

## Self-Defense For Seniors

with Buck Greene for [www.ModernCombatAndSurvival.com](http://www.ModernCombatAndSurvival.com)

### 1. Have A Weapon

Weapons are "force multipliers." They make it easier to do more work with less effort.

- This is vital for people who aren't as strong as they used to be. A weapon makes it much easier for you to defend yourself as you age.
- Fortunately, most states make provisions for you to carry, or at least own for home defense, a weapon.
- Choose a weapon you can operate even if your hands get weaker. This is why some handguns have tip-up barrels for loading the first round, for example.

### 2. The Power Of Knives

When choosing from among non-gun weapons, there are lots of things people recommend, but consider KNIVES first and foremost.

- A knife is one the most powerful weapons there is when we look at how much damage it can do versus how little muscle power you put behind it.
- Knives are light, cheap, and easy to buy, carry, and conceal.
- Every kitchen has knives in it (which is why kitchen knives are the most frequently used knife in crime).

### 3. Awareness, Awareness, Awareness

We often talk about how important awareness is in self-defense, but you have to increase your awareness as you get older.

- Plan for when and where you'll be most vulnerable and avoid these high-risk times and places.
- It will annoy you to have to limit what you can do, but this is reality.

### 4. Use Technology

Older people often avoid technology, but it offers many benefits.

- Modern phones and messenger apps can make it easier to call for help AND stay connected with your support network.
- Home gadgets (like Amazon Alexa) can be programmed to help with security, such as turning turn lights on and off, etc.

### 5. Use The Meme

There's a famous meme in which a mugger approaches a guy who pretends to have a heart attack and says, "Call an ambulance!" He then produces a gun and says, "...But Not For Me!" Keep this in mind.

- Muggers and other attackers choose senior citizens because they think they are weak and frail. You can use this to your advantage.
- Pretend to be more frail, or more scared, than you actually are... then EXPLODE with all the energy you have.
- There are documented cases where senior citizens beat the living hell out of younger, stronger attackers, especially if the seniors targeted had "seen some things" in their younger days.

*Prepare. Train. Survive.*