

To TRTG,

My daughter and I are both students of TRTG's School of Self-defense and we have both benefited from the principles that reset mental and physical awareness. By reset, I mean that we had lived in a fight or flight mode for so long that there was an inability to trust it as every situation was an overload of instinct and intuition; yet when there's no plan for defense, all there is hope for survival.

The initial purpose for taking a self-defense course for me was to learn enough to keep from feeling vulnerable- a sitting duck, in volatile situations. I did not know how to defend myself or which situations qualified as self-defense in order to avoid legal issues. I have been in abusive and violent situations with both men and women.

Self-defense classes at TRTG have taught me that the imperial goal is to make sure you can get back home to your loved ones. Secondly, avoid fighting at all costs. This means that, self-defense is largely a mental activity rather than a physical one.

To have a solid self-defense strategy in place for yourself you must decrease the time between when a predator identifies you as a victim and when you actually become a victim. This falls under situational awareness, a key factor of being aware of your surroundings as well as identifying predatory behaviors. This is a principle taught at TRTG that Don has perfected by detailing the art of avoidance of conflict unless fully necessary to protect oneself.

Overall, the number one lesson is that everyone has nothing to lose if it comes down to a choice between your life and theirs. This was the first mistaken belief and I believe the one that changed my viewpoint about self-defense. A predator is prepared to go to the extreme, while my innate training is to be nice and reflective of how well I need to treat everyone.

Self-defense is a preemptive action that allows you to set boundaries, have a plan to enforce said boundaries and a way of escape if you are ever attacked. One thing to remember though, most victims are attacked by loved ones, not strangers. This is why it is important to be proactive rather than reactive; making it easier to avoid most unsavory situations.

Ultimately, establishing boundaries is a mental work and you can only defend yourself if you have clearly delineated boundaries. TRTG's beginner class and subsequent classes reinforce this concept by allowing one to understand that there is a prerogative one possesses over their person to not accept infringement on your personal wellbeing to the extent that you decide it has been violated. Thereby, encouraging a development of one's own circumference of personal safety that all should adhere to is determined by one's own instinct and intuition. A hard reset.

Thank you,

Sheila