

Disrupt

Intrigue

Click

Running is the best form of self defense right? WRONG! Why you should never run from a fight, and what you need to do instead.

Lets be honest, as a man whenever you meet someone new you go through an analysis inside your head.

“Can i beat this man in a fight.”

As men this is instantly one of the first things that pop in our head.

Not because we are bad people but because we dont know if this new person could be a potential threat.

And the reasoning to why you shouldn't run is simple.

You appear as a victim.

And the only way you're gonna prevent this situation from happening in the future is by standing up for yourself which will in return make you more respected and feared by the people around you.

Luckily for you there are 6 deadly techniques used by the Navy Seals that are gauranteed to make an attacker flee in this event.

[Click here to learn the 6 deadly techniques](#)