



Self-Defense Information

What does it mean to you? Fighting back when someone grabs your arm? That might not be the best thing. Self-defense actually means doing everything possible to **avoid** fighting someone who threatens or attacks you. Self-defense is all about using your smarts — not your fists.

Fighting back an attacker might make the situation worse. An attacker already has adrenaline pumping through their system. If you try to fight back it might make the attacker more violent and angry.

The best way to properly use a self-defense move is to take a self-defense class.

