How to Disable an Attacker

In the case of a fight, whether it's a street fight, sissy fight, or just a fun fight with a friend to see who's tougher, you will need to know how to defend and disable. This article will give you a run through of how to do it.

Method 1 If the Attacker is Running Straight at You

1. Bend slightly at the knees.
2. Wait until the person is close enough to grab their arm. **DO NOT MOVE BACK FROM A CHARGING PERSON!!!**
3. After you grab their arm, you can use their momentum to swing yourself around them.
4. Now you can easily get them in a headlock and use your weight to bring them to the ground. If it's one of those fat dudes that won't fall to the ground, use your arm to pull up on the throat (only in life threatening situations) or bite the muscle on his/her shoulder (very effective).

Method 2 If You and the Attacker Are at a Standoff

1. When they're close enough, swerve out of the way.
2. Grab their wrist.
3. **Using your thumb, squeeze on the vein.** This is very effective, and can cause almost immediate pain. Watch out for their other limbs though. They may try to strike at you. Once you've held your attacker down for a moment, release immediately and RUN.

Method 3 If the Attacker Has a Gun

1. Stand your ground until they are within reach.
2. Take a sliding step towards them and to their side, at the same time grab the outstretched hand closest to you.
3. **Yank on the hand at the same time, pivot on the heel closest to them.** You have just given energy to their charge and are able to re-direct it because of that.

Method 4 If the Attacker is a Skilled Fighter

1. They will try to intimidate you by staring and sizing you up.

Method 5 If in a Life-Threatening Situation

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2. Grab their wrist.
3. **Using your thumb, squeeze on the vein.** This is very effective, and can cause almost immediate pain. Watch out for their other limbs though. They may try to strike at you. Once you've held your attacker down for a moment, release immediately and RUN.
If you're good at it, try to give them a stare that is filled with "rage" and "hatred". If you do it right, this may freak them out and they may just walk away before anything happens. Don't overdo it though. try to practice an evil stare on friends and family before actually doing it for real.

Method 3 If the Attacker is a Skilled Fighter

1 Go for moving in quickly and punching the stomach, groin, or thighs, then get away. If you get injured doing this, try to ignore the pain and keep fighting. In a life threatening situation, you should have enough adrenaline running through you to do this.

Method 4 If the Attacker Has a Gun

For more information on this scenario, see How to Disarm a Criminal with a Handgun.

1 Tell the attacker he can have your wallet. As you reach for it grab his wrist just after moving out of the line of fire.

2 Hit the elbow joint as hard as possible with the hand that is not holding the wrist.

3 Force the gun upward.

4 The shock will probably make the gunman drop his weapon. Pick it up and aim it at him yet don't use it you want to disable him, not kill him if absolutely necessary.

5 If armed with a non lethal self defence weapon such as pepper spray, use it

6 A very very hard kick to the groin is recommended or a hard punch to the temple can either make the opponent unconscious or dead.

Method 5 If in a Life-Threatening Situation

1 Recognize the possibility that death may occur to the attacker. By doing this, you may kill the person by collapsing their trachea and cutting off their oxygen.

2 Get into close range within your opponent. Within arm's reach, is good enough.

3 Prepare some methods to block his throws at you (thereby redirecting his punch). When close enough, if he throws a hook at you, parry or block it. If not, get him when his guard is down.

4 Make your hand (whichever one you prefer) into a "blade" once his or her guard is down. Press all your fingers together side by side.

5 Jab them in the throat.