



# Force Laws: A Practical Guide to Using Reasonable Force in Self-Defence

*David J. Stroud*

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Violence can happen anytime, anywhere. If someone threatens or attacks you in the street or the workplace, what are your options? What are your rights if someone invades your home? What about if you are forced to defend your children? Most people have no idea about how they can responsibly defend themselves in a way that lets them stay out of prison. Martial artists can spend years or even decades training to perfect their skills, yet still have no idea how to apply them legally. Security operatives often work with only a vague understanding of their rights. This book, written by a self-protection instructor and frontline security operative, aims to teach UK citizens and martial artists alike their legal rights to act in a violent encounter. Inside you will learn: • Who needs to know about the law and why • What happens if you fail to act • The potential emotional, physical, and legal consequences of a violent encounter • What reasonable force means for you • Your rights in the case of home invasion • What happens if you are arrested • How to understand threat and response levels • Use of pre-emptive force • Legal use of improvised weaponry • Your options against multiple attackers • How to apply this information to martial arts training Nobody deserves to be faced with violence, but can you risk not being prepared?

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