

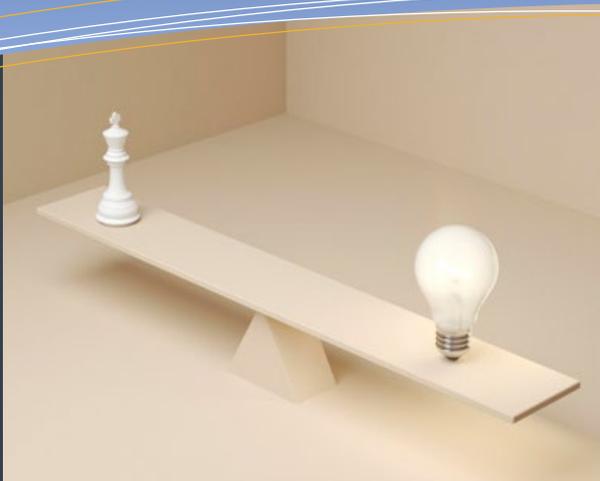
One Inch Punch

This week I sent out a video to our next level training class that meets at 5 on Wednesdays for discussion during our next class.

I asked the class to look at the video, analyze it to see what makes it work. There's no big wind up and then letting it go. Click on the link below to see the video.

<https://www.youtube.com/watch?v=93qcf30R2hY>

The point was not to learn the technique, but to learn what made it work. We need to use our energy efficiently. Its not about using big force but combining the right amount of force with an well positioned and leveraged response.



“It is more important to out think your enemy, than to out fight him” – Sun Tzu

The Greatest Self-Defense Tool

Look at almost any activity or hobby that people enjoy and spend a lot of time doing and ask them what their goal is, they will probably tell you, “I want to play better.” We join the internet forums, identify with that community, and become immersed in the culture, the language, and the activities of that community...and that is awesome. If we want to become better that's exactly what we need to do.

As we travel on our path of improvement, there will be a time when it feels like we have reached a plateau of proficiency that, no matter what we do, we can't seem to improve beyond a certain point. We spend time practicing and training, but in our mind, we start to think that we have gone as far as we can. Then that voice starts whispering in our ear, “Man you have worked as hard as you can, it must be the equipment!” And you start to weaken and think, “It has to be the equipment!”

Most of us who fish, golf, play tennis or any other sport where equipment is required to compete, succumb at some point to the idea that new or better equipment will make a difference. Sometimes the equipment we use

Is very forgiving. A mediocre race car driver will get a new set of tires on his car and what a difference it makes. The reality is that the new set of tires is covering up a lot of “sins”. The new tires haven't changed their skill level or made a difference in their technique. They still drive at the same level as they did before, but now it's just not as obvious.

Its not so different in self-defense. We can get a false sense of security when we start to purchase equipment for our defense. Whether it's a firearm, knife, pepper spray, an impact weapon or even physical training. it's never the equipment that will keep us safe or out of trouble. Instead, it's something much deeper than that. The equipment we use can complement our skills, but it will never *be* our skills. A great golfer with a good set of clubs will always beat a good golfer with a great set of clubs. Because the equipment doesn't define their skill.

The best piece of equipment we can have at our disposal is our mind and its trained ability to observe, think critically, and make a decision. Any equipment we use becomes worthless without our ability to use it effectively. Pssst...It's not the equipment.