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**5 POLICE TACTICS THAT CAN KEEP YOU SAFE**

These tactics are commonly used by law enforcement, they’re simple to do and easy to remember.

1. **Interview Stance** – When being approached it’s best to take an inconspicuous stance that keeps you well balanced, front to back and side to side. Simply take a step forward with your non-dominant leg. Bring your hands waist level and keep them together without interlacing your fingers. This puts your hands in a closer position to react or be proactive in self-defense.
2. **6 ft. Reactionary Gap** – This is the minimum distance allowed to keep someone at bay. At 6 ft, you can observe an entire person from head to toe and you have a greater response time should someone try to reach out or attempt a takedown.
3. **Action Beats Reaction** – In simple terms, you can be the first to act or react to someone acting first. This is crucial when it comes to defending yourself. Think, first one to punch, tackle, draw a weapon, etc.
4. **Play the “What if”** **Game** – When out in public or at home, ask yourself “what if” and insert scenario for your location then quickly come up with a plan of action. For instance, as you’re walking, ask yourself “what if someone starts to follow you to your car...” “What if while watching tv someone breaks through the front door…” “What if while at a stop light, someone tries to aggressively pull on your door handle…” Mental preparation and coming up with quick solutions are key to staying one step ahead.
5. **“If there’s One, there’s Two”** – This phrase deals with people and weapons. Whether you’re in an argument, a fight, being attacked or trying to get away from someone, always keep your head on a swivel for an accomplice. When weapons are involved, always imagine there are more than one “in the fight”.

These tactics help to prepare and increase your chances of prevailing against an attack or confrontation. It keeps you aware of your surroundings and the best part, you can start practicing these right away! Want to learn more about self-defense and tactics? Sign up for a free class and come check us out. Register at: <https://madisonkravmaga.com/free-starter-class>

Krav Maga Worldwide of Madison – 256-299-3700 – admin@madisonkravmaga.com