

Perspectives

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

TRTG May Not Be Right For You

It might sound odd that we would say that but it's true. TRTG may not be a good fit for you. You have to ask, what am I looking for.

Our instruction is based on real life scenarios that you may encounter. Our training, while we teach physical techniques based on Krav Maga, also values the intellectual and emotional components of personal defense. We want to help create a positive mindset that instills confidence in each student. In the end, the greatest product we can instill in our students is good decision making.

Age doesn't matter. Physical Health doesn't matter. Athleticism doesn't matter. If this sounds like something that appeals to you, TRTG may be the absolute right place you want to start.



“Though I walk through valleys surrounded by the shadows of death, I will have no fear because he is with me.” –

King David's Psalm #23

Why Learn Personal Defense?

There is not one universal reason why students seek out personal defense training, but that leads to a great question to ask yourself. Why am I seeking personal defense?

Obviously on the surface the answer is to live safer, protect or be able to protect ourselves or someone else, but there may be other benefits that I am also looking for.

As we look inside, what is it we want to accomplish? What difference do we want to see in ourselves from what motivated at first?

But here's the challenge, how do I begin? Where do I look? Which direction should I go? What type of training should I undertake...what discipline?

Our eventual selection might not be quantifiable. After all of our shopping for the right place, it could be for intangible reasons. It might be based on the particular style or discipline of personal defense, like a martial art. It might be weapon based or it could be a school that focuses on a more general approach to personal defense and addresses real life scenarios and solutions, or even just because you got a good feeling from what you learned. All of those are legitimate.

A specific discipline such as Taekwondo, Karate, Brazilian Ju Jitsu, Kung Fu, Akido or some other martial art-oriented organization incorporates personal defense into their curriculum. Their art is measured by the accumulation of belts of various colors signifying different skill levels. They typically have competition teams, their own terminology, standards and traditions.

Other schools such as TRTG focus on preparing for different type of scenarios, focusing on physical techniques, but also teaching skills of avoidance, identifying threats, reading environments and de-escalation. Preparing the mind and helping the student develop a defensive mindset. Physical techniques are based on a mix of combative disciplines.

Some may just want some kind of weapons training, such as a firearm, knives, stun gun, baton etc. which are taught in specific classes or series of courses to develop proficiency in those areas.

What ever you choose, ensure the direction you choose answers the question of it will aligns with your goals and aspirations for you personally.

