

Title:

Self Defense And Psychological Preparedness

Word Count:

718

Summary:

Being psychologically prepared is critical for self defense during an assault in the street. I

For example, if you wear hard sharp-toe shoes, then kicking your enemy in groin or shank with

Keywords:

russian martial arts,spetsnaz,self defense,hand to hand combat,knife fighting,knife defense

Article Body:

Being psychologically prepared is critical for self defense during an assault in the street. I

For example, if you wear hard sharp-toe shoes, then kicking your enemy in groin or shank with

Scratching facer using fingernails also causes pain shock to your enemy and makes him unable t

In several cases, a furious cat is known to make its owners hide in one of the rooms and wait

Now let's take a look at a cat, its weight is about 30 times less than that of a man. And this

Now you can see the difference between a man employing everything he has at hand to give furio

So we see, at one hand, the enraged and furiously attacking cat that a couple of armed policem

I remember a story told me by my disciple about one weak man small in stature, who succeeded i

This small man was so furious and fearless giving his much stronger offender a hail of blows (

One would think what chances had this tiny, middle-aged man, who has never gone in for any spo

Why, after all, the winner was that small man, who had no chance to win. It is very simple. Th

At the moment, he had nothing in his mind, but the enemy and the thought of disabling that ene

He had neither diffidence nor other impeding factors, that's why all his actions became TRUE o

Quite contrarily, his enemy was stiffened with fear and uncertainty as a result of this sudden

But it turned out so that it was that strong and trained beef, who had a weak spirit. At the o

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