



WARRIOR
LIFE
PODCAST

Episode #328 Show Notes
10 Commandments Of Self-Defense

JEFF ANDERSON

WWW.WARRIORLIFE.COM



Jeff Anderson spent ten years in light infantry in the military and is a combat war veteran. Most of Jeff's military service was spent with the 10th Mountain Division – an elite light infantry force of highly trained warriors specially trained for warfare under all conditions – arctic, jungle, desert, mountains, urban terrain – you name it.

After 10 years of military training in additional elite infantry units around the world, Jeff began working as a security consultant and executive protection specialist for private clients and the entertainment industry, eventually earning his industry recognized Certified Protection Professional (CPP) designation. Later, went on to instruct hand-to-hand combat and weapons combat and eventually organized the most unique combatives association focused on all areas of survival, called The International Society Of Close Quarter Combatants (www.ISCQC.org).

Jeff's works have been published in several magazines and expert blogs and his manuals and survival combat training DVD's have long been best sellers. As the Editor in Chief of Modern Combat & Survival, a publication of the ISCQC that provided focused training strategies for all areas of survival for men and women of all walks of life, Jeff determined the next step: the lifestyle brand **Warrior Life**. To learn more about *Warrior Life* and the way of life it promotes, [visit us online](#).

10 Commandments Of Self-Defense

with Jeff Anderson from <https://www.WarriorLife.com/>

1. Your Mind Is Your Worst Enemy...

...And your greatest weapon. If you think you can't win, your attacker will read it in your body language.

Then you'll roll up into a ball and wait for the beating to end. Know you can win... because you actually can!

2. Your Best Defense Is A Strong OFFENSE!

Don't wait for the attack, thinking you can "block" it. Action is always faster than reaction!

3. Know When You're Actually IN A Fight!

Most of the time you can figure out you're going to have to defend yourself well ahead of time. We talk about this in our [Defeat Larger Attackers DVD](#).

4. Never Telegraph Your Attack.

Use the element of surprise. (Hands up in submissive gesture; "I don't want to fight." This is perfect for striking without telegraphing.)

5. Strike First!

In the presence of a credible, imminent threat, you aren't obligated to let the attacker complete his attack first. Preempt it and strike FIRST. Again, action beats reaction.

6. Strike HARD.

To strike "hard" means either at a target that will have an effect, or maybe with a body weapon that has the most power. In other words, your strike MUST have a serious impact.

7. Strike Repeatedly.

Just as with a handgun, you don't stop shooting until the threat is neutralized. Keep striking until the attack is neutralized and the threat is gone.

8. Never "Punch."

As we explain in this [viral YouTube video](#), a "strike" can mean a kick, an elbow, a hammer fist, etc... but it shouldn't be an ACTUAL fist, because of the danger of damaging your own hand.

9. Every Attack Involves Multiple Attackers.

Expect the unexpected. Don't stick around to admire your handiwork. Your attacker could have allies you do not see.

10. You Can't Karate-Chop A Bullet.

Multiply force whenever you can do so. Carry whatever legal weapon you can and use improvised weapons when you can't carry a dedicated weapon. Trying to "fist fight" an armed attacker puts you at a disadvantage. Always take whatever advantages you can.

NOTE: *This is an automatically generated transcript produced by our podcast platform. Much like automated captions, there are bound to be some oddities when the robot doing the transcribing didn't understand. We hope you find it helpful anyway.*

Hey, what's up, Warriors? It is Jeff from Warrior Life Dot Com and welcome to Podcast episode number 328. It's time to put up your dukes in this week's training. Seven. Because I'm going to share with you my personal 10 commandments of self defense to protect you and your loved ones from a real street attack. It's all coming right up. And don't worry about taking notes because we've done all they have been looking for you in this week's free Show notes, including a handy dandy one page cheat sheet you can download absolutely free over at www.thatWarriorLifePodcast.com/328 And now let's talk tactics. Tactical firearms training, urban survival, Close quarters combat Welcome to the show that helps you better prepare for any threat you may face in your role as a protector and a patriot. This is the warrior life podcast.

