

# SELF-DEFENSE BASICS

The first five things we teach every adult who walks in for Krav Maga or a seminar. None of it needs a gym.

## 1. AWARENESS BEATS TECHNIQUE

Most situations are decided before anything physical happens. Head up, phone down, and notice exits, lighting and who is paying attention to you. If something feels wrong, it is wrong enough to leave.

## 2. DISTANCE IS YOUR FIRST WEAPON

Two arm-lengths is the line. Keep your hands up and open in front of you — it looks calm, it sets a boundary, and it is already a guard. Use your voice early and loudly: “Back up.”

## 3. STANCE, NOT A FIGHTING POSE

Feet shoulder-width, one slightly back, weight even, knees soft. You can move in any direction from here. Practice stepping off-line — a step to the side takes you out of the path of anything coming straight at you.

## 4. STRIKE WITH THE BIG TOOLS

Palm heel to the nose or chin. Knee to the thigh or groin. Elbow at close range. These do not need conditioning or accuracy under stress the way a punch does, and they do not break your hand.

## 5. ESCAPE IS THE GOAL

Everything above exists to create one moment to get away. Strike, create space, and go toward people and light. Do not stay to finish anything.

## DRILL IT AT HOME

- Stance and off-line step: 2 minutes a day, both directions.
- Palm strikes and knees on a pillow against a wall: three rounds of 30 seconds.
- Say “Back up” out loud with your hands up. It feels silly. It works.

When you want it coached, [our self-defense program](#) runs weekly at Mt. Vernon — and your first session is free.

