There are always 6 ways you might choose to react to any interaction

* **Softly / Nice** Overwhelm them with sincere kindness using your voice and your actions.
* **Harshly / Mean** Be firm. Set boundaries and be unyielding. Cause pain and agony every time you touch them.
* **Misdirect** Move your opponent using leverage and body mechanics instead of relying on strength.
* **Evade** Avoid their contact. Do not let them touch you.
* **Intercept** Anticipate their actions and act before they do.
* Absorb / Deflect Position yourself to take the least damage if they were to attack and you can not get away.