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## Perspectives

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



"Believing ourselves to be good without the capacity to be dangerous is, defensively speaking, a label without a standard or reference. It means nothing" — Paraphrased from Jordan Peterson by TRTG

## The Southern Problem

Northerners get a bad rap, but you never hear the term "northern hospitality", but we all know about southern hospitality. We were raised to be kind, respect our elders, to share what we have with others etc... but that can be problematic in certain situations. TRTG calls this the "Southern Problem."

That niceness is so ingrained into us that it can make us hesitant to take a proactive role in our defense.

When our instincts are telling us something is wrong and we are just not comfortable with a situation, its ok to use commands like STOP! GET BACK!, DO NOT COME ANY CLOSER! Mom would approve.



## Managing Our Personal Space

Now that the holiday season is here, it's also the time of year when thieves see a target rich environment. When we are out in public, we can't control who else is out there with us, but we do have some control over how close we let people get to us. Managing our personal space is something we all need to practice and consciously think about.

The problem is that right now, especially right now, just about everyone believes in the magic of Christmas and Thanksgiving. It's a time where we are mostly on our best behavior. We are thinking of helping others and want them to have a great holiday too.

However, there are those who do not share our holiday spirit, who will go on robbing, stealing, carjacking, shooting, and murdering.

It's sad to have to even say this or write about this, but we need to consider our security just as much as we plan the sequence of the stores we visit.

Whether you are shopping alone or with a group, it's not unreasonable to **form a game plan about your security**. Review the pitfalls, what to look for, what to do if

Knowing what to do ahead of time puts more control and security in your corner. It increases the likelyhood of your safe shopping experience.

Always keep your head up and eyes out. Know what's between you and where you are going, and what is and who is around you.

Don't dismiss things that seem odd. Be on the lookout for things that don't make sense. You probably won't see anything obvious. It will be more subtle. Someone walking at a quicker pace or stopping suddenly for no reason. Someone raising their voice, or suddenly stop talking.

Look at people's expressions, do they look uncomfortable? Worried? Scared? Angry? Submissive – gathering themselves together, making themselves appear smaller? **What stands out?** 

There are most always warning signs that we didn't catch or ignored when we become victims. Its ok to keep people at a distance. Be helpful to the extent you are comfortable being helpful. Don't put yourself at risk because you're afraid you're going to hurt someone's feelings.