

Self Defense change to Your Rights to Protect Yourself

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With increasing poverty, crime rate is increasing throughout the world. The

conditions have become such that a person can no longer walk out of home and be sure that he or she will be able to return home safely. In order to survive in the world, one must learn to defend himself.

This act of defending

oneself from harm is known as the act of self defense. Darwin used this phrase, "survival of the fittest", as a reference to natural selection, it is us who have to determine how we can fight with nature and be selected, and that is why, we need self defense.

Self defense does not necessarily mean a karate kick. Self defense is anything and everything that you can do to protect yourself from being harmed by a person. The best form of self defense is to just run away from your attacker because if you end up fighting, it might make the attacker angrier and land you in an even worse situation.

With safety becoming an issue, it is not surprising that many weapons have been introduced which can be carried by ordinary people and be used in case they are attacked. In many countries the carrying of such weapons is legal but in most countries, it can be considered illegal or may require obtaining some form of license.

Some weapons that are commonly used for self defense are the pepper spray and the stun gun. The use of such force is allowed only when a man is certain of the harm that may be caused to him/her or someone else by another person. However, the person may not use additional force than necessary depending on the situation.

Self defense actually is the basic right of a human being. It is rather a bit peculiar how the same weapon, such as a gun, made to protect a person is at the same time becomes the cause of harm to a person, and it is indeed no laughing matter. At the end, the user himself will prove to be the cause of his own destruction!

However, moving back to self defense, the main targets of attackers are basically the weak and the helpless, such as women, children and old people. Grown men may not be affected as much as others but as a safety measure, it would be wise on everyone's part to take safety precautions, for the sake of own safety. As the saying goes, "better safe than sorry".

You may choose to carry some form of weapons with you, but at the end of the day, the best form of defense is your wits. Just use your brain and remain aware of your surroundings. However, attending a self defense class may prove helpful because some things just cannot be learnt by reading. So get on with it; pick up the yellow pages, find a firm that teaches such self defense techniques and call them. You can also search the net as most of the firms have their own websites.

About the Author

AJ Thean is author of this article on [pepper spray](#). Find more information about [self defense](#) here.

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