

Forum:[Hack Forums](#)

Thread: [Women's Self Defense Tips - Self Defence for Women Safety](#)

Tintin - December 28, 2019, 6:17 am

MP4 ? Video: AVC 1280x720 ? Audio: AAC 44KHz 2ch ? Duration: 1 Hour ? Lec: 17 ? 1.12 GB
Genre: eLearning ? Language: English

Women's Self Defense Tips - Self Defence for Women Safety

Quote:Self Defense for Women in The Modern World. Protect yourself and Learn Some Moves.
Don't be a victim! Feel safe again!

This course is simply the ideal course to learn guard in a brisk, simple and straightforward way. Practice the substance we show you in this course, and you'll have a useful aptitude in a matter of a couple of hours. The course is displayed in an unmistakable and brief technique with point by point data. The procedures we show you in this course are the center standards you NEED to know in self preservation.

We won't show you convoluted procedures and favor developments that just don't work. This program was composed and actualized for ladies' security around the world. The main issue to our course is that it is intended to spare lives and give every understudy a true, work, usable, repeatable ability.

Our program is tied in with understanding the flow of vicious violations against ladies, the study of human life systems, and giving you an answer through natural, high use procedures and strategies that anybody can do.

Download: [https://drive\[WARNING POSSIBLY INFECTED\]google.com/drive/folders/1m_tTW7CfS2oPSIFVgKVEqIBGnF1F3jR9?usp=sharing](https://drive.google.com/drive/folders/1m_tTW7CfS2oPSIFVgKVEqIBGnF1F3jR9?usp=sharing)

Content is 17 vídeos, nothing more, nothing less.

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LoremIpsum - December 28, 2019, 6:18 am

No woman here, nor do I need any lessons to defend myself. I do want to thank you for sharing something beneficial for the ladies among the HF members! It's something different, yet great for some who might have issues with being assertive or aggressive when necessary.

Tintin - December 28, 2019, 6:23 am

(Dec 28, 2019 07:18 AM)LoremIpsum Wrote: [\[CITE\]](#) No woman here, nor do I need any lessons to defend myself. I do want to thank you for sharing something beneficial for the ladies among the HF members! It's something different, yet great for some who might have issues with being assertive or aggressive when necessary.

Just for your lady friends then ?

On a side note, it would be interesting to see how many female members we have on HF.net

LoremIpsum - December 28, 2019, 6:27 am

(Dec 28, 2019 07:23 AM)Cortisan Wrote: [\[CITE\]](#) Just for your lady friends then ?

On a side note, it would be interesting to see how many female members we have on HF.net
The last lady friend I've seen fight, made me feel sorry for the other girl. We men fight with fists and kicks, but girls pull hair, smack, grab, scratch and all that stuff. This been said, I still think the course is always good for women to check upon.

bevc - December 29, 2019, 4:33 am

I heard a guy on a podcast who is a celebrity bodyguard, author and expert on violence, and he said that one of the best pieces of advice he can give a female if she is ever accosted by a male, is that the attacker will likely tell her what he really DOESN'T want her to do, so whatever it is, do it. In other words, if he says 'Be quiet', then she should scream her head off. If he says 'Don't run', then she should run. If he says 'Don't fight', then she should fight him as hard as she can.

It was very interesting anyway, I told the wife to pay attention.

XperienceMe - March 11, 2020, 7:45 am

The world is changing and becoming more unpredictable. As such, self-defense training is must for every woman's to-do list. Due to upward crime graph against women, self-defense training is not only required but also suggested, so that they can resist any kind of sexual assault as well as random attacks.

no_one - March 11, 2020, 8:18 am

I think that there is no girls and if they are, they must be capable to defend themselves. Thanks for posting, however it is useful for all members.

SIM-2263652 - March 11, 2020, 8:32 am

Why can't women defend themself against just like men? Just get a glock. Does the job for men and women alike.

superdonkeyfuntime - March 11, 2020, 9:05 am

im a 6 210 lbs muscle black dude any ladies need protection hit me up

TSLAstock3000USDez - June 20, 2020, 9:50 am

cool post, thanks for sharing man

Goods - June 23, 2020, 8:59 pm

(Dec 28, 2019 07:18 AM)LoremIpsum Wrote: [\[CITE\]](#) No woman here, nor do I need any lessons to defend myself. I do want to thank you for sharing something beneficial for the ladies among the HF members! It's something different, yet great for some who might have issues with being assertive or aggressive when necessary.

You beat me to this reply. I was like there are like .01% women on this forum, but some one could pass this info along. I appreciate you OP.

mindshift5 - October 3, 2020, 3:44 am

Damn...

The content is gone..

I don't mind if you could re-up

Thanks for sharing this

Starks - October 4, 2020, 7:25 am

I find the tips useful to both men and women. I'll certainly try out a few of them. Thanks so much for taking your time to share.

