Some Self Defense Basics

It seems to be almost completely ignored by people in preparedness circles. I can understand why. It takes a long time to get good at it. There's a lot of getting sweaty and rolling around with other sweaty people. It's pretty easy to get hurt. Especially, if you're just rolling around with your buddies in your backyard. Quality training is pretty expensive.

Besides, why learn how to fight when you can just carry a gun? Realistically, though, there aren't too many situations that we should be prepping for that are more likely than getting jumped on the street and sometimes pulling a gun will get you in a lot more trouble than it's worth. You don't have to pay lots to learn the basics YouTube has all the videos you will ever need. Below are some basic self defence tips and videos you could bookmark and learn.

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