally “Empty Hand” Karate was developed in Japan as a means of unarmed, empty handed, fighting.

Considered Japanese, but originating form the island of Okinawa hundreds of years ago, the wider world didn't get a glimpse of this empty handed fighting technique until the aftermath of World War Two began to spread the word of Karate far and wide. Karate consists of a series of kicks, punches, and well-timed blocks.

Tae Kwon Do



Tae Kwon Do is Korean for “The Way of the Hand and Foot”. Precision hand and foot coordination is the emphasis. Tae Kwon Do utilizes much more heavy blows than Karate. Leg strikes especially are focused into powerful focused missile like attacks. Someone well versed in Tae Kwon Do can quickly subdue an adversary no matter how big they may be.

Judo



Japanese for “gentle way” don’t be deceived into thinking this martial art is gentle on your opponent. Although some of the sweeps and throws employed by this martial art can be perceived as rather fluid and graceful, the Earth shattering pain your opponent feels as they are being slammed in the ground will not be a gentle experience *for them!*

Another famous aspect of Judo is the signature choke hold that forces an enemy to quickly submit without a fight. Judo gives a very special emphasis

on having proper balance and stance during confrontations.

Brazilian Jujitsu



Brazilian Jujitsu mainly operates through grappling and wrestling techniques to gain control and throw your opponent off balance. Brazilian Jujitsu utilizes a lot of chopping and rapid jabs. Speed and endurance are very important lessons for self defense and Brazilian jujitsu teaches these well.

Kung Fu



Everybody was Kung Fu fighting! Kung Fu works to perfect balance and flexibility. Honing up on Kung Fu will all but ensure that no one will be able to get you in a headlock, choke hold, or otherwise try to control you again! Concentrating on your fighting stance

I very important for Kun Fu, and they range from the Horse Stance, where the knees take a 30 degree bend, to the fighting stance in which you place one foot just slightly in front of the other with your arms raised up in front of your face like a boxer.

Muay Thai



Utilizing a kind of kick boxing technique, Muay Tuai seeks to quickly knock out the adversary. In this form of fighting, the use of feet, shins, knees, elbows, and of course fists are all employed. This is a great technique to employ in order to become an all around good fighter.

Krav Maga



Originated from the Israeli military, this fighting technique has received world renkown for its brutal effectiveness. Krav Maga focuses on real life

survival during threatening situations.

Adherents to Krav Maga are taught to throw their full willpower into the onslaught and fight like their very life depends on it. A Krav Maga fighter seeks to maximize their blows at close range and incapacitate their opponent as fast as possible. This often includes targeting the “soft spots” of the body such as the groin, eyes, nose, ears, jaw, throat, and knees.

Aikido



Aikido the martial art of the peace maker and it is drilled home to its adherents that it is not the goal of a fight to unnecessarily hurt their opponent but to simply subdue them and control their aggression.

The actual fighting of Aikido involves using several joint locking maneuvers to throw opponents off balance and eventually immobilize them.

Sambo



Sambo is a Russian system of Martial Arts that was developed during the height of the Soviet Union. It was widely used in the Russian military as a means of improving hand to hand combat and taking out an adversary without the use of weapons.

Sambo utilizes wrestling maneuvers and especially leg locks to disable an opponent. Sambo also makes use of a wide range of heavy punches, kicks and head butts to inflict severe damage to an attacker.

Pankration



This is an ancient martial art form hailing from Greece that has seen a recent revival. This fighting technique uses primarily boxing and wrestling maneuvers. If you can learn to be a good boxer *and* a good wrestler, you my friend know how to fight! And that is what Pankration is all about.

Capoeira



In Modern Brazil Capoeira is a modern form of dance, but it originated from Brazilian slaves who used it as a means of neutralizing their captors to escape, and defend themselves from their attackers. Utilizing full body throws, hits and kicks it was a very potent martial arts form of self defense.

Eskrima



This Filipino Martial Art form that was also disguised as a dance in order to survive the Spanish colonizers who had this practice of self defense outlawed. Like many self defense routines Eskrima utilizes defensive stance, leverage, and several kicks and hits to keep the opponent off balance. Eskrima is also known for its use of the wooden staff.

Chapter 3: Simple Measures You can Take to Save Your Life

After discussing some of the broader concepts of martial arts techniques, let me bring it all home to you with some very simple self defense measures you can take that could very well save your life.

Walk with Confidence



This may seem like a no-brainer but it must be mentioned, because as discussed previously most would-be attackers are complete cowards looking for an easy mark. If you walk with your head high with bold confidence the chances of one of these bozo's even attempting to accost you are dramatically lowered.

Most aggressors look for someone who is shuffling slowly along with slumped shoulders and looking at the ground, unfortunately these timid traits only invite attack from the bad guys of our society, so always keep your head up and walk with confidence.

