

Perspectives

NOTES ON SELF-DEFENSE KEY CONCEPTS, PRINCIPLES AND STRATEGIES TO PROMOTE DEFENSIVE DEVELOPMENT

Confidence

The opposite of fear is confidence. It is the positive inversion of fear. There are two kinds of confidence; hollow and supported. Hollow confidence is a mask worn to hide insecurity. Its characteristics mimic dominant behavior - always trying to prove and establish itself. Supported confidence is built upon skill and doesn't need to be proven or asserted. On the surface both look very similar but after a closer examination the differences become evident.

Archilochus, a Greek Poet, is credited as having said, **"We don't rise to the level of our expectations, we fall to the level of our training."**



"Self-Defense is not a bundle of emotional reactions. It is a conditioned response based on our defensive education & training." – TRTG

Putting Fear in Perspective

We primarily are motivated by two things: pleasure and pain. We seek pleasure and we avoid pain. We don't fear pleasure...maybe the consequences of pleasure but not the pleasure itself. We do, however, fear the pain and the unhappiness it brings so we seek to avoid it. President Roosevelt once said, "The only thing we have to fear is fear itself," but sometimes the fear of the thing is worse than the actual pain of the thing - itself. Fear can be a *powerful* motivator.

The reasons behind our fears are two-fold: we fear what we don't understand, and we fear what we can't control. In the case of self-defense, both might be prime motivators to seek a path of personal physical training.

Those that survive events where that loss of control was overwhelming, often make significant changes in their lives that they may not ever recover from.

If your grandparents, or great grandparents experienced the great depression, it is likely it changed them in some very profound ways. The loss of control they experienced, drove them to make changes in their life that they likely never relinquished. Imagine the fear they might have felt, not to be able to provide for their family or literally have no idea where their next meal was going to come from. That's a powerful motivator.

Those who have had traumatic encounters with people who used violence against them, have experienced similar levels of fear. Many have either made a voluntary or involuntary adjustment to cope with their experience. Those who feel lucky to have survived a life-or-death situation might suddenly develop phobias about being in public places. Others may feel compelled to purchase a firearm, still others might feel that the right path for them is to take self-defense classes. Regardless, two things have *NOT* occurred. They have *NOT* increased their control over a potential future attacker's behavior, *NEITHER* are they any closer to understanding an acceptable rationality for their behavior. However, what has changed is their personal perspective and relationship to that fear. Psychology today says the opposite of fear is knowledge and understanding. Do those words sound familiar? Greater knowledge and understanding equal confidence.

The steps we took to address our fears didn't change the object of our fear. There's still a criminal out there who is intent on taking what they want, by whatever means necessary. They are still dangerous and unpredictable. What has changed is *OUR* knowledge and understanding that forms the basis of our confidence. That fear that once loomed over us, now lives in our shadow because of our education and training. Our training has given us a much different perspective and confidence level.

