

Course on Self Defense against the Most Common Attacks Has Been Launched

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CodeRedDefense.com, a self defense education website, created a complete instructional video on how to defend against the most common attacks. The video focuses on using the best defensive techniques to overcome the most frequent type of attacks on the street. The video is designed for anyone looking to learn effective self defense skills.

It can be frightening to walk alone at night and sense someone approaching rapidly. The instincts of a person can send a strange vibe with a feeling that something bad is going to happen. This particular situation is something that can leave many people terrified.

Unfortunately, when a person with no prior self defense training senses that something is wrong, he has more chances of ending up being victim of a crime.

On the contrary, a person who is prepared in advance and learns how to deal with the most common street attacks, is more likely to survive a violent encounter.

Learning top self defense skills is a valuable asset, it's like having a personal alarm system "activated" at all times of the day. A person who has the right self defense knowledge is ready to face danger at any moment and any place.

There are important elements to self defense such as body posture. The reaction to verbal and physical attacks is also crucial in a street fight. Learning how to handle these situations, will help face adversity against hard-core street criminals.

The "Common Attacks" complete instructional course created by Code Red Defense is a comprehensive video that covers everything that needs to be known about the most frequent street attacks. These attacks range from a bear hug, lapel grab, tackle, angry shoving, haymakers as well as the defense against a sucker punch.

The course is offered in two formats, a "digital download" where a MP4 video file can be downloaded on a computer to watch at any moment or a "streaming video format" that can be viewed on any device (computer, phone or tablet) for a specific amount of time.

The self defense video can be viewed by clicking the following link:
<https://www.codereddefense.com/products/common-attacks>

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