

Perspectives

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

Extreme Behavior

I recently listened to one Navy Seal talk about the training they went through. He remarked that you really can't predict who will be successful and who will not make it. Guys who easily handled the physical parts broke down when undergoing the mental and emotional strain.

How we behave in extreme circumstances may very well determine our path the rest of our life.

Lawrence Gonzolas in his book [Deep Survival](#) examines the question why some people live and some people die under extreme conditions. It's their unwavering resilience and composure to be able to confront their situation.



“The key to being prepared for the unknown isn't about predicting the future, but about developing an unwavering presence and composure to confront whatever else may arise.” – Marcus Aurelius

Live Deliberately, Live Safe

Archilochus said that “We do not rise to our level of expectations; we fall to our level of training.”

It's been our general observation that men have a much higher level of confidence to defend themselves than women do.

It's a commonly held belief that self-defense is dependent on strength and the ability to generate overwhelming force to defeat our attacker. It is generally true that men are, physically are stronger than women. Perhaps this is why men are so confident in their defensive ability and women are not.

Archilochus didn't specify one sex over the other as he is quoted. His observation is about humanity in general: men AND women. Men without training are vulnerable. Women without training are vulnerable. Training isn't a guarantee of success, but it greatly increases your odds. There is always going to be random elements of circumstance and context that shape the results. Some might call it luck, but counting on luck isn't a strategy.

Regardless of where you live, the chance of any one individual facing violence is, on any

particular day, relatively low, but the chance of *someone* facing violence is virtually guaranteed. How many decisions do we make each day without a thought about our vulnerability or how we can mitigate any potential risk.

The more we experience life with no potential violence, the more we rely on history to shape our consciousness respect to our security. Eventually, with a history of no harm done, we replace thoughts of “I need to be aware” to “nothing's probably going to happen” to “nothing is going to happen” ... and concerns about safety eventually disappear.

We are not trying to create an army of alarmists but part of our mission at TRTG is to increase the awareness of the importance of being aware.

Repeatedly making conscious decisions to intentionally, purposely, and thoughtfully reduce our vulnerability helps to make the process of staying safe second nature. Without assessment, those decisions are ripe for catastrophic unforeseen circumstances, but meshed with forethought the risk isn't eliminated but can be greatly reduced. Live Deliberately. Live Safe.

