

## Choking vs Panicking

The athlete who has practiced a specific shot successfully hundreds or thousands of times might, at the time when it is needed most, miss the shot. How does that happen? We say they “choked.”

Or that big test that we thought we had in the bag and then realize at the last moment we didn't. A feeling of panic comes over us and we bomb the test.

We can be overwhelmed in the moment and “choke” the opportunity or over-estimate our ability/preparation and panic in the moment that we realize we are not as ready as we thought we were.

In self-defense the stakes are too high not to be fully prepared. Practice



“Be polite, be humble but have a plan to defend yourself against everyone you meet.” – Plagiarized and paraphrased from General Mad Dog Mattis

## Anyone Can Learn to Behave Defensively

I am sometimes reluctant to even use the term self-defense because it often conjures up so many clichéd images. These images come from the internet, TV, movies, books, videos, and they usually involve fighting.

Once, as I was describing to someone what TRTG is about and what we do, they said, “Oh, you teach people how to fight.” I paused and said, “We really don't. We teach people how to avoid fighting.” Even when we have no other choice but to physically engage, we still don't teach “fighting” as the proper response.

Fighting is a physical contest over a point of contention, where the prevailing view is determined by the last person standing – the winner. Our objective is NOT to win but to stop the attack and escape with minimal physical impact.

Self-Defense is very different than fighting.

Many are reluctant to undertake self-defense because frankly, they don't see themselves as being able to physically defend themselves. However, the most effective technique is not some special move

That may seem like an insultingly oversimplification, but it involves a very real set of skills, where we become skilled at knowing how to identify threats and avoid situations.

TRTG breaks down self-defense into 5 components...4 of which involve no physical engagement, but all require a level of skill to execute.

**Predictive Avoidance** (making good decisions), **Environmental Awareness** (threat identification), **Behavioral Indicators** (reading rooms and people), **Situation De-escalation** (lowering the temperature and buying time) and lastly if we are “there” and can't avoid it... **Physical Engagement** (IPTA – Intense Physical Targeted Action).

No system or philosophy is 100% effective. Not everyone views self-defense the way we do. We may not be the right fit for some students. Our approach is an unassuming, concealment oriented, quiet confidence, hiding in plain sight, the gray man concept...but at the same time being the most dangerous person in the room (to those that want to harm us) approach.