Kick them in the Shins



Many self defense books advocate kicking male attackers in their groin, while this may work part of the time, its not always like the Bugs Bunny cartoon, and not all Elmer Fudd's respond to this treatment the same way.

And besides that, the tender target of your attackers clothing would most likely be hidden in several layers of clothing making it a much more obscure target to precisely hit. So instead of going for the groin, it is much more effective go for an attacker's shins.

The shins present a much bigger target area, and the reaction of a successful blow to the shins is very predictable.

Even on an overweight target, the shin bone rises to prominence with just a very thin layer of skin for protection, if you kick someone on their shin bone they will scream in pain and reflexively grab their leg. At this point you are in the clear to run away from your attacker and with his damaged, aching shin, he won't be able to run after you.

Know How to Punch



Again, this may seem elementary, but for those that have never been in a fight before, they may not understand how to make a fist and how to effectively deliver a punch. So let's discuss the most fundamental weapon of the human body; the fist.

When making a fist you need to make sure that you close all four of your fingers in tight fist formation with your thumb *outside* of your finger grip. You do not want to punch someone while clutching your thumb inside your fist this could just lead to self injury and maybe even a broken thumb from the impact.

When you punch someone you want to have your thumb wrapped firmly over your index finger, on the outside of your fist. And when you punch someone you need to aim for your middle knuckles to take most of the blow, pummeling the complete center of gravity of your arm through the middle knuckles so you can drive it's full weight into your opponent like a devastating battering ram. That my friends is how to punch!

Know How to Block



Since this book is about self defense, and since we are not the aggressors here, but the ones protecting ourselves from attack, you need to know how to block. I have never initiated a fight in my life, but having that said; I have always been prepared to put an arm up to block the first strike of someone daring to start a fight with me.

You need to have good reflexes to do this, as was discussed previously in this book you can effectively train yourself to have quick, knee jerk reflexes to respond, once you have done this, you need to know how to block. The forearm is the best shield that the human body is equipped with. As soon as a punch comes flying your way, throw up the broad side of your forearm and you can deflect any blow, knocking it harmlessly off to the side or over your head.

After blocking his first blow, you have not only protected yourself but have momentarily pushed your opponent off balance, this is now your chance to seize the opportunity and mount a rapid counterattack from which your aggressor won't be able to recover.

Let out a Menacing Yell



You may have heard it said that when someone confronts you, that you should scream for help. This tactic assumes two things; that there are other people around and that these other people will be brave enough to help you.

But what if you are all alone walking down an empty street or in the park when a belligerent aggressor pounces? Screaming for help may just cause these psychopath's to put their hand over your mouth, or worse reach for your throat to silence your cries.

Better than playing the victim and screaming out in the hope that others will come to your rescue, you should direct your vocal attack directly at your assailant. Take all of your rage and fear and when the attacker is poised to strike yell with all of your emotion and all of the will of your being phrases like, "You better get away from me!!!!" Or even better, "I'm going to beat the shit out of you!!!"

Such audacious and bold declarations will no doubt make any would-be attacker at least pause for a moment to reassess the situation. During his momentary shock you can then either take your borrowed time to make a run for it or to take the initiative and wage an all out attack on your adversary. I can remember a time in high-school when this method not only caused an attacker to hesitate, it stopped the attacker completely.

He was so unnerved by my rage filled scream, the guy meekly mumbled, "that dude is crazy" and then quickly decided to move on, and pursue an

easier target! Even animals in the wild sometimes back down when another animal's growl seems a bit too ferocious, so when push comes to shove, use the vocal cords that nature gave you!

Trick Your Attacker into a Fake Pursuit



This may seem strange when you want to get away from someone. But if you are a fast runner there is an incredible fighting technique you can employ that would dumbfound and seriously hurt your attacker.

If someone is chasing you, and you have a good lead, you can suddenly stop, turn and then run back at them at full speed! Your pursuer will be so shocked he will probably freeze in place while you can leap on them with a flying kick, an elbow to the face, and slam them to the ground, run right over them and stomp on their face. You could really hurt someone with this technique so you must use restraint.

Shove an Object Down your Attackers Throat



This is another one that goes in the, “shock and scare the crap out of your

attacker” category. No one would ever expect someone to shove their car keys down their throat right in the middle of an attack!

But if you did, I can guarantee the assault would be called off fast! It could be any object, but for the sake of this exercise lets go with the “car keys” idea.

Say you are walking to your car with your car keys in your hand and right when you are about to put the key in your door to get inside someone sneaks up behind you and grabs you by your other arm.

Use evasive maneuvering to break free from his grip and then reach up and grab his jaw with one hand forcing it open and shove your keys down his throat as far as you can with the other!

This man will be in some serious trouble after this, and will no longer be a threat to anyone!

This method also works well on dog attacks since a dog’s primary weapon is its mouth, and once you disrupt and disable it, there is no longer a threat. You may have to get a new pair of car keys after Fido chokes on them, but it’s a small price to pay.

