

Simple Self Defence Tips: The Groin Kick Secret

Categories : [Self Defense](#)

This is the first in a new section on the website about self-defence. Today we are kicking things off (no pun intended) with - the groin kick secret.

I know what you are thinking - how difficult is it to kick a guy in the groin? Well, it's more difficult than you might think, and there are several major drawbacks with simply swinging your leg and hoping for the best.

This is an excellent short video which actually shows you a technique you can take away and use right away. I urge everyone to watch this, male and female. This one simple self defence technique could make all the difference. Additionally this is an excellent technique to teach older kids to use should they ever be attacked in the street.