

The Secret Skills Of An Ex Idf Special Forces Operator That Will Keep You Safe

As a former member of the Israel Defense Forces (IDF) Special Forces, I've learned a lot about self-defense and survival. I've been in some pretty dangerous situations, and I've had to rely on my training to keep me alive.

I'm not going to share all of my secrets with you, but I can give you a few tips that will help you stay safe in a dangerous situation.



Prepared: The 8 Secret Skills of an Ex-IDF Special Forces Operator That Will Keep You Safe - Basic Guide

by Roy Shepard

★★★★☆ 4.2 out of 5

Language : English
File size : 5058 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 103 pages
Lending : Enabled
Screen Reader : Supported



1. Be aware of your surroundings

The first step to staying safe is to be aware of your surroundings. Pay attention to the people and things around you. If you see something that makes you uncomfortable, trust your instincts and get away from there.

For example, if you're walking down the street and you see a group of people arguing, don't get involved. Just keep walking and stay out of harm's way.

2. Be confident

Confidence is key when it comes to self-defense. If you believe in yourself, you're more likely to be able to defend yourself against an attacker.

There are a few things you can do to build your confidence. First, practice self-defense techniques. This will help you feel more confident in your ability to defend yourself. Second, surround yourself with positive people who believe in you. Third, set realistic goals for yourself and achieve them. This will help you build a sense of accomplishment and self-confidence.

3. Be prepared

One of the best ways to stay safe is to be prepared. This means having a plan in case of an emergency.

For example, if you're going to be walking home alone at night, make sure you have a plan for what you'll do if you're attacked. You could carry a pepper spray or a whistle, or you could walk with a friend. Having a plan will help you stay calm and collected in a dangerous situation.

4. Use your voice

If you're being attacked, don't be afraid to use your voice. Yell for help, or tell the attacker to stop. Your voice is a powerful weapon, and it can help you scare off an attacker.

For example, if you're being groped, yell "Stop!" or "Get off of me!" If you're being robbed, yell "Help! I'm being robbed!" Your voice will help draw attention to the situation and scare off the attacker.

5. Fight back

If you're being attacked, don't be afraid to fight back. Use your fists, your feet, and anything else you can get your hands on to defend yourself.

For example, if you're being punched, try to block the punches with your arms or your legs. If you're being kicked, try to grab the attacker's leg and pull it away. If you're being choked, try to break the attacker's grip by squeezing their fingers or biting their hand.

6. Get away

If you can, try to get away from the attacker. Run to a safe place, or call for help.

For example, if you're being attacked in a parking lot, try to run to your car or to a nearby store. If you're being attacked in your home, try to get to a room where you can lock the door.

7. Report the attack

If you've been attacked, it's important to report the attack to the police. This will help the police catch the attacker and prevent them from hurting anyone else.

When you report the attack, be sure to provide the police with as much information as possible. This includes the attacker's description, the time and location of the attack, and any other details you can remember.

Staying safe in a dangerous situation is not always easy, but it's possible. By following these tips, you can increase your chances of staying safe and getting away from harm.

Remember, the most important thing is to be aware of your surroundings and to trust your instincts. If you feel like something is wrong, get away from there and call for help.



Prepared: The 8 Secret Skills of an Ex-IDF Special Forces Operator That Will Keep You Safe - Basic Guide

by Roy Shepard

★★★★☆ 4.2 out of 5

Language : English
File size : 5058 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 103 pages
Lending : Enabled
Screen Reader : Supported





Fierce Attachments: A Memoir by Vivian Gornick - A Journey of Self-Discovery, Love, and Loss

Vivian Gornick's *Fierce Attachments* is a powerful and moving memoir that explores the complexities of female friendship, love, and loss. With unflinching honesty and a keen...



Primer for America's Favorite Wilderness: A Comprehensive Guide to the Great Outdoors

In the vast tapestry of the American landscape, wilderness areas stand as beacons of unspoiled beauty, offering a sanctuary for wildlife and a...