

Perspectives

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

Memphis People Are Good People

I Uber part time as a way to decompress after a long day. I get to meet good people of all ages from all areas of Memphis. I spin the wheel so to speak and pick up riders wherever Uber sends me.

People have expressed caution in what I do, but I have never had a bad rider. I have had all kinds of different riders and had many unique conversations – but never a bad one. I have picked up riders in every community imaginable in Memphis and every one of those communities are filled and populated by good people. I have had a lot of memorable riders who have been mutually blessed during our short ride together.

99% of Memphians are good people. They are not the ones at the center of our conversations about personal defense. It's that "less than 1%" of the population that we train to defend against. Every one of us is wary of those we don't know, but we all (the 99%) want to live safe and support our city. Pass it on!



"The greatest deception we suffer, is from our own opinions" –

Da Vinci

5 Rules for Thriving in Memphis

1. **Don't physically communicate (verbally or otherwise) with other drivers on the road.** Its too risky. Too much can be misinterpreted.

Communication is best relayed verbally with attention to word choice, tone, and delivery, and face to face with accompanying body language and facial expressions. Anything less is imperfect, and incomplete.

Driving is difficult enough without having to add gasoline to the fire. Drive with the flow of traffic, avoid sudden changes, and stay aware of the other cars around you.

2. **Live concealed - Keep your emotions in check.** Most people live openly with their emotions on display. Many people make no attempt to hide them. The less strangers know about you the greater their risk to interact with you.

3. **Don't make the impersonal, personal.** Focus on what we can influence and what we can control. Anything outside of those circles does not benefit us in the immediate and short-term future. *Hide*

your pride. Don't elevate the opinion of others that differ from yours to level of personal insult.

4. **Pay attention to that gut feeling – your intuition.** Those feelings of intuition are not random. There's a reason you sense them. They may not turn out to be threats, but we need to resolve them and be aware until we confirm there is no threat.

These types of feelings occur because the subconscious has picked up on something unexpected that your consciousness has yet to acknowledge. Pay attention to those discrepancies.

5. **Live proactively, but smartly.** Participate in the activities you want to enjoy. A life that cowers in fear because of what might happen, is not a life of fulfillment. Live to be happy.

Carefully weigh planned activities that have demonstrated a risk to your safety. Find an alternative activity/location that yields the same level of enjoyment without the risk. *Live on purpose with purpose.*