

## PreDefence

Self defense before SHTF

<http://predefence.com>

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## What to do with a pre-emptive hit?

Categories : [Uncategorized](#), [WeaselCraft](#)

Tagged as : [fight to the goal](#)

Here's a short Southnarc video on pre-emptive hits.

Unfortunately he only touches the surface of pre-emptive hits in this video, but doesn't get to go any deeper into the topic. So while he won't break down how to tell you **should** hit someone first, there is a 30 second slot where he covers something very worthwhile.

And that is what to do **after** hitting someone pre-emptively.

<https://www.youtube.com/watch?v=lm6DU1SGXBE>

He doesn't mention it in the video, but this is directly related to your goal at that moment.

The options he gives in the video:

- Hit first as a setup/distraction to hit him harder
- Hit first as a distraction to draw a weapon
- Hit first as a distraction to run away

So what's the value of this video? Mental prep and training ideas.

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**Mentally** you need to know [when and why](#) you'd hit first, you need to know [how to do it](#), and you need to [know your goals](#) so you know what to do after hitting him.

**For training**, now you have three different things to practice: When you hit your training partner/bag, continue hitting him until you can escape; Hit your training partner and then draw your weapon; Hit your partner and run away.

Aside: It's not Southnarc's fault for this being a less-in-depth video. It seems to be for a TV show for armchair warriors to get their dopamine fix and [feel like they've accomplished something without having to take any action](#).