



Learn Self Defence Fast: 7 Proven Strategies

This guide is for anyone interested in learning how to protect themselves quickly.

Why you need to learn self-defense fast

Your life can change in seconds. An assault can come out of nowhere and alter your life dramatically. The potential consequences include:

- Physical harm
- Loss of possessions or wealth
- Mental distress

To empower everyone to protect themselves, I developed a program focused on teaching everyday people how to defend themselves quickly and effectively.

Over the past 25 years, I've helped thousands of ordinary people learn to protect themselves,

During this time, I organised everything I teach into 7 core principles that anyone can understand and use as a guide to learn and enhance their ability to protect themselves.

In this guide, I'll introduce and explain these core principles.

The principles are:

- Situational Intelligence
- Boundary Control
- Blasting
- Restraint Destruction
- Microfighting
- Ground Survival
- Counter Weapon Tactics

I hope you find this useful and stay safe.

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1. Situational Intelligence

Introduction:

Situational intelligence is your ability to assess and interpret the world around you to predict and avoid potential threats. It's the foundation of self-defense and begins with observing your environment, understanding behavioral cues, and preparing your mind for action. This mindset allows you to stay ahead of potential dangers by recognizing them before they escalate.

1 Understanding Predator Behavior

Identify patterns in people who may wish to cause harm. Predators often exhibit behaviors such as prolonged observation, testing boundaries, or moving into vulnerable positions.

2 Bodyguard Mindset

Act as if you've hired yourself to keep you and those important to you safe.

3 Environment Understanding

Always know where the exits, potential threats, and safe zones are in your surroundings. Awareness of your environment empowers you to make quick, informed decisions.

4 Mental Priming

Use color codes—Green, Amber, Red—to preset "ready levels." Mentally rehearse responses to different types of threats. Preparing your mind to act will reduce reaction time and increase your chances of staying safe.

Tactical Awareness: Be aware of what's going on around you. Consider any possible event on a timeline and make sure you always stay "left of event" on that timeline.

2. Boundary Control

Boundary control is about managing your environment personal space and creating barriers and deterrent between yourself and potential attackers. Boundary control can deter assailants and take away the ability to surprise and shock you .

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ACE Strategy

The ACE strategy is a simple concept that helps you stay on top of Boundary Control. ****A: Is for access, always be aware of who has Access to you or environment you see C: Control, who is the ability to control you or the environment E: Where are exits, are they available or blocked

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Ambush Indicators

Watch for signs that an ambush may be imminent. Indicators can include changes in physical surroundings, environment, or pre-indicators of aggression such as clenched fists, reddening of the face, and aggressive communication or body language

3

Spatial Awareness

- Avoid placing yourself in locations where obstacles might impede your escape or mobility.
- Never allow someone you do not know within an arms length without having your hands up
- Always act to maintain Space, of threatened leave

Wedge Transition: The Defense Wedge is an initial tactic designed to stop someone from grabbing or striking you. It's based on the instinctive fright response and enabled by spatial awareness.

Response Hierarchy

- **Avoid:** Use planning and prevention tactics to minimize risk.
- **Prevent:** Use your knowledge and tactics to prevent situations from escalating.
- **Run:** Seek to escape as a priority.
- **Hide:** If running is not an option.
- **Fight:** As a last resort, with full determination and aggression.

This can be remembered as protecting your ASS:

- **Awareness:** Avoid and Prevent
- **Stop:** Engage—Hands up, Wedge
- **Space:** Get Away

3. Blasting

Blasting refers to explosive actions that create space between you and an attacker. The goal is to shock and overwhelm your attacker. The key ideas are:

Create Space

The primary goal when facing a threat is to create enough space to escape.

Core Weapons

Use your body's natural weapons:

- **Open Hands:** Strike with the heel of your palm or use cupped hand blows.
- **Hammers:** Strike with the base of your hand in a hammer shape.
- **Elbows and Knees:** Capable of generating impactful force regardless of physical build.
- **Forearms:** Use edges of forearms to maintain space or attack neck and carotid artery.

Tactics

- **Drive Forward:** When engaged, drive forward aggressively to disrupt your attacker's control and gain the advantage.
- **Cycle Weapons:** Alternate between hand, elbow, knee, and forearm strikes to overwhelm your attacker.
- **Alternate Height:** Attack different levels of your opponent's body—low, mid, and high—to keep them off balance.

4. Restraint Destruction

Restraint destruction focuses on breaking free from holds or grips that an attacker may use to control you. The goal is to weaken their grip, destroy their control, and reduce their willingness to continue the attack. By targeting key areas of vulnerability, you can disrupt their ability to restrain you and create an opportunity to escape.

1 Mindset

When restrained, your objective is to break the attacker's control and willingness to continue. The focus is escape.

3 Energy

Stay calm and conserve your energy for decisive moves, especially during extended struggles.

2 Prime Targets

These are nervous system based targets and include eyes, nose, throat and groin and groin area.

4 Delay

By fighting you create delay which can cause fear and doubt for an attacker.

Secondary Targets: These targets can be attacked if prime targets are not available. They include shins, legs, and fingers.

5. Microfighting

Microfighting is the to effective fight at extrem close quarter close-quarter where traditional striking techniques may not be effective. These short, rapid strikes target vulnerable areas of your opponent's body, enabling you to gain the upper hand in tight spaces. The goal is to disable or disorient your attacker quickly, allowing you to escape or prepare for further defense.

- **Fight at Close Range:** Microfighting is ideal for extreme close combat, where long-range punches are ineffective.
- **Short Strikes:** Use short, fast strikes to key areas like the eyes, throat, and groin.
- **Extreme Close Quarters:** Use techniques like finger ripping, eye gouging, grabbing, and striking to disrupt your attacker's focus.
- **Hacking and Stomping:** Use your hands for hacking motions and feet for stomping on vulnerable areas like the shins or feet.

6. Ground Survival

Ground survival tactics are crucial, as an attacker may try to bring you to the ground or you can fall during the struggle

Your goal should always be to get up and regain mobility. However, while on the ground, you can still defend yourself using leverage and your legs as defensive tools.

- **Use Legs:** While on the ground, use your legs to push attackers away or create space.
- **Micro Fighting:** Attacking eye, throat etc can distract and drive the attacker away
- **Buck and Roll:** Stay in constant motions bucking hips, scrambling and kicking to slow and deter the attacker

7. Counter Weapon Tactics

Introduction:

When faced with an armed attacker, your strategy must change. Different types of weapons—blunt, edged, and projectile—require different defense tactics. Understanding how to protect yourself and neutralize weapon threats is crucial in self-defense situations.



Blunt Weapons

Heavy objects like bats or pipes.



Edged Weapons

Knives, box cutters, or any sharp object.



Projectile Weapons

Guns, bows, or other firearms.

Defensive Tactics:

- **Shielding:** Use nearby objects as shields to block incoming attacks (e.g., bags, chairs, or even clothing).
- **Fend, Strike, and Move:** Avoid grabbing the weapon, stay mobile, fend off attacks, and strike the opponent.
- **Blunt Force Evasion:** Evade and counterattack to prevent the attacker from getting close enough to land a blow. If there's no choice, drive in close using blasting and microfighting techniques to negate the weapon's effectiveness.

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Vimeo



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