Use Pressure Points



The body has several pressure points that can be struck with devastating effect to your opponent.

Thoughts of Bruce Lee and the “touch of death” may come to mind, but while there is no proof that such a lethal pressure point can be activating, there are several pressure points that can be utilized to inflict severe discomfort and that discomfort is all you need to gain the upper hand in an attack.

The most commonly sited pressure points are in the neck and chest. But there is one highly effective point you can hit, located right on the outer thigh, right between your attacker's knee and hip.

If you kick someone hard enough on this pressure point their leg will immediately give way, and become virtually paralyzed as stabbing pain shoots up their entire side, effectively disabling them from bothering you anymore.

Another more devastating pressure point resides right inside the armpit. But obviously this one is much more of a challenge to reach. If however you are quick enough, and you see an opportunity, such as an attacker charging at you with his arms upraised, a swift kick or punch right in the armpit will cause them to immediately double over, convulsed in stabbing chest pain.

One more pressure point that many boxers are certainly familiar with, is the one aptly named the, "K.O. button". This pressure point located right under the corner of the jaw where the jaw bone meets the skull, if you can hit someone in this tender area hard enough, they will not only see stars, they will most likely lose consciousness and go down for the count.

Wrestle, Grapple, and Take Control of Your Attack



Many novices to fighting have the mistaken idea that hand to hand combat is a series of punches, kicks, blocks, and ducking maneuvering. While all of these can be employed, to really take charge of the situation, you should literally take control over and overpower your opponent.

If they try to punch you, don't just dodge their punch, grab their arm, and pull it behind their back.

But don't stop there, while your adrenalin is flowing through you, suddenly jerk that arm back in the other direction as hard as you can until you hear a sickening "pop" this sound will let you know that you have just ripped your attacker's arm out of his socket and your fight is over.

As your would-be assailant runs away from you with his useless, dislocated arm flapping in the breeze, you can feel confident that he will not be attacking you or anyone else anytime soon.

Use Leverage to Knock Your Opponent Off-Balance



The best stance to achieve maximum leverage is the wide-legged stance with your feet spread far apart. This is the same stance that you see most practitioners of martial arts engaged in.

The farther apart you place your legs, the greater your center of gravity is, when someone is standing stick straight up with their feet close together, they can be cut down like a tree.

Also due to simple physics, someone who is walking, is much easier to trip. The most stable position for leverage will always be feet wide spread apart and firmly planted on the ground.

Stand in this defensive stance, and wait for your opponent to make the first move toward you, when he has to step toward you negating his control of balance use your superior leverage to knock him down.

Bite your Attacker



Some of you probably are having visions of Mike Tyson biting off Holyfield's ear, but hear me out. If you feel like you are losing in a fight (like Mike Tyson apparently felt) and you are after all the one being unjustly attacked.

A good way to get away from your attacker is to become a complete uncontrollable animal and start biting the other dude's face off! If your life is in danger, don't leave anything off the table!

Jam a Pencil in Your Attacker's Ear



This is another impromptu attack and of course, would only work if you happen to have a pencil in your hand. But if someone accosts you and you do happen to have a pen, pencil or similar object, forget all about your defense, go on the offense, and lunge yourself right at your attacker and jam the pencil (or other object) right in his ear canal.

If delivered hard and fast enough, the pencil will penetrate into his ear drum, causing blood to pour out and sending the attacker into severe pain. Even if your assailant could get over the shock and painfulness of the injury you have inflicted, since the ears are the seat of our equilibrium, this attack will have destroyed his balance, making him unable to walk, let alone fight.

Use Pepper Spray



This is a standard typical defense mechanism that has been employed on a rather routine basis. But it is only used because it works. A good blast of potent pepper spray to the face will cause your opponent's eyes to tear up as a severe burning sensation fills his whole face. If anything, a shot of pepper spray will give you enough time to run away, which was what it was fully designed to do.

Distract the Attack



If you are being robbed and someone demands your money you can easily distract them by pretending to comply, meekly pull out your purse or wallet and then throw at them as hard as you can hitting them upside the head with it.

After this, it's your call, you can either use the distraction to run away, or you can stand and fight your attacker off while they are still dazed and confused.

Really in the name of self preservation anything that disrupts the assault of an attacker is a viable means of self defense and if you are standing outside the club when a belligerent drunk tries to take a swing on you, feel free to throw anything you can at him.

Whether its rocks on the ground, beer bottles, use whatever is at your disposal to distract the bozo and move on your way.

Conclusion: Learn to Defend Yourself

Self defense is not always taught to us, but fighting for you and your family's survival is a natural right. We don't always know what will happen in tense confrontations, but when you are in the moment of a fight or flight situation, you need not face it with fear. Because when it comes to you and the safety of those around you, you must conquer any and all hesitation and learn to defend yourself.

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