

Learning Personal Defense Skills

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With violent crime on an upswing and the advent of terrorism, every adult should be prepared with a personal defense plan. People today are looking for answers to the question of *how can I keep my family and myself safe?* As an instructor, you dedicate yourself to finding the answers if you do not know them. It cannot be a "me" or "I" ego game. It has to be a "they" or "us" mission. It doesn't matter what socio-economic or ethnic background the student or client comes from. The fears, questions and experiences are usually very similar. Breeding confidence is probably the best accolade that any instructor can receive.

Our mission has been and continues to be to employ our experiences, training and imagination to interpret, train and solidify the individual egos of the students and clients we meet, and to help them develop their defensive skills. Our goal is to prepare the committed and serious student to prevail and survive.

Crime is terrorism on a small scale. It is just as devastating to the individual as terrorism is to the nation on a national and international scale. Therefore, we at Personal Defense Solutions are dedicated to helping serious, law abiding individuals learn what they need to know to protect, prepare and defend themselves and their loved ones.

Psychology + Personal Defense Skills = Victory + Survival

As a clinical psychologist for almost 30 years, I have dedicated my professional life to helping people alleviate distress and suffering by developing and exercising inner strengths. I have come to realize that not only internal strengths, psychological coping skills, and physical abilities are important in promoting survival. A qualified personal defense plan and the skills to implement it can overcome the limitations of age, gender, psychological hang-ups, and physical abilities.

There is no question about the fact that firearms are a *great equalizer* or *neutralizer*. As such, understanding their safe use, their applications and limitations is a tremendous responsibility to be taken very seriously. Firearms are a tool to be used for good. "Good" is

defined as survival of the innocent civilian and law abiding citizen. Good is also defined as the freedom to live one's life without the fear of being brutalized by vicious criminals.

Firearms, and specifically, handguns, are no panacea. They are just tools among others. However, they can be indispensable in most people's personal defense plans.

Adequate hands on training by a qualified firearm instructor is essential for learning how to safely operate and rely on a handgun as a self defense tool. This cannot be obtained from a book. Books are great supplements to good live training. The responsible adult will realize that there is a vast difference between a literary effort and actual physical and psychological preparedness. Learning to shoot a handgun is not what it's all about. There is a body of knowledge and techniques that must be mastered before one can safely make use of a handgun in one's personal defense plan.

We encourage people who are serious to seek out competent training by shopping around and conversing with prospective trainers and their students. It is also valuable if possible to note the general atmosphere in a training environment in order to determine the best instructor to meet one's individual training needs. You have to feel comfortable to absorb information, ergo, to learn. That encompasses environment as well as instruction.

These efforts apply to law enforcement professionals as well who also need to develop the same skills to defend themselves against the everyday threat of violent confrontation. Devotion to duty is not enough. Preparedness, awareness, and survivability assure continued devotion to duty.

The goal should be to develop confidence in one's ability to defend one's self should the need arise. Thus, one will be able to avoid becoming overwhelmed in critical situations. The serious student of self-defense needs to learn how to safely use handguns for his or her personal defense and survival.

We are firm believers in the United States Constitution and personal self-defense. Personal self-defense is a fundamental right. It is protected by our Constitution.

The right to exercise personal self-defense is basic to a free society as opposed to

totalitarian ones where that right is prohibited and illegal. However, with that right comes responsibility. It is the responsibility to be a good citizen, obey the law, respect other people's rights, and treat others as you wish to be treated.

As the late Colonel Jeff Cooper so well stated, "firearms, most particularly personal firearms, are Liberty's teeth, as pointed out by the Father of Our Country." They are "Liberty's Teeth" because of the awesome power firearms provide to those who have them and know how to effectively and safely use them.

Owning a personal firearm can provide you with the power to fight back and prevail against personal aggression and attack. However, it your responsibility, if you seek to benefit from the power and security that personal firearms can give you, to develop the necessary knowledge, skills, and discipline required to safely use these tools.

If you are a civilian, it is not adequate to simply purchase a handgun and expect to be able to safely use it if the chips are down and you are faced with a violent confrontation. If you are a law enforcement professional, it is not adequate to be issued a sidearm and expect to be able to safely use it in a violent confrontation without essential training, continuing education, and ongoing practice. To stay safe, you must learn and practice, and learn more and keep practicing, and continue to learn and practice.