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When we claim to teach Self-Defense, we need to remember that first we teach Martial Arts mobility and skills and lifestyle, but it's not a life insurance guarantee. Many of martial artists have died young, either because of health issues or because they challenged life and maybe without MA knowledge they would not have tried.

Bruce Lee died young, as did his son, and many other great and well-known champions have died as well while people with no martial skills have managed to live longer.

In one documentary, a guy decided he was going to trek cross the Amazon. When he started he took on a partner that in an interview before they started the journey claimed he was a survival expert. I smiled and said "he will never make it." Later on he took on another partner that claimed to be a martial art expert. Again I smiled as these two never made it a week in the Amazon. For this I said,

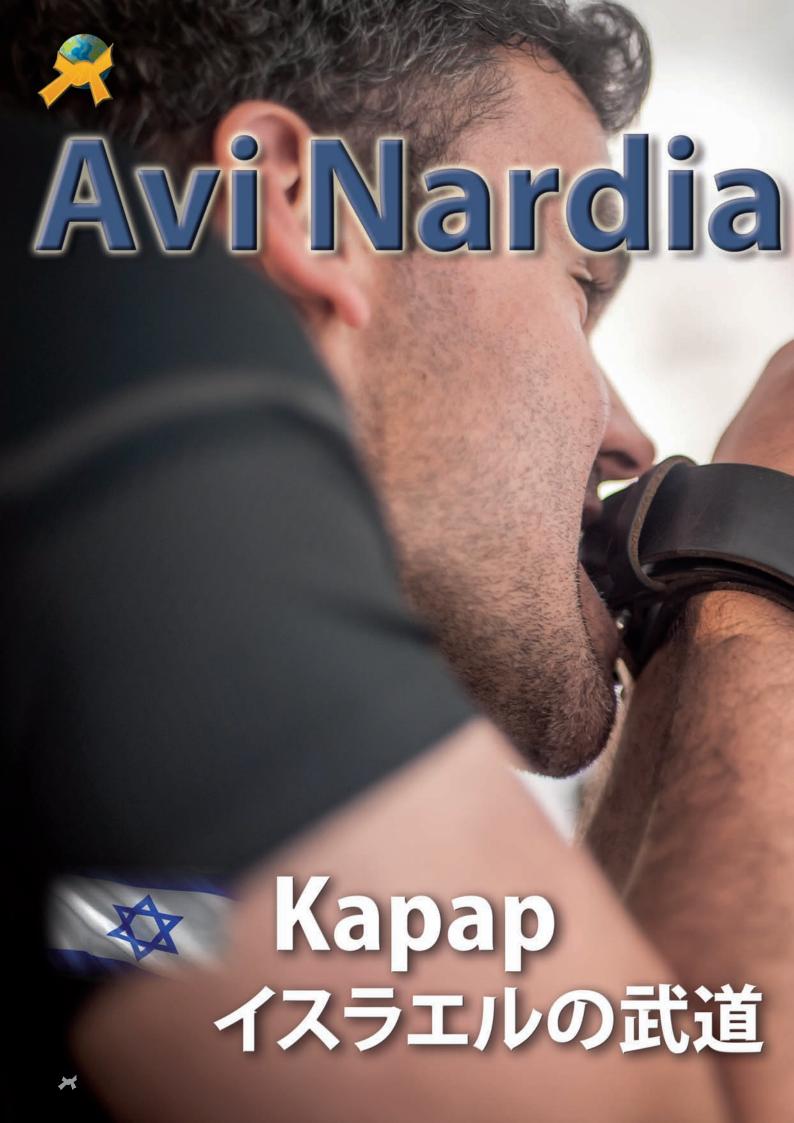
"Noah's Ark was built by an amateur, and the Titanic by an expert"

