Yoga for Self-Defense

Safecore Defense — PROTECT YOURSELF. STAY SAFE.

Self-defense is not only about what you carry. It is about how you move, how you breathe, and how aware you are. Yoga trains all three.

These ten poses build balance, flexibility, calm breathing, and body awareness — the same things that help you stay on your feet, move quickly, and think clearly if a situation turns bad. You do not need to be flexible to start. You do not need a mat. A clear patch of floor and ten minutes are enough.

Before you start: talk to your doctor before beginning any new exercise routine, especially if you have joint problems, high blood pressure, or balance issues. Move slowly, never force a pose, and use a wall or sturdy chair for balance whenever you need it.

The 10 Poses

Hold each pose for 30 seconds, breathing slowly. Do the full set once a day.

1. Mountain Pose — Stand Tall, Stay Grounded

Stand with feet hip-width apart, arms at your sides, weight even. Lift your toes, spread them, set them down. Stand tall.

How it helps: this is your ready stance. A balanced, grounded stance is harder to push over and faster to move from.

2. Chair Pose — Leg Power

Feet together, bend your knees and sit back like you are sitting in an invisible chair. Arms reach forward or overhead.

How it helps: builds the leg strength you need to push off, run, or hold your ground.

3. Warrior II — Strong and Steady

Step one foot back about four feet. Bend your front knee, arms out wide, gaze over your front hand.

How it helps: opens the hips, strengthens the legs, and trains you to hold a strong, wide stance while staying calm.

4. Tree Pose — Balance

Stand on one leg. Place the other foot on your ankle, calf, or thigh — never on the knee. Hands at your chest or overhead. Use a wall if you wobble.

How it helps: balance is the first thing to go in a surprise. Training it daily means you recover your footing instead of falling.

5. Downward Dog — Full-Body Strength

Hands and feet on the floor, hips high, body in an upside-down V. Press your heels toward the floor.

How it helps: strengthens arms, shoulders, and legs at once, and stretches the whole back of the body.

6. Cobra Pose — Chest and Spine

Lie face down, hands under your shoulders. Press up gently, lifting your chest while your hips stay on the floor.

How it helps: counters hours of hunching, opens the chest so you breathe better, and strengthens the lower back.

7. Seated Twist — Spinal Mobility

Sit tall, legs out in front. Bend one knee, cross it over the other leg, and twist gently toward the bent knee.

How it helps: a mobile spine lets you turn, look behind you, and move in any direction without stiffness slowing you down.

8. Pigeon Pose — Hip Opening

From hands and knees, bring one knee forward and stretch the other leg back behind you. Ease your hips down.

How it helps: tight hips make you slow. Open hips mean faster steps, easier running, and less chance of pulling something when you move suddenly.

9. Child's Pose — Reset and Breathe

Kneel, sit back on your heels, and fold forward with your arms stretched out in front of you. Breathe slowly.

How it helps: this is your calm-down pose. Slow breathing lowers your heart rate and clears your head — exactly what you need after a scare.

10. Box Breathing — The Calm Weapon

Sit comfortably. Breathe in for 4 counts. Hold for 4 counts. Breathe out for 4 counts. Hold for 4 counts. Repeat four times.

How it helps: this is the most useful skill in this whole guide. Controlled breathing keeps panic from taking over, so you can think and act. Practice it daily so it is automatic when you need it.

Putting It Together

- **Morning (5 minutes):** Mountain, Chair, Warrior II, Tree, Downward Dog.
- **Evening (5 minutes):** Cobra, Seated Twist, Pigeon, Child's Pose, Box Breathing.
- **Anytime:** Box Breathing alone, anywhere, whenever you feel tense.

Awareness: Yoga's Hidden Lesson

Yoga also trains awareness — noticing your body, your breathing, and your surroundings. That same awareness is what keeps you safe on the street: head up, phone down, noticing who is around you, trusting your gut when something feels wrong. The calmest person in a bad situation is usually the one who gets out of it best.

GET THE GEAR

A calm mind and a steady body are your first line of defense. The right gear is the second. Safecore Defense carries personal alarms, pepper spray, stun guns, and flashlights for everyday life — all backed by our **lifetime warranty on all products**.

Shop now at www.safecoredefense.com — PROTECT YOURSELF. STAY SAFE.