

Perspectives

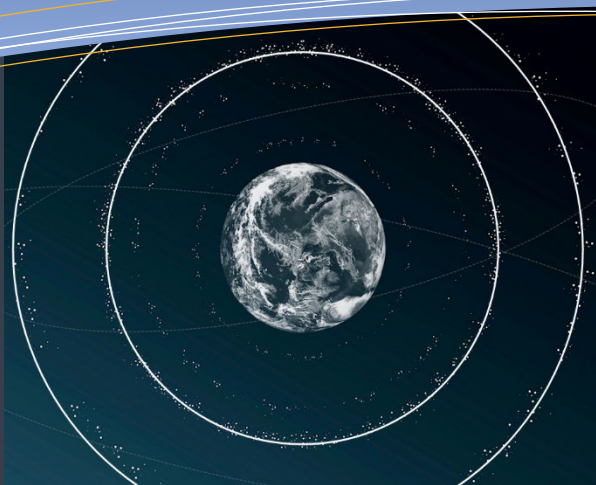
NOTES ON SELF-DEFENSE KEY CONCEPTS, PRINCIPLES AND STRATEGIES TO PROMOTE DEFENSIVE DEVELOPMENT

Don't Let Fear Control You

When our circles are breeched, its human to be afraid. A component of that fear may exist because we may feel inadequate to deal with the threat before us. It exists because we might feel a panic because we don't know what to do.

Our response to that fear might be to flee (which is not an unreasonable response) or feel paralyzed (freeze) which is probably the least desirable of the 3 three responses (fight, flight or freeze).

Our training is designed to prepare the mind, body and soul for a mitigation of fear in stressful threatening situations.



“Do not strike others,
and do not allow
others to strike you.
The goal is peace
without incident.”
– Chojun Miyagi

The Hierarchy of Relevance

Steven Covery talks about three different circles in our world and how we manage them

The first area he describes is the Circle of Control. This is the most inner circle and the smallest. It contains all the actions we can take to directly determine the outcome of things that affect us. These are the behaviors, actions, decisions, words we choose to use that impact the results of the things we experience.

The second area is called the Circle of Influence. This is the middle circle that contains all those things that can affect us but where we only have an influence and not control. These are influences we can exert by example, direct advice, participation, financially, our presence or any other interaction, we just can't directly control the outcome.

The third area is a largest circle that surrounds the other two circles. It's called the Circle of Concern. The elements of this circle are all those things that might concern us but have no influence or control over us. To TRTG this is the violent behavior of others

When it comes to personal defense there are a lot of things on our radar that are a concern to us, but we have absolutely no influence or control over...at least not until they enter our orbits of influence or control.

We can see them. We know they are out there. We hear and read about them, but for the moment they have not affected us personally. We know in a very real sense that they can enter our worlds, ...**but that's why we train.**

Our training for personal defense is in preparation for when those creep in our Circles of Influence and Control.

Our preparation is learning to influence the threats presented to us either by avoidance and/or the mitigation of that threat. We don't directly control them, but we can certainly influence their impact on us.

However, there may be times when those threats stray into our Circle of Control which requires us to take a more direct action to take charge and control the outcome. That might require a physical solution guided by the seriousness of the threat.