One must never forget to fight all 3 battles at the same time

* Battle of the Mind-Do not deny you are under attack, the attack may be subtle, so respond in kind
* Upper body Battle-Bring up your shields (forearms) and weapons (hands and elbows). Be prepared to act instantly. Strike, grab or block, etc.
* Lower body Battle-Maintain your balance always. Control your distancing. Keep your lower shields (shins) and weapons (knees and feet) ready to move, block or strike.