

Our Dark Side Does Not Define Us

How far are we willing to go to defend ourselves or our families?

I don't think it's a question that can be answered until we are tested, but we can surmise objectively. Would you kill to protect your family? Would you sacrifice yourself to protect your family? Is there anything you wouldn't do to protect your family or yourself?

It's not comfortable question, but personal defense is not a comfortable concept. All we can do is our best based on what we know and our defensive ability at the time.

I have had people in seminars say., "I am not a violent person," or "Oh, I could never do that." They're right they probably couldn't, but there's a force inside of them that could - it's just incredibly suppressed. What person who witnesses the violation of someone they love who wouldn't act to stop it...successfully or not.

Violence does solve problems in some cases. It's the classic good vs evil contest. Good violence needs to defeat evil violence. Sometimes we need to look at ourselves differently.



"The parameters of the mission are set by your attachments in life, how far are you willing to go to protect them?"
– Varg Freeborn

The Dark Side of Personal Defense

I am reluctant about this edition of the Perspectives Newsletter. It's not a style in which I am accustomed to writing or publishing. It's not positive or encouraging, but it is real.

TV, movies, Videos, books, and other media has traditionally presented a view of self-defense as colorful, valiant, glorious, noble, chivalrous...almost romantic...where good always wins in the end or at least gets the last word.

At TRTG, we try to keep our vision of self-defense a little more real. Engagement is not what Hollywood might make us believe. The good guy won't always win. It can be painful, messy, physically, and psychologically damaging. It can be bloody. It can leave a devastating path in its wake. But, at times, it might be the only path available to us. The best path – the right path.

Our training at TRTG is to develop our defensive skillsets, to minimize our time spent in physical engagement. We don't want to engage physically if we don't have to...but if we do...

Our mantra is, "Nisi Fuga Furorem," it is simply translated, If not Avoidance then Fury! That Fury will be ugly. It will be intense. It's a force that resides within us, rarely felt, and rarely released.

That's the dark side of self-defense and there is no bright side. Our only goal at that moment in time is to survive, get through the gate, and get back to our families.

We talk a lot about this at TRTG. The person we show the world. That cooperative soul – the person we show to the general public – is not the person that's going to save us or defend us when faced with a threat.. It's not capable of defense.

Lurking within each of us dwells a beast, a demon of sorts, that is selfish, brutal, focused, unrelenting, and capable of great acts of violence. This other part of us that dwells deep inside, is what will emerge to defend us and engage for us. Its Ugly.

We all have this capability, and we need to recognize its power. Ironically, it needs to be a principled release of power and used not out of emotion but rather because it is the right response at the right time. It's our best chance of survival in the most extreme of circumstances. Accept the beast and embrace it for what it is.

That part of us doesn't define who we are or change who we are. We are still the good people we always want to be and strive to be. However, all violence isn't equal. Sometimes violence is the solution and when it is, it's the only solution.