

Perspectives

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

Ability vs Capability

Everyone has an ability to defend themselves in one way or another. That doesn't mean everyone has the same equal ability to defend.

That ability to defend might heavily focus on our ability to be aware, foresee danger developing and summon help. Others might be able to defend in different ways by developing their own barriers and still others might be better able to defend physically if need be. It's all still personal defense.

The most effective weapon we can carry with us, is our mind.

There's a difference between ability and capability. A defensive mind is a capable mind. Our bodies might be able to defend but without that capability, their effectiveness is greatly impacted.



"We can't outsource our safety. The only real defense against unprovoked violence is a prepared individual with moral clarity, purpose, and the skill to act." – TRTG

How We Think About Violence

It's getting scary out there. Violence is pervasive in our community. It's just not gang-related criminal activity, it's the frequent deployment of physical violence to solve ordinary problems.

Citizens who seemingly have no ability to keep their emotions in check during an argument over some perceived slight. We have seen several instances of graduation fights between families at the end of this school year. Physical altercations have erupted in other public places as well over some act of perceived or actual disrespect.

There was a time when the use of physical violence required a much higher trigger point over a much longer period of time, but now it seems like the time leading to physical violence is much shorter than it used to be. Instead of going 0 to 100 in minutes, it now seconds and getting shorter.

For some it might be related to a mental illness. For others it might be something more internal about their core values – losing that internal voice that we call a standard of behavior. If that voice, that lives in the frontal cortex, has been silenced, then there's

nothing holding them back. It's a pure animalistic mid-brain response.

It's not confined to any specific segment, but it starts with the individual. It seems everyone abhors the violence, but someone else that needs to act.

It's not a problem we can hire to fix. Individual people must be willing to step up and commit to be a member of a society that is repulsed by violence.

Recently Ex-FBI Director James Comey made the statement, "I am against all forms of violence." He's either lying or didn't think about what he said. He is not. We are not.

Violence can be justified or not justified (criminal). Violence use to preserve or save a life is certainly welcomed when delivered responsibly.

TRTG's mission and vision is to be a part of a community capable of personal defense with moral clarity, defined purpose and disciplined skill to counter unprovoked violence.

That's Our perspective. 

