

PreDefence

Self defense before SHTF

<http://predefence.com>

High heels? Almost always "no"

Categories : [Uncategorized](#), [Women's Self Defence](#)

Tagged as : [muggingwomen's self defense](#)

I have no problem with high heels - for the right occasion.

Which basically boils down to anytime you can pretty much guarantee that you won't go near any [fringe areas](#).

If you think you might need to leave the prince's ball and nip past the shop, then high heels are not the footwear for right then.

Patented PreDefence ponderings on people-carriers (shoes)

Why am I against high heels almost 100% of the time?

Simple, my thoughts on shoes (superseding fashion and style) begin and end with this:

Don't wear anything you can't run away in.

Why? Because you never know when you may have to outrun a Bad Guy.

Need smart shoes for work? Need casual shoes for the pub? Need shoes in your team's colours

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for the game Saturday? Wear anything you like, just so long as you can run in them.

Gee, I wonder what made me think about this?

[AU PAIR STABBED TO DEATH AFTER SLIPPING IN HIGH HEELS](#)

Not to profit from some poor lady's death - but other women should read [THIS](#) to help them avoid a similar fate.