



Basic Self Defense

By

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Dangerous Times

We live in dangerous times. I first said that to a self-defense class 56 years ago this month. We still live in dangerous times. In fact, we've lived in dangerous times since Adam and Eve left the Garden of Eden.

The class I taught in September 1964 included many young women who were interested in learning how to protect themselves on campus and around town. People young and old are still interested in self protection.

That's why self-defense instructors teach basic self defense. That's one of the primary reasons *Grace Martial Arts* exists – to help people learn how to defend themselves.

Self defense begins with being **aware** of your surroundings. It's a combination of self-awareness and environmental-awareness – sometimes referred to as *Situational* or *360 Awareness*.

We invite you to watch this first video in a new series about Basic Self Defense. We hope and pray you never find yourself in a dangerous situation, but if you are what we'll share with you in this special series could help save your life.

Basic Self Defense Awareness

<https://youtu.be/IOhFdVX4TJo>

First Step

The first step in Basic Self Defense is Awareness. You can read about that [first part here](#) and watch our [video on YouTube](#).

The second step is to understand *The Three Awares*.

We teach [basic situational awareness](#) in Grace Martial Arts classes. It's important that we be aware of our situation and surroundings every moment we are awake. Awareness plays an important role in personal safety.

The Three Awares are –

1. Time
2. Location
3. Distance

We explain how these Three Awares work in the next video of our Basic Self Defense series.

Basic Self Defense Three Awares

https://youtu.be/YvKZivkU_S8

Children and Teens

We want to focus now on Basic Self Defense for children and teens.

We teach basic situational awareness to children and teens in Grace Martial Arts classes. It's important that they are aware of their situation and surroundings every moment they're awake. Awareness plays an important role in personal safety.

We move next to four important steps in training children and teens to defend themselves successfully. You can click on the video below to watch. Please share with family and friends as God leads.

Basic Self Defense for Children and Teens

<https://youtu.be/d0fDhU5WQWA>

Self Defense Articles

[Self Defense Advice For Children And Teens](#)

[Self Defense For Children And Teens](#)

[The Real Path to Self Defense](#)

[Responding to Threats: Your Legal Rights](#)

[Responding to Threats: Sequential Use of Force](#)

[Responding to Threats: Level One](#)

[Responding to Threats: Level Two](#)

[Responding to Threats: Level Three](#)

[Exit Strategy – What's Yours?](#)