

I was lying on the ground, defenseless and weak, crying out for help, but nobody heard me.

This is now the second time I was beaten up when I refused to hand over my valuables.

I had finally managed to save up some money and could afford my new car. I was not about to just give them the key and let it go.

Years of hard work and discipline would go to waste in the flash of a moment, just because I couldn't defend myself.

The humiliation and dread I felt as I laid there was insufferable. Both the thugs had already left and taken everything that's valuable, but I still couldn't move out of shock.

But soon anger and frustration overtook the sadness and broke me out of my victim mentality. I promised to myself, something like this would NEVER EVER happen to me again. I knew I had to become as strong as possible, to be able to defend myself. Right there and then I knew that there would be no next time, I would lose so much, because of my own weakness.

One year later I get threatened again, but this time things are different. The first thug gets hit in the legs, which makes him quickly fall to the ground. The other one I quickly hit in the stomach as he's heavily surprised. This gives me the occasion to run away and leave the evildoers in their disbelief, without losing anything.

I am so proud of myself that I took the opportunity to rise up to life's challenges and learned how to defend myself and my loved ones. It's easy and everyone can learn how to.

[Click here if you want to learn how to defend yourself quickly and effectively in ANY Situation](#)