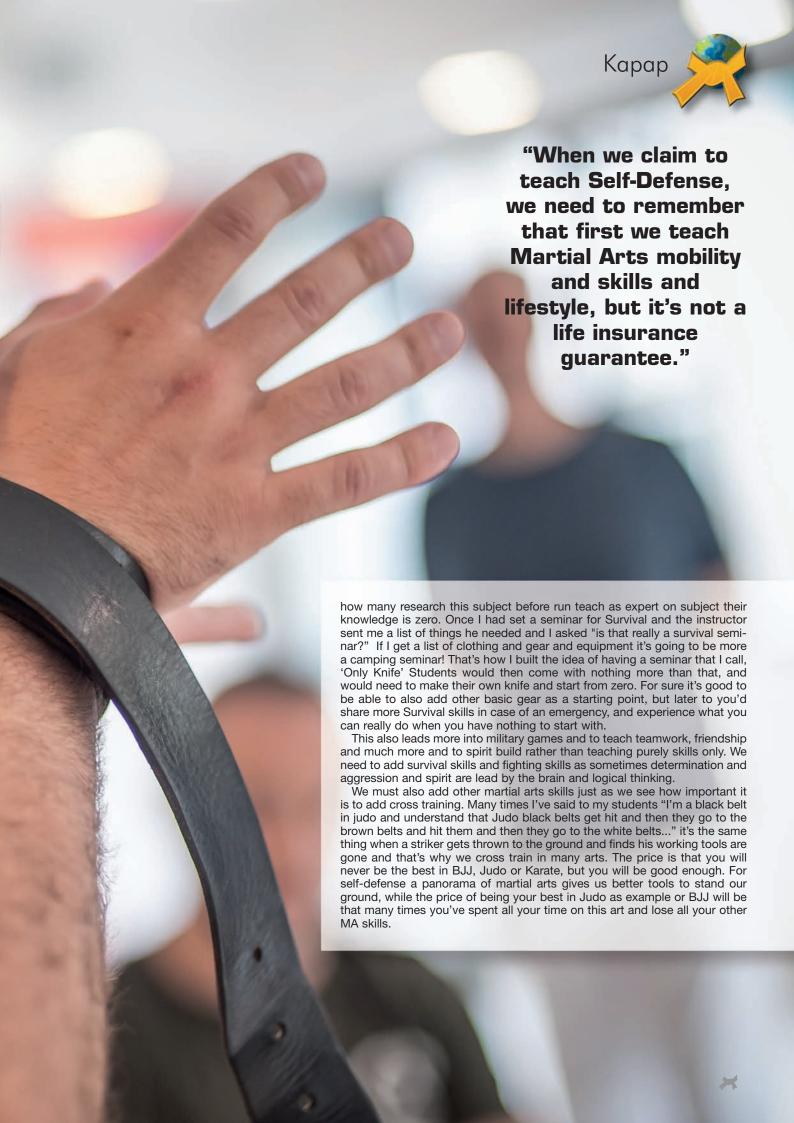
It's better to be a student of reality than a master of illusion."

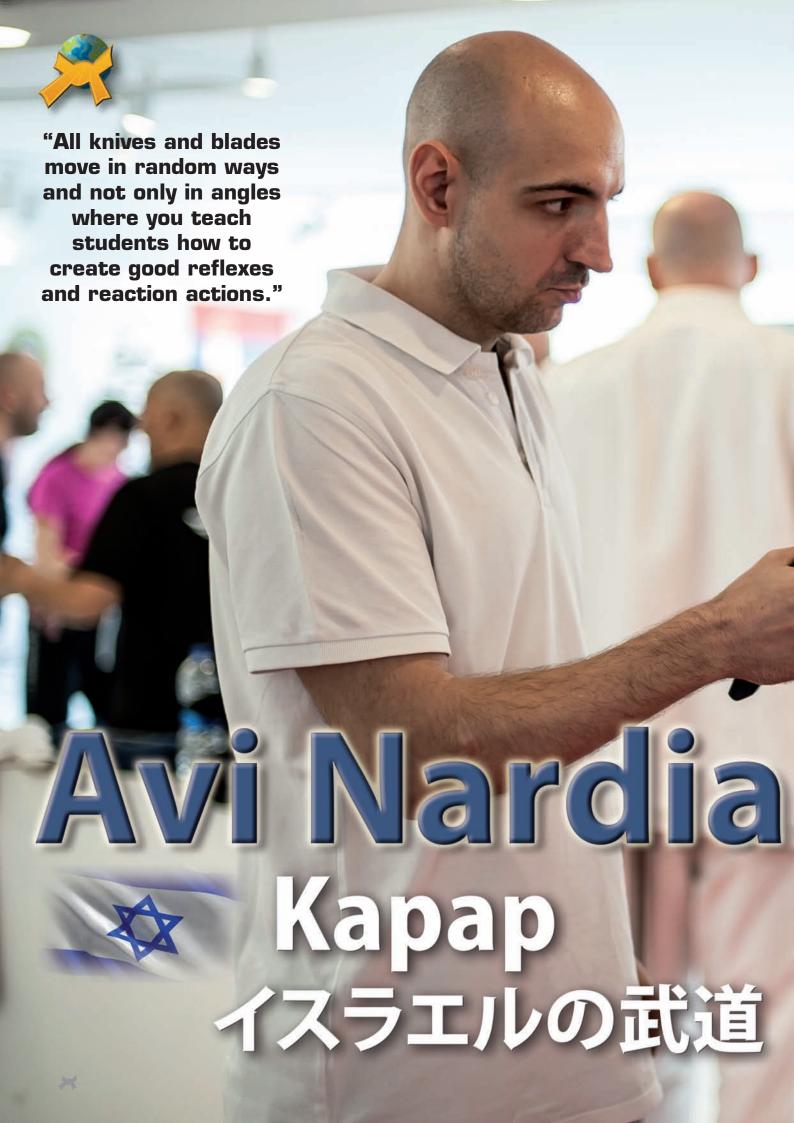
These days it seems that everyone is selling their 'services' and experts in self-defense or expert in Active Shooting training, and I always wonder, based on what experience? How many been in active shooter situation?

















