

Perspectives

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

If You Carry: the 55/55 Standard

Most defensive firearm encounters occur within a distance of 15 feet or less, depending on which source you reference. One standard for your consideration is the 55/55 standard:

Five rounds, fired at a five-inch circle, from five yards away, in under five seconds. It measures fundamental readiness.

Once that standard is consistently met, make it a 55/54 standard: -Five rounds, five-inch target, five yards only this time in under four seconds.

To increase difficulty, add a low-ready start, holster draw, or stress component.

There are countless ways to use it, but no matter what, make your standard relevant to why you train, and aligned with the kind of threat you're preparing to face.



Define Your Standard

"Compare yourself to who you were yesterday, not to who someone else is today" –

Jordan B Peterson

Live By Your Own Standard

Standards are often misunderstood. We tend to think of them as external rules or benchmarks imposed by someone else for the good of something as they see it.

Standards are, by nature, arbitrary. They define minimums, not excellence. You can meet a standard and still produce a result that does not meet the intent of the standard. If, in order to meet a standard, 10 pushups are required. Can those 10 pushups be delivered in varying degrees of quality that may or may not meet the intent of the standards? Yes, they can. The requirement of the standard was met but the purpose of the standard was not. That's the distinction.

From childhood through adulthood, we're measured by criteria someone else defined. But personal defense isn't developed by meeting someone else's expectations. It's about creating your own.

If a standard doesn't connect directly to you, your values, your goals, or your performance - the result is empty. This is why we emphasize personal standards: self-imposed goals that reflect why we undertake our training...not just what checks a box.

No one owns your ability to be productive but you. You decide where you trade your skills for compensation. In a real way you work for yourself. You choose who receives your energy, your protection, your effort. So why let someone else set the bar?

In the realm of personal defense, standards matter for measuring what you're capable of under pressure. Whether on the range, or on the mat the standard you hold yourself to determines your reliability and capability in real-world situations.

But here's to remember: Standards are not finish lines...they're not destinations.

Once met, and met consistently, the should be reset for improves performance. It's a milestone, not a destination. That's how growth works. In a critical moment, it won't matter what someone else expected. It will only matter what you're capable of.

Here's something to think about. Are you chasing someone else's standard or creating your own? Remember, no ones coming to save you.