



WARRIOR
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Episode #373 Show Notes

**Tacti-Cool Lies: Old School Mantras That
Just Need To Die**

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Jeff Anderson spent ten years in light infantry in the military and is a combat war veteran. Most of Jeff's military service was spent with the 10th Mountain Division – an elite light infantry force of highly trained warriors specially trained for warfare under all conditions – arctic, jungle, desert, mountains, urban terrain – you name it.

After 10 years of military training in additional elite infantry units around the world, Jeff began working as a security consultant and executive protection specialist for private clients and the entertainment industry, eventually earning his industry recognized Certified Protection Professional (CPP) designation. Later, he went on to instruct hand-to-hand combat and weapons combat and eventually organized a unique combatives association focused on all areas of survival, called The International Society Of Close Quarter Combatants (www.ISCQC.org).

Jeff's work has been published in several magazines and expert blogs and his manuals and survival combat training DVDs have long been best-sellers. As the Editor in Chief of Modern Combat & Survival, a publication of the ISCQC that provided focused training strategies for all areas of survival for men and women of all walks of life, Jeff determined the next step: the lifestyle brand **Warrior Life**. To learn more about *Warrior Life* and the way of life it promotes, [visit us online](#).

Tacti-Cool Lies: Old School Mantras That Just Need To Die

with Jeff Anderson from <https://www.WarriorLife.com/>

1. Expect To Get Cut In A Knife Fight

- I've seen knife fights, and they're not like in the movies.
- They're brutal, messy, and horrific.
- You could be stabbed 20, 30 or more times in a real attack.
- Your only choice is to go on the offense, but you don't want to EXPECT anything in that process.
- Expectations will cause hesitation, and you can't mentally commit to offense and defense at the same time.
- You don't think about getting cut, or not getting cut... you just do what you have to do and go all out in a ballistic attack on your enemy.

2. Any Reference To Being A "Knife Fighter," "Gunfighter," "Groundfighter"

- Don't isolate your training into separate skills.
- You don't want to be any ONE thing or isolate your training to one specific method.
- Real attacks are dynamic and can change in an instant.
- You want to be a fighter, period, not a specific type of fighter.
- Instructors specialize, but even they acknowledge a broader training base.

3. Train Like You Fight, Fight Like You'll Train

- This was one of my biggest frustrations in my own training search.
- You simply can't "train like you'll fight," because that would end up seriously injuring your training partners. There's always an element of simulation.
- There's no fix for this that I know of... you just have to do your best. You can't have that level of realistic experience unless you're a hardened criminal.
- Get whatever training you can get, and look for those openings where you have to hold back.
- More "dry fire" helps, too.

4. Aim Small, Miss Small

- Under adrenaline in a real fight, your shots will be all over the place.
- Aim small simply so that your bullets will be in a tighter shot group, however bad that grouping is.
- Go with "aim small, hit small" instead.

5. Better To Be Judged By 12 Than Carried By 6

- Going to trial for self-defense could ruin your life, and even a small mistake can send you to prison. Don't believe me? [Take this quiz](#) and see for yourself.

Prepare. Train. Survive.

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I know you've heard them. You've probably even SAID them!

But today my fellow warrior, all that ends because I'm about to THROW DOWN on some of those regurgitated "old school" tactical mantras that really have NO PLACE coming out of the mouth of the modern day protector.

Let's get started!

Hey, what's up warrior - it's Jeff from WarriorLife.com and welcome to podcast #373.

Look... just like my "Keep Honking, I'm Re-Loading" bumper sticker... we all know that the person with the coolest Trump t-shirt... the longest military contractor beard... and the camouflage "man purse" is OBVIOUSLY "THE" most tactical guru in the room.

But ONE characteristic above all is the REAL proof that it takes more than just a "big gun" to REALLY claim a spot among the "tactically elite". Yes... it's the ability to quote the most prominent "combat quotes" that are floating around the shooting ranges... testosterone-flooded gun counters... and ninja schools in our warrior universe.

But does anyone really stop to THINK about these affirmations and what they really MEAN? Or if they're even TRUE?

