

## Confrontation rules

- 1) Go out of your way to avoid fighting
- 2) If physically attacked do not hesitate to defend yourself
- 3) If harassed: use the RIGHT approach
  - R**each-out
  - I**gnore
  - G**et **H**elp
  - T**rap
- 4) When defending yourself, avoid striking (except in life-threatening situations)
- 5) When applying submissions, use minimal force and always negotiate