

# Security Tips

A security conscious person would take into account the following practices:

- Pro-active defence is to prepare security:

Create security beforehand, so you are prepared.

- Advancing and withdrawing, movement and rest:

Going ahead, stepping back while moving on and taking breaks.

- Active doing - active and passive non-doing:

Do desirable actions and leave behind any useless actions.

- Non-destructive defence with applied non-aggression:

Only protective force is used, meaning no attacks. No anger = no damages.