I'm here to tell you folks, that WORDS MATTER.

What you TELL yourself matters.

And not to get all woo-woeey on you here, but if you repeat these common statements enough thinking that they MUST be true if so many OTHER "tacti-COOL guys" are spouting them off, then I'm afraid you may be in for a rude awakening.

So WHAT famous quotes am I referring to?

Well... I have 5 of them all lined up for you in this episode and I'm challenging you NOW to open your mind to actually REVERSING your own thought patterns and adopting a whole new outlook on your self-protection strategies.

Consider this your "amnesty period" - and don't worry if you've said any of these in the past.

I can say that, because I'm pretty sure I may have let a few slip myself... but the past is the past and I think it's time to let these 5 "tacti-cool mantras" die and some fresh realities take their place.

And the first one I have teed up for you here is the ever-so coveted...

1) "Expect to get cut in a knife fight"

Ok, there are two roads I can take with this one.

First, there's the "knife fight" where you're unarmed and ambushed by an attacker with a knife (like a robbery at knife-point". For THIS scenario, I'm NEVER going to tell you that there's some fancy Israeli Commando knife disarm move that's going to pluck the pig-sticker out of some gangbanger's hand without you spilling a drop of blood.

I've SEEN knife fights and they're NOT like the movies. They're brutal, messy, and extremely horrific. If it's a REAL attack, it's not unlikely for one or more people to be stabbed 20, 30, or more times as they're trying to either fight back or disarm the knife.

It's a very LONG, SLOW death as it takes a while to bleed out.

So yeah... knives are EXTREMELY dangerous and NOT easy to disarm, no matter HOW easy they make it look on the YouTubes against a willing training partner in a relaxed environment.

And if you're in a situation where you don't have a gun and all you have is a knife and you HAVE to fight this person, there's really only one thing you can do and that's to gain the offense in the most brutal, horrific manner you can think of... in which process you MAY get cut - even if it's by accident as your attacker is trying to fend you off.

The PROBLEM I have with this common saying is that you don't want to mentally "EXPECT" to get cut!

When it comes to ANY combatives skill, you don't want to EXPECT anything bad to happen to you - because this causes hesitation because you can't mentally commit to "offense" AND "defense" at the same time if you want to survive.

The guys who "think" about not getting cut are the ones you see dancing around with their knives like a scene out of Westside Story, looking for their "in".

Watch a prison stabbing caught on video and you'll see what a committed criminal who lives by the blade knows he MUST do to survive.

You don't THINK about getting cut. You ONLY focus on going all-out BALLISTIC on your enemy, poking as many holes as you can as FAST as you can.

Don't EXPECT anything! Don't even THINK about it! If you're truly about to be in a "knife fight", it's either you commit to either "get the hell out of there" or to "rip his face off", with or without a knife.

Which brings me to...

2. ANY reference to training to be a "knife fighter"...a "gunfighter"... a "ground fighter" or anything else

ANY form of reference to specific strategies for specific weapons or fighting methods as an INDIVIDUAL skill-set creates limitations or isolates your training into separate skills.

Yes...getting accurate shots on target is a lot different than getting someone into an arm-bar on the ground. Different tools. Different training.

But you don't want to be ANY one thing or isolate your training to one specific method of self-protection.

Real attacks are dynamic and can change in an instant. You may be carrying a concealed handgun... and have your combat folder in your pocket as a back-up... and then get ambushed without warning from some meth-head with a bat, hiding behind a vehicle in the parking lot.

The bat knocks you on the ground... but doesn't knock you out. He's trying to go through your pockets and you fight back... FROM the ground... maybe CAN'T reach your gun because now he's wrestling around with you... but you get a chance to go for your knife... and the fight goes on.

The REAL fix here is that you don't want to be a "knife fighter" OR a "gun fighter" OR a grappler... OR a ground-fighter...

...You just need to be a "fighter".

Now I realize that this sounds like a LOT of specialized training to be able to be fully trained for ALL of the things that can happen in a real fight, but THIS is where these different fighting systems really stray away.

