

# 282: Essential Skills for Self Defense

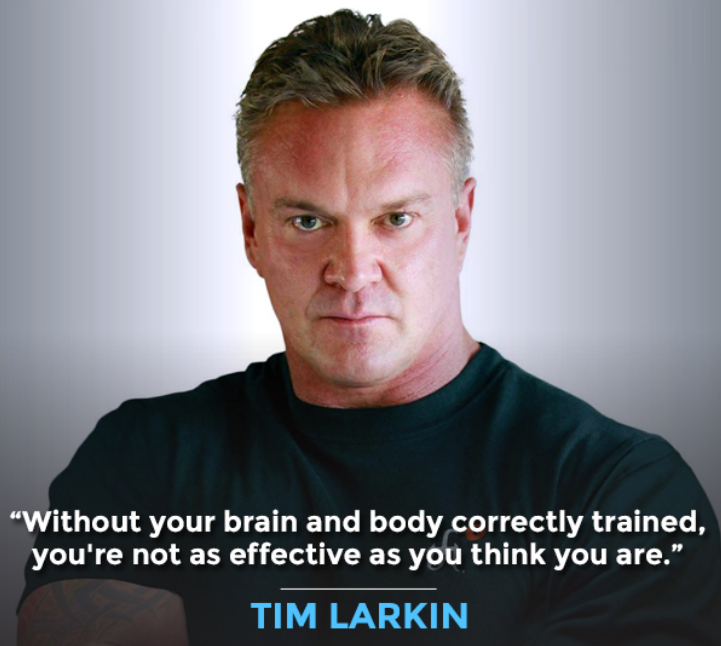
## 10 Point Checklist

**Tim Larkin**

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



**“Without your brain and body correctly trained,  
you're not as effective as you think you are.”**

**TIM LARKIN**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Take time to learn about and train in self-defense and martial arts. Martial arts are a dynamic workout that improves stamina and strength. Learning self-defense helps people prepare for unexpected situations.
- Never resort to violence. Deal with altercations as peacefully as possible. Problems can be solved through open and healthy communication.
- Practice self-discipline. People who are aware of the techniques and stances have the power to hurt another individual. Practicing martial arts and knowing self-defense is a huge responsibility.
- Never cause anyone physical injury unless it's self-defense. Knowing self-defense techniques doesn't permit me to hurt someone else. It is for my protection and not inflicting pain.
- Use martial arts as an outlet for physical fitness. It is an excellent method of exercise that can promote a healthy mind and body.
- Be aware of the red flags of a violent person. A quick loss of temper, frequent physical fighting, and verbal abuse are signs someone has an abusive nature.
- Set boundaries. Personal boundaries establish a standard of how I want others to treat me. Remind myself not to tolerate abusive tendencies. At the same time, do my best to respect other people's boundaries as well.
- Keep practicing. Martial arts and self-defense need constant training. Improve muscle memory and mental health by exercising regularly.
- Utilize apps and technology that can help me be safe. There are several programs out there that can help notify loved ones if an emergency happens.
- Check out Tim Larkin's website [www.surviveviolence.com](http://www.surviveviolence.com) to learn more about life-saving self-defense techniques.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/essential-skills-for-self-defense-with-tim-larkin/>