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If you're carrying self-defense tools, make sure to get training on how to use them. You can also use more common objects as weapons, including a purse, briefcase, umbrella, phone, pencil,

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When it comes to basic self defense technique, it does not have to be complicated, and in fact it (the technique) will arguably be MUCH MORE EFFECTIVE if it is kept VERY SIMPLE. During intense periods of stress and/or panic, the human mind will seemingly slow down, you may get tunnel vision, and you will react mostly only by muscle memory.

## **4 Simple Self Defense Techniques - Modern Survival Blog**

"It doesn't matter what size you are, any woman can learn to do this." Credits: <https://www.buzzfeed.com/bfmp/videos/15100>  
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## **Simple Self Defense Moves You Should Know - YouTube**

Self Defense Made Easy Step One Survival; 8 videos; 3,467 views; Last updated on May 17, 2019; Self defense against anyone. We are covering defense techniques you can use for chokes, holds, and ...

## **Self Defense Made Easy - YouTube**

These two techniques, once again, are simple and for beginners. They're great for people who don't have a lot of experience with

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self-defense or any kind of martial art. It's important to keep in mind while practicing these techniques that they're not intended for malice — this is all intended for self-defense purposes.

## **Hair Pulling - self defense made easy**

Concealed Carry Made Simple . ... But you can strive to meet a standard. A good one that replicates real-world self-defense situations is made up of four elements of five, and I call it the Forty ...

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