Because to REALLY be a specialized fighter in any of these areas requires a LOT of training. A lot of SPECIALIZED training... and there are probably only a handful of guys in the entire WORLD who train that much to be an ordained "fighter" in any of these areas.

If you look at the real experts in these areas - I'm thinking of guys like Scott Babb in knife fighting... Craig Douglas in vehicle defense, just to name a few... these are guys who found their specialty and mastered it - with THOUSANDS of hours of intense training and pressure testing - in order to be able to train others.

But they'll be the first to tell you that there are OTHER areas... it's the MIND-SET that these isolated terms and tactical references create that creates

3. "Train like you fight, because you'll fight like you train" -

Nope!

You can't.

In fact, it's one of my BIGGEST frustrations with my OWN search for realistic hand-to-hand combatives training.

My LAST stint with formal instruction before I moved to Florida was with private classes with my long-time Krav Maga instructor.

Now he was HIGHLY skilled... in great shape... and he used to run in a gang in New Mexico so he was no stranger to violence.

I liked the workout and he could literally mop the floor up with me. Our sessions were pretty much just me trying not to heave my cookies all over the mat as he would

always take me to the ground, get on top of me and taunt me as he'd start to take my oxygen away.

But the entire time I was fighting back, I was keenly aware of all the targets that were available to me... that I would NEVER use on him.

He would even tell me that I could... but I couldn't... BECAUSE I knew that I really WOULD have hurt him.

From SO many positions he had me in where I eventually had to tap out or pass out... I had CLEAR shots to claw his eyes... puncture his ear drums... rip his dick off... fishhook his mouth with both thumbs... and at LEAST gain some space to get to my next move.

I couldn't do it.

Watch any UFC fight and you'll see so many obvious targets and strikes that they have WIDE open but are against the rules. The REASON it's against the rules is BECAUSE these moves are considered TOO violent for sport fighting.

Same goes for firearms training...

There aren't too many firearm schools out there that will allow for full-on force-on-force ambush attacks... the way that REAL attacks happen... because these are "shooting schools". The guys who go to these want to leave feeling confident and a few hundred points higher on their testosterone level tests... not go away feeling fat, out of shape and dejected because they had their ass handed to them and realized that REAL attacks aren't like the movies.

SO... what's the fix for NOT being able to "train like you fight"?

There IS none that I know of.

The best you can do I think is to get your ass handed to you by an instructor or in sparring... or go ahead and find a good force-on-force firearms training option and get in the most realistic training you CAN get - if not just for the experience.

Because I can tell you, most people you'll ever have to fight WON'T have that level of experience unless they're a hardened criminal.

Just get whatever training you can... and look for your openings like I did so you at least know WHERE your options are to be brutal in fighting back.

Another thing you can do is "more dry-fire".

Think about it... most gun ranges limit you to shooting at stationary targets at LEAST a few arm lengths away... from a stationary position... with no drawing of the weapon... and no "rapid fire".

You can get better training IN your home using dry-fire drills and actually LEARNING the zones of your home than you can down at the range.

4) "Aim small - miss small"

This is one of the most common "accuracy quotes" for shooters and it's been parroted at gun ranges, shooting classes, and even Mel Gibson's character in The Patriot.

And like everyone else, this was something I parroted as well because it makes sense: Don't just spray your bullets in the "direction" of center mass when you're firing your weapon.

Your shots are guaranteed to be all over the place.

Instead, you want to "aim small" so you're actually AIMING at a very small point and your bullets WILL be in a much tighter shot group.

My last instructor kept working with me to get my fundamentals down by trying to put my bullets through the exact same hole at different distances from the target.

But there are two problems with this saying...

1 - As was mentioned to me by the great and wonderful Col. Dave Grossman - words DO matter... and he prefers a switch on words to "Aim small, HIT small". I can agree with that... IF you have the time and distance to do so. Which brings me to my SECOND problem...

2 - In nearly ALL attacks you'd face with a handgun, you're not gonna be aiming at SHIT!

