

Perspectives

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

Declaration is the First Step...

...but it isn't enough. We may at some point have to defend that declaration...not necessarily (but possibly) engaging with someone to do our best to make sure that the actions we take prevent or avoid someone else from violating our freedom, safety and security.

That doesn't mean 5 day a week classes with intense physical workouts. Anything we do from just merely reading to taking a class is better than doing nothing at all.

Learning to defend is a marathon not a sprint race. Becoming more proficient means more training.

Personal defense is a largely intellectual endeavor where the intellectual component is much larger than the physical component. Personal defense training coordinates your mind and body.



“The only real prison is fear, and the only real freedom is freedom from fear.” –

Aung San Suu Kyi

Securing Our Security

248 Years ago, this country took a step toward establishing our country by authoring the Declaration of independence.

Those of us who take a more proactive stance in our personal defense, have made a similar but personal declaration – that we will live freely, safely and securely pursuing the life choices we make.

We cannot rely on anyone else to realistically protect us from those who will steal, rob and murder to get what they want from us.

I recently heard someone say as a reason for their decision to take measures to protect themselves, “I am not going to let someone with a 4th grade education, tell me where I can buy BBQ.” I get that sentiment, and it wasn't about the BBQ. It was about re-declaring every day, their desire to live free in the city of Memphis and not surrendering to the gangs and other criminals that live in this city. Their choice. Their declaration.

We each have to make our own declaration.

Everyone of us live out our lives in our own way. It's not a difference of good, better, best, but it's an adaptation we have learned from the culmination of our experiences.

We have established our own personal behavioral flow to make our day go smoothly for us. It's those unwelcome challenges to that flow that may threaten our security.

We don't have to be afraid of the 99% that try to row a similar boat in a similar direction as we are trying to row - it's that 1% that live with a different set of moral standards – the predators that exist who feed on us.

How we secure our safety, security, and freedom is our choice. We can live in a windowless room with one entrance, and a loaded shotgun pointed at the door never to leave our secure environment (figuratively speaking) ...or we can constantly expose ourselves with no sense of awareness other than the obvious, with no answer to the question, “What do I do now?”

TRTG's challenge to us all is to find that happy medium between the two extremes - our sweet spot. We take risks every day. There's no way to guarantee, that we will never face a threat, but we can prepare for the opportunity to defend against that threat.

-TRTG