

Why Train When I Carry?

When it comes to defending ourselves many of us dismiss the thought that we will ever be in a violent attack. While everyone knows attacks happen every day, mindsets go from one end of the spectrum to the other. Most people would like to think 'it won't happen to me' or 'it can't happen here' and they disregard reports of attacks as the bad luck of someone else with little consideration to how they might react in the same predicament.

While this can be a dangerous mindset as this person will be completely unprepared during a violent attack, there are others who do think about the chances but take minimal steps to prepare themselves. Without proper training these individuals may actually end up putting themselves in a situation where they think they are prepared only to find out the hard way they are not.

"It's the well-intentioned father who buys a pocket knife for his daughter before sending her off to college, or the husband who buys his wife pepper spray just in case she's attacked going to her car alone at night who could end up in trouble," says Robert Jansen, chief instructor at Krav Maga Kentucky and certified personal protection specialist.

"These items may make a person feel safe and certainly gives dad or husband some peace of mind, but in the moment an untrained individual may not even remember they have the item. Even if they do remember they may not be able to

pull out that knife or pepper spray quickly enough or know how to use it properly. Often the attack is over before they've even had a chance to consider what they should have done."

According to Robert the average violent attack lasts anywhere from 30-60 seconds. One thing many Krav Maga students first realize is just how long that is when you are fighting in a simulated stressful situation. "Our stress drills make an individual understand many of the difficulties they would face in a real life situation, such as auditory exclusion, a form of temporary loss of hearing, and tunnel vision. Both can occur under high stress and the students will better grasp how they would react."

Many of us have heard of fight or flight response, but there is also a phenomenon known as freeze. In animals freeze can protect them from being seen, in humans it can literally mean the person getting attacked freezes up and is unable to run away or defend themselves. Situational awareness and intuition are two important factors in avoiding bad situations. Without training many people are unaware of how much danger they may put themselves in. "The most common distraction today, that limits situational awareness, is the use of smart phones, whether it's texting or surfing the web".

The importance of training before a bad situation becomes evident to the students who do decide to train, but to the general public, it's often an afterthought of being attacked. According to Robert,



"Even if you carry a gun and have done the required training to get your Concealed Carry License, without training on how to properly pull your weapon, and practice shooting in different situations, you will not be effective when the stress and adrenaline rush of an attack takes over.

Training not only prepares you mentally to overcome an aggressive attacker, it also provides muscle memory of movement and technique, and will greatly improve balance, stamina, and coordination. While many people will not make this type of training a priority in their life it is certainly something that should be considered. "We tell our students many common objects can become a weapon in the heat of the moment, but it's training that will actually make the most difference."