fail you. If your gun doesn't come out of your holster and you didn't pull the trigger with your finger, or didn't release the gun's safety. Guns and especially complicated guns are made for competition and not death-risk carry, and for sure in that zone are great, but for someone that needs a gun for death risk, the only gun you'd need would have no safety and a simple holster that would allow for fast draw because the one that shoots first builds the best shield and has a higher chance of surviving.

Now if you end up in the wrong place at the wrong time and your enemy has wish to kill, the game changes and that's why in some part of your training we need to deal with this mindset - but most training needs to be skills mobility, fun and only sometimes deal with the killing zone.

TRAINING is different from real life and we can't really train like reality without experiencing injury! This is why good training and safety is always better than crazy and irresponsible training loaded with ego and lots of injuries. That's also why when I've been asked what My favorite technique is, and it's called the 'Double-Tap' – it's what that frees us from any hold... yes Tap Out in training is a MUST if we don't want injuries and so it's imperative that we teach the TAPOUT technique as a part of teaching martial arts that are not based in ego.

In Reality there is NOT much right or wrong people that done total wrong survive some time as others that done the Right didn't that's why always keep always place to the Lucky Factor in Reality

More STUDY

some time - It's Better to Make a Wrong Decision Fast Than a Right Decision Slow

If we get time - It's better to go slowly in the right direction than go speeding off in the wrong direction

Slow is smooth, Smooth is Fast

The "slow is smooth, smooth is fast" concept likely has its origins in the Military. Within that context, moving fast (or rushing it) is reckless and can potentially be fatal. However, if you move slowly, carefully and deliberately, you're actually moving as fast as you can without needlessly increasing the risk on your life. Practicing at reduced speeds will make you faster when you go full speed.

We say "Perfect slow move become fast Perfect move - But fast bad move be Perfect Bad move"

"Fast is fine, but accuracy is everything. In a gun fight... You need to take your time in a hurry." Wyatt Earp - to describe how to win a gunfight

With firearms, precision and accuracy get you the desired result-put the bullet through something vital and you put the man down. Miss and you get nothing.



The expression comes from the rifle range. It's what Marine Corps instructors tell their trainees regarding loading, unloading, aiming, etc. It's an expression from the range that bleeds over into other areas of the Military and into the civilian world.

Because the same "principles of violence" apply no matter what the tool we use, the same truth applies when it comes to using a knife, a stick, your boot, or empty hands -precision and accuracy get you the desired results. Put your boot through something vital and you put the man down. Miss and you get nothing.

Slow practice is target practice-it gives you the time to get it done right, as well as the time to be aware of your mistakes so you can correct them and learn from them.

Train yourself to relax and perform the steps with efficient precision. Train to relax, train to focus, train to muscle memory. When you're relaxed and calm and need to move fast, you'll move like lightening.

"Train yourself to relax and perform the steps with efficient precision"



