



Becoming Dangerous

with Mike Gillette from www.RealSelfDefenseTactics.com

You Must Become Dangerous

We don't tend to think of ourselves as "dangerous," but it's important to consider it.

- Street thugs have hurt people before.
- Crime is their job; they look for easy targets.
- You must become a harder target.

Three Fatal Mistakes

This is all about the bad guy's perception. Remember, we don't get to choose when we're in danger and when we're not. "Something's always going on." You need to look smooth and confident; you must not look like a target. The fatal mistakes can be categorized as...

- Inattentiveness (not paying attention)
- Submissiveness (in appearance)
- Softness (appearing "out of tune")

Overcoming Self-Doubt And Fear

There is a three-step process for overcoming doubt and fear:

- Program your "moral GPS." Ask yourself:
 - What are you willing to fight for?
 - Under what circumstances are you willing to fight?
- Determine what tools and tactics can you commit to that effort.
- You must be prepared and willing to "enter the forest." Go out and live your life. If there's a problem, solve the problem.

Habits For Becoming A Harder Target

Your daily habits, things you don't even know you are doing, might be making you more vulnerable. You can develop new daily habits that make you better prepared, and you can start doing these things right now:

- Women's self-defense tips work even better for men, who are bigger and stronger.
 - Walk strong, look strong, think strong.
- Your walk or gait makes a HUGE difference. Learn to stand up straight and walk smoothly with your head up. Pay attention!
- If an actor can do it, you can do it. Develop a strong, confident motion and stance. You can even study this online, YouTube, etc.

Simple Moves To Become More "Dangerous"

You need to project true confidence, not false confidence. Not every problem is a gun problem. Determine your plan ahead of time. Some go-to "first moves" include...

- Clavicle strike (overhand spike; it is unexpected, painful; disrupts arm function)
- Horizontal cupped hand blow to the ear
- Soccer kick (heel kick) and rake
- Bonus: Grab the flesh of the neck on the sides and use it to stabilize the target.

Target Hardening Drill

Practice this mental exercise everywhere you go as you go forth and live your life:

- Understand where you are and its function to "normalize" (assess) that environment.
- Identify who there does not "match" the purpose of that environment. What are they doing? What *aren't* they doing? What is their demeanor? Non-matches are threats.
- It's difficult to "lie" with your body. Look for contradictions between actions and words.
- Continue to pay attention to non-matches until you leave, the threats leave, or you call the cops.

Prepare. Train. Survive.