Hey there. Welcome back, Everybody in this Jeff Anderson, executive director of Order, Left calm and listen. Self defense is one of those topics that I know it is. It is hotly debated within the martial arts world. And anytime you bring up like what system is best, what martial art is best for personal defense. Like these types of conversations, they're almost always gonna melt down into some idiotic like my master can beat up your master tirade online. And I know because I get it all the time on our YouTube channel with my own self defense training videos over there and listen, I get it like those who take any kind of a martial art or fighting system for the purposes of self protection. They most likely chose that art or that system for a reason. And I'm sure they're getting effective training.

And I'm sure it all works quite lovely in the relaxed atmosphere of a dojo with a compliant training partner. And yes, there are some fighting systems out there that are better than others at personal defense, some arm or street based in less traditional. Some have been touted as being used by the military, and if you check out like our lineup of networked instructors that we have on our website, you're going to see that there are experts from several different types of combat is backgrounds, and I can tell you that all of them have been hand chosen for our network because we personally found their training to stand out from all other systems or philosophies out there. Now, let me say this before any of you get your tidy whities in a wide by commenting on this episode that I have no freaking clue what I'm talking about. For me, the bottom line fact is, this any combative system or technique can work in a real street attack. Anything



can. I mean, who might have say that some Foo foo we double double somersault dragon kick that you've been able to master can't win you in a fight on the street? I can't tell you that, and neither can anyone else. If that's the one thing that you've been able to master and you can pull it off lightning quick and it works for you in a real attack. I can't tell you that it doesn't work. Of course it does. But you need to be practical with these things. And with that said in my own training over the last 40 some years, nearly 40 years there are some foundational commandments that if self protection is your reason for learning any martial system these are the most critical to understand. No matter what you choose to train with. Now there are 10 of these commandments that I've come up with, and here they are. All right. Commandment number one is your mind is your worst enemy and your greatest weapon. So listen, if you think you can't win, your attacker is going to read that in your body language. Anybody that is a bully out there, anybody that tries to start a fight with you, and I'm going to assume that this is an attack. It's either a criminal attack or it is an argument in a bar. Something that somebody is is being the aggressor to you. I'm going to assume that you're not the one out there trying to pick a fight, right? So if they are, they're going to read your body language. Everybody is trying to assess whether or not they can win the fight.

Your aggressor is doing it and you're going to do it as well. Now you're aggressor is only going to try and choose that attack if they think that they can beat you in a real fight. So it comes down to your mind because your brain wants to do the same thing. Should I fight? Should I freeze? Should I run away? Right. Your mind is going to be your worst enemy. This is why most people are really worried about fighting somebody that is twice as big of them somebody who is a bigger, stronger attacker than them. Because the mind tells you you can't beat them up. And so that ends up happening. What ends up happening is that you end up curling up in a bar hoping that they're not going to fight you. And then they fight you. And then you just end up curling up in a ball and waiting for the beating end. That is a quick path to dying. Okay, so your mind is your worst enemy. If you defeat yourself is going to show in your body language and your attacker is most likely going to attack you because it's safe for them. Likewise, it could be your greatest weapon one in keeping the fight from happening at all. Because if your attacker reads that you have a level of confidence, if you don't look scared, then you then they're going to assess that. Maybe I can't win this and they might back off a little bit. Giving them an out for that really helps is well, right. So you can be your greatest weapon in avoiding the fight to begin with. But then also, you have to



understand that you really can win. And I don't care how small you are, how weak you are, how old you are. You really can win in a real street attack. Even if that person is twice as big and strong as you, you literally can do it. It really comes down to the science of it. And there is a science to the body. And there's a science to breaking down that body as well. So that is commandment number one that your mind is your worst enemy and your greatest weapon.

So learn how to master that weapon. Commitment Number two is your best. Defense is a strong offense. So you do not want to wait for their attack thinking that you could block it. So this is one of the problems with a lot of martial arts systems out there is that they teach you blocking? I'm not a fan of blocking. Now there are ways to be able to avoid getting hit. There are ways to be able to, if somebody is going to be striking you, there are ways that you can keep that from doing damage, but you don't want to think in terms of blocking. So a lot of martial arts systems the person in front of you that your training with goes to punch you and you block it and you counter strike. It's wasted energy there. This is again where people get their tight whiteys in a wide here and they start to know I could well, listen, action is always going to be faster than reaction. So you don't want to wait to find out if this person is going to strike you or not?

