



Top 5 Self-Defense Mistakes

with Damian Ross from www.MySelfDefenseTraining.com

1. It Shouldn't Take Years To Learn Self-Defense

Every creature on the planet has the instinct to protect itself. It's not that hard... but many self-defense teachers have an interest in keeping you training longer, because it makes them more money.

- The martial arts industry has perpetuated the myth of years-long training because it benefits them.
- Combat sports and cultural fighting arts have been confused with self-defense, but these are not the same thing.
- We're confusing a fighting art with an instinct, and an instinct is just a will to survive.
- Every year, millions of people defend themselves against real criminals with no training at all.
- These people make the decision to fight back. Once you do that, all you need is a simple plan of action.

2. NEVER Wait To Be Attacked

This happens in every defense class on the planet: They train to *wait to be attacked*.

- In a typical class, people line up and wait for the attacker to throw the first punch or put hands on them.
- In a real street fight, your attacker is only going to NEED one strike. His initial attack could lead to others while you are overwhelmed.
- Drills in the training school tend to look like they work, but in real life, they won't.

Attack quickly and just blast right through, imposing your will on the attacker. Do so preemptively when you can and it is justified.

3. No, You Are NOT Too Old, Too Fat, Too Busy, Too Small, Too... Whatever

Don't make excuses for why you can't defend yourself.

- You can't wait to get in shape before you are attacked. You must learn to ADAPT.
- Martial arts and combat sports require a lot of athleticism.
- You don't have to outrun the bear; you just have to outrun your buddy. Self-defense is the bear, and it's all about increasing your awareness, learning to read body language, being street smart, and attacking fast and hard when you have to.

4. Stop Pulling Your Punches In Training

To build real skill and confidence, you have to go full force, striking at 100%.

- Low- and no-contact sparring creates bad habits.
- Realistic contact teaches you to get your weight behind your strikes, and shows you what doesn't work.

5. Stop Believing A Gun Is All You Need

A firearm is a tool, but it can't solve all your problems.

- You may have to create space to fight to your gun. You may not even have your gun when you need it most.
- You can't control every situation. Be realistic and include lots of back-up training.

Prepare. Train. Survive.