We've pressure-tested this time and time again and since MOST attacks happen in the "bad breath zone" as a result of an escalated argument or a criminal ambush attack,

you're NOT going to have time to aim at ANYTHING and even if you ARE able to get your gun pointed at your attacker, your brain won't LET you look at your sights.

You are hard-wired to look at your ATTACKER because that's the threat and your brain is hyperfixed on that attacker's next move.

Ok, I saved the best for last...

5. "Better To Be Judged by 12 Than Carried By 6"

Ok, now in THEORY, most of us would probably agree with this at face value.

And look... it's absolutely TRUE that "hesitation" can get you killed if you're in an attack. I've SEEN it with my own eyes and even made my OWN mistakes in training where I wound up "training dead" because I zipped when I should have zagged.

But I can tell you that anyone who lives by this mantra has obviously never thought about that "judged by 12" option.

In reality, this line of thinking could literally RUIN your life ... stick YOU in a prison cell... and even leave your family bankrupt and struggling just to make ends meet.

And if you DO find yourself in a prison cell because you made a legal mistake in a shooting, I promise you that there WILL be times when you will WISH you were dead!

The sad reality is that your legal defense for a shooting - even one that you feel was 100% justified - could be a roll of the dice for whether you're allowed to go free or not.

If you make even just ONE small mistake in your decision about WHEN to shoot... WHERE to shoot... what you said on your 911 call... what you said or DIDN'T say when the police showed up... what some BYSTANDER (who maybe didn't even SEE how the attack started, but somehow convinces the cops that they saw it ALL)... ANY of these could land you in the back of a police car, headed to the station for fingerprinting until everything gets sorted out.

Most likely, if there IS any hint of a mistake, you'll be offered a plea bargain by the District Attorney, who will scare the living shit out of you into taking it because the alternative is that you go to court, convinced that you're going to convince a jury of your "peers" that YOU'RE the "good guy" who was justified in shooting that poor, underprivileged father of 3 who was a victim of his abusive upbringing and was simply trying to provide for his family when you caught him in your home after work.

Now keep in mind that the only exposure these "peers" you're being judged by have EVER had to violence is on the movie screen and television... where John Wick plunks 2 bullets into the torso of a Russian mafia "nug" and his lifeless body INSTANTLY drops to the ground.

So the 12 rounds YOU put in your attacker because he kept coming at you is going to seem like you WAY overdid it with the trigger pulls.

Oh, and your "We Don't Dial 911" doormat probably didn't help matters either!

Look, I know everyone likes to think that you're gonna whip out your Master Blaster 5000 and the good guy goes down and you're now the local hero on the 11'oclock news, but it's just not that easy folks.

I know that can be a hard pill to swallow, but if you think you're up for the task, let me challenge you to take our "Shoot - Don't Shoot" interactive video quiz over at WarriorLifeReady.com/quiz and see how you score.

I think you'll find the 3 common scenarios maybe a little more challenging than you think.

I know because I SEE the results and I can tell you that less than 30% of those who take the quiz actually pass with flying colors. That means that over 70% of you will likely make at least ONE choice that will land you either in a courtroom defending your actions... or with a body tag on your toe down at the morgue.

Check it out at WarriorLifeReady.com/quiz and then let me know how you did over on our blog where you see this podcast episode.

And hey, as we're wrapping up, I want to give a quick shout out to "jsizzle24" who left us a 5 star rating on our podcast and said...

Top Notch!

I have been a listener for many years. I learn something from every episode. I've also have been reinforced with ideas I've had that were talked about. I appreciate the team and all they have presented because the information has made me a better protector but also teach my children how to be prepared and aware of what's going on! Thank you!!

Thanks JSizzle!

And hey there folks... if YOU'RE loving our podcast, PLEASE go and leave us a 5 Star review wherever you listen in.

You can find us AND subscribe to our channel on iTunes, Spotify, Stitcher or wherever you get your podcast fix from.

PLUS, don't forget to check us out on the YouTubes at [Youtube.com/warrior](https://www.youtube.com/warrior) and be sure to subscribe and hit that bell while you're there so you don't miss a single episode.

And until our next Warrior Life podcast, this is Jeff Anderson saying ... prepare. train. survive.