Okay, your best defense is to think offensively and that you're going to destroy this person in front of this kind of goes back to your mind. Being your greatest weapon, you have to know in your brain that you could destroy this person and you need to think offensively if this person is absolutely going to attack you, Which brings me to commandment number three. You have to know when you're actually in a fight. You have to know when you're in a fight, and this is one of the biggest problems that I see with most people when it comes to being able to defend themselves in any sort of an attack. In fact, we've done. I've done, I think, a few different podcast episodes on this topic about this. When do you make that mental switch in your brain? Most people don't realize when they're actually in a fight when there is no out when the person in front of them is going to strike them. There are some surefire signs of when somebody is going to strike, but most of the time you can figure it out well ahead of time before their body even shows it. This is one of the things that we talk about in our defeat. Larger Attackers DVD where you can watch this video. It's a street fight video. I think we've got the website up now over a defeat. Larger Attackers. Com. But there's a video there that happens where you can really watch how somebody and it's a big person that is getting basically wolf don by somebody who is larger than them But the person



that is being targeted is also a pretty big guy. And you can see the mental breakdown here, the person that they don't realize that they're actually in a fight long before this fight ever happens, you have to be able to spot the signs of an attack and know when it is actually that person in front of you when you realize that there is no out and you are gonna have to fight. Okay, so you've got to know that most people don't go watch that video and you'll see exactly what I mean. All right, Commandment Number four is you never want to telegraph your attack. You wanna use the element of surprise. Now, one way to do this is toe. Have your hands up in a submissive gesture. So you want to make sure that the person in front of you that is the aggressor sees that you don't wanna fight. In fact, one of the things that we talk about in our DVD on how to defeat larger Attackers is to yell out as especially if it's a public area that you don't want to fight. You wanna look like you do not want this person to attack you and you don't want to get hit and you don't want to fight them. Now, this is going to do a couple of things. One is going to show people around you that you don't wanna fight.

So if the fight happens and if you end up destroying this person, when the police come and they're taking reports people around you are going to say, Hey, look, this guy didn't wanna He didn't want to fight. Yeah, the guy's got a broken leg and he's missing an eyeball. But, you know, the guy that beat him up said he didn't want to fight and he had his hands up like, Look, I just back off. I don't want I don't want to fight you. So one thing is gonna help you is legally but the second way is that it's going to give you the element of surprise. So if this person doesn't take the the the the, uh, the out from you to basically give him a respectful out and be able to defuse the attack and they decided that they still want to fight, well, it's going to give you the almost right because now they think that they like you're not going to fight back. Alright. But when you see that they are not taking that out that you've given them, that's where we come to Commandment number five, which is you need to strike first. Now it's command number four that is going to help you be able to do that because you're gonna have the element of surprise. And even though you're the first one to strike that person, you're gonna be able to tell the police when they come to mop up the body there that you didn't want to fight. You told him you didn't want to fight, but he was still going. You were in fear for your life. You have You felt like in order to defend yourself you had to strike this person first. So and you do want to strike first. As we said, action is always faster than reaction. You don't want to think defensively. You don't want to defeat yourself there. Your best defense is that strong offense. So strike first. Don't wait for the first punch. Don't think you can block it the once the most of the time the first person who throws



the first blow is going to be the one that's gonna win the fight. So don't you want to be that person, Especially when it comes to defending yourself? Especially if your loved ones air with you? Okay, Alright. Commitment Number six is you need to strike hard now. Hard is kind of the operative term here, but it can mean either you do need to strike them very hard with as much power as you can. Of course, you want to be able to do that. But it can also mean that you are striking a target that will have an effect on them that is going to have an effect on them. So basically, if you think about just punching somebody and you striking them like most people are just gonna try and do a haymaker punch straight to the face or to the head. But is that really the best target for you to be able to strike?

