

# Video of the Best Kicks for Self Defense is Available to Watch

*Code Red Defense, a self defense oriented brand, added a short video on self defense kicks. The training video is geared to all skill levels of self defense.*

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CodeRedDefense.com, a self defense education website is offering a free video to watch on their YouTube channel. The video clip is named "[Best Kicks to Use for Self Defense](#)" and can be viewed today.

With all the craze going on about self defense classes lately, it's a topic of discussion that is not about to go away anytime soon. Many people are concerned about their personal safety and they are looking for ways to protect themselves.

While facing a dangerous attacker, one needs to think quickly on what can be done to eliminate the danger. A great way, is to strike the attacker by using kicks.

Some of the best ones to use are low kicks. Using a Thai kick can make an attacker lose his balance momentarily so that strikes can be followed to terminate the danger.

Another great kick to use as a [self defense technique](#) is the shin kick. It's an extremely effective kick to distract and incapacitate an opponent.

A great way to blend in kicks into an altercation is to strike up high using the arms and then follow through with low kicks to disrupt the thought pattern of the attacker.

By using low kicks, the attacker will most likely focus on defending his lower body, giving an opening to strike the head of the assailant when he least expects it. Adding power from the hips will ensure a strong and powerful kick.

The movements need to be performed very quickly to be effective. Like many other things, self defense needs to be practice to be mastered.

The video "Best Kicks to Use for Self Defense" is available to watch at this link:



<https://www.youtube.com/watch?v=2h-i5kVKJqI>

For additional information, please visit [Code Red Defense](#)

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