

Perspectives

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

A Students Perspective

I love coaching and teaching. It's not that we have *the* answers to self-defense (no one does), but we have some answers to help keep you safe. Optimally, everyone is practicing Predictive Avoidance. It's a journey. We never ever truly arrive; we just continually grow and evolve.

One of our students recently took the time to share with us what TRTG means to her. She is an energetic professional, educated woman, who has had challenges. She takes the charge of Predictive Avoidance very seriously.

We invite you to read her thoughts on our review page.

Go to www.trtg.us/reviews and scroll down to read her story.



“The greatest victory is that which requires no battle” – Sun Tzu

Predictive Avoidance

In 2011, a book was published called Flash Foresight by Daniel Burris. The subtitle read, “How to See the Invisible and Do the Impossible.” In this book Burris laid out 7 principles that described trends in technology (at that time) that could reasonably be used to predict and plan the technological forces that might be acting on your future business.

Sometimes we don't know everything about our businesses and need help to see it differently. However, we know our own lives intimately, subjective as that view might be.

The world today seems overwhelming with all of the politics, societal changes, and the economy. Throw the impact of crime on top of that, and we could very well think we stand no chance. TRTG might not be able to address all of those things, but we can help deflate the feeling of helplessness and inflate the level of confidence that you can have with respect to your ability to defend yourself and live safer.

Society in general has to live smarter. Children innocently playing with handguns and accidentally shoot someone or worse. Kids left with mom's new boyfriend, whom she hardly knows, only for them to be

abused. A car runs a redlight and slams into a family traveling with the greenlight.

The lack of foresight that led to these tragic examples is called liability by the courts. They could have been prevented. They were all reasonably foreseeable and predictable.

Part of TRTG's methodology of self-defense is something we call **Predictive Avoidance**. It's taking the time to ask the question, “What am I doing and how will it affect my future? It's an opportunity to create and shape our environments for the best results.

What works against us is that we rarely take the time to disrupt our own thinking and behavior and question our decisions.

Should I be where I am? Will the environment be a safe environment? How well do I know the people I will be with? Am I prepared for a change in plans? Answers to these questions don't have to be a yes or no answer. They can be nuanced and amended for better results.

Predictive Avoidance is looking ahead and is using our foresight to make decisions that serve our needs, our best interests and don't put us in a tragic trajectory.