

# Self defence

a short guide

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## What can I do?

**Self defence** With crime on the rise and violent crime in particular jumping 27 per cent in the year 2016 that accompanied with police numbers falling considerably year on year it cannot be guaranteed that should you or someone you care about or work alongside be attacked that you will get a quick response to you. We believe it is everyone's responsibility to have a good basic knowledge of the law on self defence also knowledge of simple to apply techniques that will help you and or another too breakaway from an attacker if required.



## Self defence facts

Reported rapes in England & Wales double in year 2016

23,851 women reported rape in 2016

A 2017 report stated that over 85% of young women have experienced street harassment.

In 2016 there were an estimated 1.8 million adults aged 16 to 59 who stated that they had been a victim of domestic abuse



**If you would like to learn more about self-defence and how to protect yourself book a course with us**

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