

Discussion Questions

Topic Talk

1. Define the following words: *combat*, *vulnerable*
2. What kind of training is offered at a combat sports centre in Moscow, Russia?
3. What type of people need such training?
4. Why does the trainer pointed out using a selfie-stick to defend oneself?

Express Your Thoughts

1. Do you take a selfie stick with when you visit places or travel?
2. Before reading this article, did you ever realized that a selfie stick can also be used for self-defence?
3. In what other things do you think we can use a selfie-stick for?
4. Would you be interested to learn some selfie-stick defence techniques?
5. How essential is it to know how to protect yourself in a difficult situation?