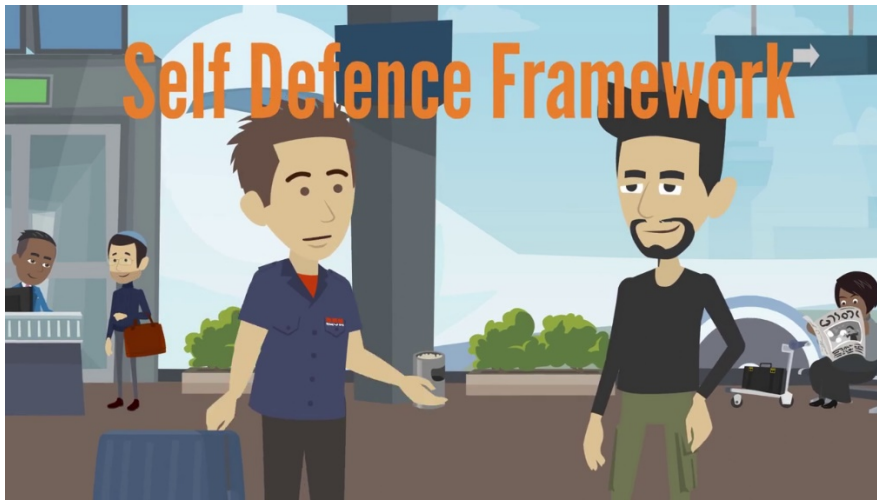




## Topic: Safety – Three Main Considerations of Self Defence



Video (Time: 2.09 mins)

I've been thinking about taking a self-defence class, but I'm not sure about the general considerations I should be aware of. Can you help me understand the framework around self-defence.

Of course, there are three main considerations of self-defence that you need to be aware of. The first is the duty to retreat. This means that if you can safely avoid a confrontation, you must do so.

Okay, that makes sense. What's the second thing to consider?

The second consideration is proportional force. This means that you can only use the amount of force necessary to protect yourself or others in a given situation. You cannot use excessive force or escalate the situation unnecessarily.

Got it. And what's the third consideration?

Third consideration is reasonable belief. This means that you must have a reasonable belief that you or someone else is in imminent danger of harm before engaging in self-defence, pre-emptive actions. You cannot use self-defence as an excuse for retaliation or aggression.

Thanks for explaining that. How can I make sure I'm acting within these general considerations boundaries of self-defence.

The best way to ensure you acting within these considerations boundaries is to seek out professional training from a reputable instructor who can teach you this framework and best practices for self-defence. Remember, the goal of self-defence is to protect yourself or others, not to escalate the situation or seek revenge.

Okay. I'll keep that in mind. Thanks for your help.

You are welcome. Remember, self-defence is not just about physical training. Developing a strong foundation in non-physical aspects like avoidance awareness, criminal psychology, body language, and the considerations framework is equally essential to staying safe and secure.

We look forward to catching up with you in the next video. In the meantime, thanks for watching and remember to stay safe at all times.