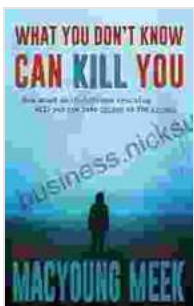


How Most Self Defense Training Will Put You Into Prison Or The Ground

Most self defense training programs teach techniques that are either ineffective or illegal. These techniques can put you in danger of being injured or killed, or they can lead to you being arrested and charged with a crime.

Ineffective Techniques

Many self defense programs teach techniques that are simply not effective against a real attacker. These techniques may look good in a demonstration, but they are not practical in a real-world situation.



What You Don't Know Can Kill You: How Most Self-Defense Training Will Put You into Prison or the Ground

by Marc MacYoung

★★★★☆ 4.7 out of 5

Language : English
File size : 1944 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 171 pages
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For example, some programs teach you to block an attacker's punch with your forearm. However, this technique is difficult to execute correctly, and it

can leave you vulnerable to a follow-up attack.

Other programs teach you to use a knife or other weapon to defend yourself. However, this is a dangerous strategy, and it can lead to you being killed or injured.

Illegal Techniques

In addition to being ineffective, many self defense techniques are also illegal. These techniques can lead to you being arrested and charged with a crime.

For example, some programs teach you to use a chokehold to subdue an attacker. However, this technique is illegal in many jurisdictions, and it can cause serious injury or death.

Other programs teach you to use a weapon to defend yourself. However, this is a dangerous strategy, and it can lead to you being killed or injured.

What to Look for in a Self Defense Program

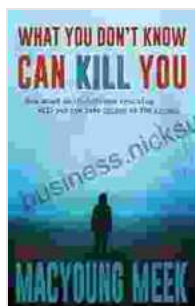
If you are interested in learning self defense, it is important to find a program that teaches effective, legal techniques. Here are some things to look for in a self defense program:

- **The program should be taught by a qualified instructor.** The instructor should have experience in law enforcement, martial arts, or other relevant fields.
- **The program should focus on teaching practical techniques.** The techniques should be easy to learn and execute, and they should be effective against a real attacker.

- **The program should emphasize safety.** The instructor should teach you how to avoid dangerous situations, and how to de-escalate conflicts.
- **The program should be legal.** The techniques taught in the program should be legal in your jurisdiction.

Self defense is an important skill, but it is important to learn it from a qualified instructor. Most self defense training programs teach techniques that are either ineffective or illegal. These techniques can put you in danger of being injured or killed, or they can lead to you being arrested and charged with a crime.

If you are interested in learning self defense, it is important to find a program that teaches effective, legal techniques. By following the tips in this article, you can find a program that will help you stay safe.



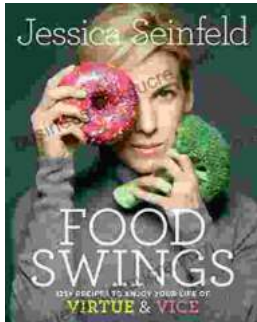
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