



Tactical Trinity: By Austin Davis

**“The Sword is more important than the shield. And skill is more important than either. The final weapon is the brain. All else is Supplemental”
John Steinbeck**

Wow! Who would have thought John Steinbeck would have a deep grasp of the keys to personal security? In just a few sentences he reveals most of the important points you need to understand and implement in order to be safer

Your Personal security is a “trinity” of equipment, tactics and training. This “trinity” is like sitting on a three legged stool. If one leg one leg fails the other two legs might just hold you up, but if two or more fail you will most certainly find yourself looking up from the floor.

Your personal safety needs equally deep thought in equipment, tactics and training...

The Sword is more important than the shield...

The Sword is equipment. Life saving emergency equipment should be of the highest quality and simple to operate under stress. Spending the money to buy quality Pepper Spray, flashlight or firearm may seem difficult because you do not have the expectation of actually using this lifesaving equipment. ‘Gosh, why would I want to pay extra for something I hope I never have to use or will only use once?’

The answer, of course is that if that cheap, flimsy or unnecessary complex item fails, you or someone you deeply care for could be injured, maimed or even suffer loss of life. Hard words, but true. Remember, as with most things in life, you get what you pay for—though even the best gear may not be good enough.

An emergency situation, by definition, is already a situation out of control and to regain control you should use the best tools available. In other words, if you are going dragon slaying, take a sword and shield of the highest quality, durable, and can be used confidently when staring eye to eye with a fire breather...

But Please don't think that simply owning any item or items will make you safe, because...

“Skill is more important than either...”

It is the singer not the song... Tactics... Don't think your high quality gear will save you in crisis. It is just a tool. Better tools only help better operators and better operators use the 5 P's. Proper Planning prevents poor performance to maximize the better tools advantages.

Proper planning prevent poor performance formula

The best way to accomplish “proper planning” is to create a decision tree of your plan. A decision tree is just a logical game of “what if” What if someone is outside my front door trying to get in. What if I wake up with someone in my room tonight? What if there is violence at my work place? What if I am with my kids in a parking lot and unloading the car and several bad actors approach me? The bad Guy or guys will always attack when the situation is the most advantageous to them and the least advantageous to you. So start to find the areas of vulnerability in your daily life of home, work and social movement you or your loved ones have significant exposure...

Then, create several pre planed courses of action based on the three basic human responses of Fight. Flight or Freeze. When planning on possible emergency response scenarios, you need to consider several fall back plans for each scenario because often in the real world things do not always work out ideally for the good actors. But hopefully your pre-planed decision tree will give you a starting point to regain control of the situation. Though usually the best laid plans fall apart in the opening seconds of a conflict, at least you have a pre planed point of reference to help light your way out through the dark maze of violent conflict.

The Final weapon is the brain...

The Brain part is the training part. It amazes me how many people agonize over a gun, light or defensive spray purchase and yet still refuse to take the time to practice. Practice is just the simple act of making actions by pass the frontal cortex and become mid brain reflexive. To have true value, training must meet three criteria or the 3R's. It must be recent, relevant and realistic

Recent...

Survival Skills and plans are perishable skills. The Hollywood action films give us the illusion that we will become survival machines in the style of the Terminator part 1, 2, and 3, but that is Hollywood and in emergencies life seldom imitates action art! Practice and review your survival skills often, in part, because these plans are stored on the frontal lobe of the brain. When we get scared, our frontal lobe shuts down and switches to mid brain. The mid brain is an emergency task master that uses gross motor skills. The mid brain only deals with deeply ingrained thoughts and habits. The frontal lobe is too indecisive to work fast n a crisis and the mid brain can not multi task well. Therefore,

with out constant and recent training, we tend to perform when our usually quiet mid brain takes charge.

Realistic...

Everyone's lifestyle is totally unique and your training must take that into account. If you plan and train to face a crisis alone, what happens to your plan if your children are with you? Your plan on a crisis in during full daylight and the incident happens at night or in the dark of a structure? You have a plan if a stranger attacks you and find yourself losing control in a situation where your attacker is not a stranger

All of these scenarios come back to another version of the 5 P's we talked about before: Proper practice prevents poor performance. Make your practice reflect all your real life scenarios.

Relevant....

If you plan on protecting yourself with a weapon then practice with it. If you have a flashlight stored for an emergency, then practice finding it in the dark. If you feel you or your kids might have to crawl out of your home near the floor to avoid the toxic fumes of a house fire the get down and crawl to your primary and secondary exits to see if your plan with succeed. If you have a firearm your training should reflect the areas you might have to fight with that gun at home, car or public places. No two lifestyles are alike so your training must reflect the areas you operate in you have vulnerabilities in home, work and social settings.

Bottom line is we tend to perform as we train and fail at the limits of our training. We should never put at risk anything we can not afford to loose. So have the best equipment, develop a tactical mindset and practice, practice, practice like your life or the lives of those who trust you to protect them depend on it because they in fact do. Hope for the best, plan for the worst and everything usually will turn out all right...