



From 0 to 60 in 2 Seconds

By Pablo Ramos

What comes to mind when we think of a survival situation? Maybe, we start to imagine ourselves in some deserted island, looking for water, food and shelter. But, what if that deserted island is right down your street, at the nearest dark alley....you probably just came from the movies with your love interest or find yourself carrying a couple of bags of groceries for tonight's dinner.

Alone and when your mind finds itself completely unaware, relaxed and full of every thought but the fact that in a few minutes you will be fighting for your loved ones or your life can be one of the most important moments to have your head in the right place. It is no surprise why most crooks are successful in their attempts, when to start with; their mind is ready, aware and has a well thought out plan of action. On the other hand, the usual citizen finds itself engulfed in the daily worries of life, far removed from the mindful mindset that should be a part of every warrior's way of carrying him/herself at all times.

So then, how can we handle life's load and always be in a state of alert or what I call "Practical Awareness" at ALL times. The answer lies in the fact that much like we learn other habits in order to become safely functional in our environment, modern times call for us to develop ways to keep ourselves and our loved ones safe from harm when whether we like to accept it or not, we step into the concrete arena. Let's talk then about the steps required to achieve such goal:

Observe: Learn to REALLY look at your surroundings. Be on the lookout for anything out of the norm

- a single person oddly standing or seating in a car, near an entrance or exit area where people are forced to go through
- a group of people blocking ANY area where you are planning to go through
- Any area that lends itself to allow someone to hide

Recognize: React to any hint that signals there is a possible weapon involved or there are hazardous materials, manmade or natural that can cause you any harm if you needed to escape

Relax: Yes, RELAX! Do not panic, that is the worst thing you can do when you recognize your life or your loved ones are in danger. This is the time to keep a cool head and recruit all of your assets, mental and physical in order to come out alive and well. Just be aware of the potential for danger but do not let nerves get a hold of your best chances for success.

Plan: Quickly compose a strategy whether you decided to defend yourself or run like hell! Make sure it is a simple, logical and practical plan of action of what you would do in a worst case scenario; this is not the time to act like Jackie Chan or neither be a victim.

Act: Once the mind is right and your plan of action is in place, like the commercial says: JUST DO IT! Do not play around or doubt yourself, immediate action is paramount if you want to come out alive. Remember the other person has already put him/herself in the right frame of mind in order to hurt you or rob you of your hard earned money. Therefore, go for it and do what you have to do.

Remember, it is very important that your technical self defense skills are up to part but all that is useless if your mind is not in the right place. Stay focused, aware and keep a warrior's mindset at all times.

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