You can see any sort of straight street fight videos that are out there of people that are striking away at the face in the head. And nothing seems to be happening to the other person, especially of this person, is bigger and stronger than you. The head is designed to take blows. It iss Okay, so you need to be able to hit at a target that is going to have an effect on that person that is going toe. Either take their balance or be able to knock them out in one strike. And, yes, that is a possibility. Okay. Or it can also mean that you're striking with a body weapon that has the most power. It doesn't necessarily have to be punch. We're gonna talk about that here. But you do want to strike hard. You you do wanna have an effect on their body and being able to making sure that everything that you do is getting you closer to ending that fight. All right, Commander number seven is you just strike repeatedly. Strike repeatedly. So just is with a handgun. You never stop shooting until there is no more threat. You don't just shoot once at the person that's charging at you. You're going to keep shooting until there is no more threat there. You're shooting to stop the attack. Well, the same thing goes when it comes to hand to hand combat.

You want to keep striking this person repeatedly until they're no longer a threat there either. Knocked out. They're down on the ground on unable to fight back. You need to make sure that you continue the attack. You don't just punch them once or strike them once or kick them once and say, Hey, man, back off. I don't wanna fight you anymore. If once you pull that trigger in your brain that your you have that your defense is on the line here and that your life is on the line, that you have to fight back, you don't stop striking that person until the fight is over. Now, if they're knocked out unconscious on the ground, you don't keep striking them in the head. Okay? You just go until there is no more threat. Okay, Commander Number eight is never punch. Never punch. Okay,

now, this is one of this is what? Those areas where I know. Listen, I have a YouTube video that has about 15 million views on. It went viral because I told people ah, years back, you never wanna punch in a real street fight, and I stand by that. And like I said, this this video went viral for a reason. Because there are a lot of people out there to tell me. I have no idea what I'm talking about. Look at boxers out there. People know how the box you can. You know, I I punched a person. I punched this person and they got knocked out. Listen, go ahead and do that. But as I said, the brain most people are punching away at the head, right? So most people like or the head is designed to be able to take a blow like that. Okay, The brain is a very fragile thing. And so it z packed in this fluid, and it's got this hard structure around it.

And if you ever punched a brick wall or in anger or something like that, you could easily break your hand. You could break your fingers, you break your break, your knuckles or you know what? You're gonna break something there or you're gonna have a swollen fist. You might not even feel at that time. But if you lose the structure in your hand, then you're not. You're potentially not going have the ability for follow up strikes for striking repeatedly. Now there are boxers. Mike Tyson has broken his hand. And those air those times where he actually had his hands inside of boxing gloves. And think about that. Boxers? Yes, they are punching. They learn how to punch, but they use padded boxing gloves out there. Okay, if you look at some of the old style mm A Before they were really using any sort of padding on their on their hands, and it really was bare fisted. The best Attackers out there like boss routine, oftentimes use palm heels and things like that for strikes so that they didn't lose the structure of their hand. If you break that structure that you've got in your fist now, you're potentially not going to be able to follow up with any other strikes using that fist. But for those of us out there that do carry ah, weapon of some sort, like I carry a handgun with me. If you lose the structure of your hand to be able to close your close your hand or be able to get to your weapon and use that weapon. Well, that's a serious disadvantage. You have that you have.

So when I sakes strike first strike hard strike repeatedly. The strike could mean a kick. It could mean an elbow. It could mean a hammer fist and Ah, Hammerfest. But it shouldn't actually be your fist with your knuckles, as most people are taught in martial arts. Now listen, I've battled this out even with my own martial arts instructor and problem a guy and everything else, right? So listen, I get it. People are have a very, um uh very. They're very opinionated about this. I stand by it for the same purposes that I



just told you and I talk about in that video and I think we'll probably have a link to that video. You go check it out yourself in. The resource is here for this podcast episode. Alright, alright brings us to commandment number nine, which is every attack is a multi attack. You need to make sure that you understand that that person that you're fighting in front of you after you beat them, that is not going to be the only person that you're gonna have to fight this may or may not be true in the actual encounter but you can't afford to be basically blindsided by another attack by somebody else that is close by now. That could be a gang situation where you are in a street attack or somebody comes out to basically out of the shadows and out of the parking lot, and you're able to beat this person up. But it was a gang related tax. Somebody was waiting in a car, their for their person to get your wallet and then take off. You don't know if that person if there is somebody that is a co conspirator in that crime itself, you also don't know if it's a restaurant or a bar situation or, uh, similar scenario like that.

