

## Expectations of Personal Defense

What do you want and expect from your personal defense school.

Many just want to learn the physical techniques believing that they are the key to survival. Others have no idea what to expect.

If you're thinking of enrolling with TRTG, here's what you can expect.

1 Welcoming and Friendly Coaches and Students

2 A focus on conflict avoidance as well as physical techniques

3 Building tough minds with positive energy and focus

4 We do not teach fighting, but quick efficient engagement if necessary to get to a safe place.

5 Effective physical techniques based on Krav Maga.



“We help each student develop a personal defensive strategy that works for them, based on the skillsets of threat identification, de-escalation and physical engagement.” -

## Walk Toward the Light of Personal Defense

In last month's Perspectives, we talked about the dark side of personal defense - the mindset and the things we must be prepared to do to protect the lives of ourselves and our families. It's not pretty but it's necessary.

This month we look at the positive benefits of learning personal defense and participating in TRTG's program.

Having realistic expectations for our program is important for new students. Many start classes because of fear and concern of the society they live in. They get the same news we do but don't know which direction to go.

It's impossible for anyone to guarantee an outcome...but what we can tell you is that TRTG's curriculum will provide effective options that you might use to help stop and attacker or resolve a conflict.

Most students they come to us because they have no idea what to do to stop an attack. We begin by introducing concepts which begin to mold the mind and develop a defensive mindset with the bigger picture in mind.

From the very first minute of the very first class, we immediately begin to address those

gaps and questions about personal defense. By the time the first class has ended each student will take away skills and knowledge that they could use right away if necessary.

The first change they will realize is the transformation in their sense of accomplishment. They will feel emboldened and empowered. That previous fear based on lack of knowledge and skills will begin to be replaced with confidence and ability.

Long time held beliefs and myths will start to fade. The idea that personal defense requires excessive strength and force gives way to the reality that leverage and targeted action using ordinary force will be enough.

That panic, caused by a sense of being overwhelmed will begin to yield to the education and training that each student experiences at TRTG.

They will begin to see themselves in a new light and with a renewed spirit.

Even more empowering still, we teach our students on how to recognize threats and avoid conflicts through de-escalation.

We no longer need to live in fear.

