

WHEN THE TIME COMES...**BE PREPARED!**

PPIM

PERSONAL PROTECTION MEASURES



10 Myths About Self Defense That Just Won't Die

Myth #1

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“The Police will Protect Me”

When Seconds count, the Police are only Minutes Away! It is a common rephrase to hear folks state that if they ever feel threatened or are concerned about their own personal safety that they will just call the police and “presto” the threat will magically go away. In reality, and depending on where you live or may be at any given moment in time, a police response to a 911 call could be anywhere from 5 to 30 minutes! (The variances are usually due to differences from city to city based on factors like city population, police funding, and available resources in a given region.) What this means is that you are your own first responder.

Myth #2

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“I just bought this cool new Self Defense gadget. NOW I am safe!”

While we can and do make recommendations around force multipliers aka gadgets, the critical thing to understand here is that a tool or gadget will only be as useful to you IF you have trained on it's usage. This means that for any item to be of practical use to you:

- You have to decide where and how you will carry the item on your person
- Actually have the item with you at all times
- Train how to deploy the item UNDER STRESS
- Learn how to apply or use the item UNDER STRESS
- Understand targeting when utilizing the item for maximum effect
- Understand all applicable laws in your jurisdiction on the carrying, deployment and usage of said item.

We recommend the concept of “weapons systems” which is the idea of a multi layered approach to the usage and deployment of primary, secondary and

tertiary self defense weapons/force multipliers. And then we train on how to carry, how to deploy, how to use and ethical/moral legal usage. All critical components of any self-defense strategy.

Myth #3



“I think Violence is Repugnant, therefore so does everybody else”

This is a unique mindset in most circles in the western civilized world. The good news is that we WANT a society wherein the use of violence is abhorrent to our way of life, and that conflict is managed in a civilized way. Unfortunately, that is not always our reality. There are entire swaths of our society that use and experience violence every single day. To some, violence is nothing more than a tool to get what they want, or to enforce group rules. When and where you ever get confronted by violence, this is one of the psychological barriers that gets shattered as a victim. Our world view is one of laws and courteous social interactions. So remember - not everybody finds violence repugnant.

Myth #4

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“We are on vacation! Woo Hoo, I can finally Relax!”

Thought leader Marc McYoung calls this the “Disneyland Effect”. The idea that because WE are on vacation, that normal rules of paying attention and not doing the dumb don’t apply. If anything, you will most likely be in a location that is new to you, and even in a city or site in a country and culture you have never experienced before. If you are on vacation somewhere that is not in your literal backyard, you could run afoul of an entirely new set of predators who are looking for those tourist targets. And even more importantly, you could find yourself in a culture or society where the actual RULES of that society are different from what you are used to. You might find yourself in a violent confrontation all for violating a cultural rule you were not even aware existed. Awareness, prior research, due diligence and some humbleness can go a long way to keeping you safe.

Myth #5

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“If this happens, then I will just do That”

This is a fallacy that can get you into a whole lotta trouble. Maybe you read an interesting article on self defense in the latest edition of cosmopolitan. Or maybe you watched a TV segment on what to do if faced with a violent criminal. Ok cool, now your brain thinks, “I’ll just do that thing and Bingo Bango Bongo Baby! I’m Safe!”. Bullshit. You will not gain new skills in the moment. What I mean by that is for anything to have a chance in hell of succeeding, you need to TRAIN how to do it. And you need to train how to do it under some sort of stress or pressure testing. Do you need to study a martial art for 30 years to learn an effective technique? No, not at all. But you do need to study and do some level of training and physically test it out. And preferably with an expert who can show you the proper way to do something in a safe and supportive environment.

Myth #6



“I can Go Anywhere and Do Anything I want”

Technically yes. However, that doesn't mean you are free from the possible consequences of your choices. Real world violence and those who perpetrate it do not care if you are convinced of your own immortality and “right” to go anywhere you want and behave however you see fit. I am not planning on flashing cash at the ATM, nor am I walking into a biker bar and mouthing off and expecting to get away with it. A lot of stuff has to go wrong before a situation ever goes hands on. And all those steps that took place prior to the violence breaking out are all chances to off ramp, de-escalate or simply mitigate the very real risks of violence happening to you. Remember – it may not be your fault, but it could be your problem.

Myth #7



“I’m not going to let this guy take my wallet!”

Resource predators are after one thing. Your resource. You have it, they want it. And they will use violence to get it. The question becomes is a piece of property worth your life? The contents of your wallet can be replaced. Call the credit card companies and have new ones overnighted to your doorstep by tomorrow. Go buy a new watch. Call your insurance company and report your car stolen and have a rental car that same afternoon. Is it a pain in the ass? Sure, but inconvenience is a small price to pay to keep your health and life. Unless pre-attack indicators tell you something different, then a resource predator will most likely just move on after you give them what they demanded. So toss over your wallet all while moving out of attack range.

Myth #8

“Predators choose victims based upon what they are wearing”

Research shows again and again that predators choose victims based upon behaviors. In our seminars we discuss the concept of the “interview”. A predator will interview their targets from first glance observations on body language to location all the way up to social and physical interactions. The predator wants an easy victim, not one that is going to fight back. Awareness levels and making eye contact can be a great initial deterrent as a predator notices you noticing them. Boundary setting and Boundary maintaining is a critical skill. Predators will test your boundaries to see if you will hold or maintain them. Remember, NO is a complete sentence. It is OK to be rude. You do not owe anybody an explanation, nor it is advisable to engage in a social script that a predator will use to their advantage.

Myth #9

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“I’ll have time to react”

This is a fallacy we tell ourselves. Maybe you have had some training and you are looking forward to doing all those fancy karate moves you saw in the movies. Real world violence happens hard, fast and with more surprise than you think. Remember, the predator doesn’t want a victim to fight back – the cost is too high. One of the ways they stack the odds in their favor is by surprise physical attacks that hit from blind angles at times when you are not paying attention. This means that most likely you are already behind the curve by the time you realize what is going on. We spend a lot of time in our courses training the flinch response and operant conditioning stepping off the X when an attack gets launched. This and only this gives us some margin of error to assess what is transpiring and plan our responses.

Myth #10



“I’ll just talk my way out of a jam”

Most violence in the western world is actually social in general. And since it is social in nature, then it can be understood to follow a specific script. Thought leader Rory Miller uses the term “Monkey Dance” for social violence. Think along the lines of two young men getting into a pissing contest. They stare at one another, then they escalate to words about each other’s mother, the chest bumps and finger pokes come out and then someone throws a punch. We have all seen it before.

The challenge is, when this happens the monkey is in charge and emotions take over. Logic goes out the window and everyone participating follows the escalation script because you can’t let the other guy “win” the war of words right? I mean this is my mother’s honor we are talking about here (insert sarcasm). De-escalation is a skill and one that is that is incredibly difficult to do once the monkey takes over. But it is a required skill. Check your ego at the door and

don't take the bait. People can and do die from injuries suffered during social violence. It isn't worth it.

It is also important to note, that in examples of asocial violence, normal de-escalation or "off-ramps" do not work and is a clear indicator of asocial predatory violence.



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