Somebody's friend might see you beat this person up or you're already attacking them and in the process of beating them up and winning the fight. And then somebody comes out of nowhere with a kick to the to your coconut because it's a friend of theirs. It could even be somebody that thinks that you're the aggressor. It could be an innocent bystander that thinks that you're the person who was the aggressor and trying to attack this person and beat them up, and they might come in to save the day, not realizing that you're just defending yourself in any. In any case, you need to assume that every attack is a multi attack, and you need to expect the unexpected. So if that person is down there in front of on the ground and you beat them up, you need to look around just as we teach. When it comes to firearms training, you need to be able to look around you and see. Is there somebody else that looks like they're going to attack you? There's somebody heading your way. You need to do this, understanding that there might already be a punch headed your way. So you need to make sure that you do cover up that you are looking around, see what else is around you, and you do not want to stick around to admire your handiwork. You want to get out of Dodge because you don't know in that person's. If somebody went to go tell that person's buddy Hey, your friends getting beaten up, you don't know how much time you have to be able to stick around that you don't wanna wait around for that person for that buddy to come out there and say,

Hey, which guys? It And somebody points at you. And now you're in another attack. Don't stick around to admire your handiwork. Just get the hell out of Dodge. Call 911

Call the police and be able to tell them you Hey, listen, I was attacked. I'm getting out of there. I don't know if this person has buddies or not. It was at this location. You wanna be able to report it there? You don't want to leave the scene, so to speak, without sort of making sure that you're on record as saying, Hey, look, this person was attacking me. I was in fear for my life. And you don't know what happens in this to this person that you just left behind. Bleeding. Okay, okay. Brings us to commandment number 10, which is you can't karate chop a bullet. It's a fact, folks, you can't Karada type of bullet multiply force whenever you're able. Look to first of all, carry a weapon, if you can. Whatever you are comfortable carrying you Should I carry a firearm? Because I don't want to take on, um 10 gangbangers in a parking lot with nothing about my fisticuffs. Alright, I'm going Thio, multiply my force as much as I possibly can. And the best way to do that is with a firearm. I also carry other backup weapons with me as well. I do have a knife illegally carried knife on me.

I carry other weapons, but I make sure I know that I might not be able to get to those weapons. It could be a situation where I am attacked an ambush in a parking lot and I don't see the attack coming. Well, my gun is gonna help me unless I can get to it. But when I can get to it, I'm going to have it out. If I'm in a fight, it's because I thought my life or my my safety was in jeopardy. So I'm justified to go to whatever level of force that I possibly can. I'm not going to fight unless I feel like my life is in jeopardy. And therefore because first of all, I can tell the police I could tell the police that I've seen people in real attacks. I know how, how, how fragile the human body is and how quickly somebody could die in a an unarmed attack. And so I don't know if this person has people that are waiting for me in the shadows. I don't know if this is a multiple attack fight, so if I am literally attacked with somebody with their hands, I'm not going to assume that this is just one person. I could beat them All right, so you need to understand the legalities of it. But I'm going to go to my weapon when I can to be able to protect myself after I've been attacked. So I'm going to get to my gun as quickly as I can or some other weapon. So you need to understand that your hands, no matter how trained you are in a martial art or combative system, I don't care, have a weapon that you feel like you are comfortable carrying and learn how to use it. All right, All right.

Those are my 10 Commandments of self defense. I want to hear yours. We should actually have our, um, episodes up now where our system for commenting should be available now on our new website over warrior life dot com. So look for this product podcast episode. Um, if you got it in an email, it should take you directly over there. So

make sure that you are on our email list that you're getting this, uh, getting our our information out. There are training information I want to hear. What are some other things that I missed in my in my commandments? Alright. What are the foundational things for self protection that you feel everybody must understand? Please leave a comment. I'd love to hear from you over at our website at war life dot com until our next warrior life broadcast Is Jeff Anderson saying, Prepare train and survive.