

Perspectives

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

"Haters Gonna Hate"

At the point when we decide to let others know of our dreams and the changes we want to make, we have already spent much time thinking it through, studying it, determining the possibilities for us.

Guaranteed there are going to be those, who "for our own good and our best interests", are going to counsel us on all the reasons why - what ever it is we want to do, won't work. If we can avoid them great, if not keep their words in perspective.

It speaks more about them than it does about you. What I hear from people like that, "I could never do that and wouldn't want to do that, so therefore I don't think you can do it.

In their mind, and maybe it's true, their intentions are pure and they just don't want to see you hurt, but none of that can be determined until its tried.



"Be the change you want to see in the world." –

Mahatma Gandhi

Nothing Changes Until We Change

When you stop and think about it, it's a little crazy. We lament the state of the world, our country, our city, or even our relationships, wishing things could be different or would change, yet many times we don't take the step to make those changes a reality.

It seems many people expect others to change their behavior to produce the outcomes we desire, but rarely do we take the first step by changing our own behavior to set an example.

There's a big difference between things we'd like to do and things we *must* do to survive or grow. We might wish for change and dream of things being different, but having the motivation and commitment to follow through requires a deeper level of determination.

The challenge of change is real, and depending on what's at stake, it can demand significant adjustments to our routines and habits. Comfort is easy - it's the default state we all love. But stepping out of that comfort zone is where growth happens. That leap can be exciting and motivating on one end of the spectrum, or it can feel painful and overwhelming on the other. The best-case scenario is when we voluntarily seek change

but being forced into it is rarely a pleasant experience.

Mindset and perseverance play a critical role in this journey. When we accept change and approach it with a positive attitude, the results can be transformative. Every small wins fuel momentum and acceleration of our progress, reinforcing the positive impact of the effort.

The ripple effect of positive change is powerful. It extends beyond us, influencing and inspiring those around us. Change generates an energy that others notice, often motivating them to pursue the changes they want for themselves.

What we sometimes forget is the sea of people around us who are cheering us on. There are genuinely supportive individuals who celebrate our successes and encourage us as we work toward our goals.

At TRTG, we don't focus on changing our students' fitness levels, per se. Instead, we aim to enhance their awareness and decision-making in self-defense situations. Defensive protection relies far more on sound decisions and commitment to our defense than on physical techniques alone.