



4 Star Self-defence

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8 Self-defence Myths

- 1. Self-defence is primarily about learning physical techniques:**
Awareness, preparation and avoiding a “victim mind-set” are more important than any tricks or techniques. Learning how to recognize and avoid a dangerous situation is the best form of self-defence. Once a confrontation becomes physical, someone (and, quite possibly, everyone) is bound to get hurt.
- 2. You need to train for years and be initiated to secret pressure point techniques:**
While regular practice and a broad repertoire of responses is definitely going to improve your odds, understanding the basics and mastering a few simple techniques can go a long way. As for pressure point techniques, they may look impressive in the training hall or the movies but it's highly unlikely that the average person will be able to apply them effectively in the inevitably messy reality of an actual attack.
- 3. Size and strength always conquers:**
Here's where understanding the basics and knowing how to use position, balance and leverage can make a big difference. You may not be able to knock out someone twice your weight, but you can learn how to escape and, if necessary, take him (or her) down in order to escape.
- 4. Just stay away from “bad guys”:**
For starters, more people are assaulted and injured by someone they know than by strangers. Secondly, “normal looking” people are often capable of some pretty horrendous things. Don't fall into the trap of thinking that just because someone looks harmless, he or she actually is. Learn to recognize potentially dangerous situations rather than counting on being able to recognize dangerous people.
- 5. You can talk your way out of almost any situation:**
Assaulting someone is not a rational act. Neither is thinking that you can reason or negotiate with an irrational person. And while I have often said “your money or your life?” shouldn't be a tough choice, don't forget that anyone “offering” that choice shouldn't be trusted to keep his or her end of the bargain after you surrender your money, iPod, cell phone or whatever.
- 6. Go for the groin:**
An effective groin strike isn't as easy to deliver as some would have you think. Even when a groin strike may inflict excruciating pain, it is rarely disabling in an adrenalin-charged situation. Do you really want to take a chance on accomplishing nothing more than enraging an attacker?
- 7. The one punch solution:**
Delivering a single, devastating blow is easier said than done – even with years of training. And what if you miss? Every punch or kick you throw creates an opening that an attacker can exploit. The only sensible reason to counter-attack is to create an opportunity for escape, and unless it really is a knockout blow, the one punch solution rarely accomplishes that. And remember every punch or kick escalates the level of violence. Your objective should be de-escalation and escape.
- 8. The best defence is a weapon:**
If you have a weapon, and if you can manage to deploy it in a timely and effective manner, and if you both know how to use it and are actually prepared to use it without hesitation, it might help, but that's a lot of ifs and the chances are equal or greater that your weapon will be turned against you.