

Providence Combatives

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Personal Defense Readiness™ Program Psychology

One of the PDR program's major contributions to martial training is its research into the psychology of confrontations. Performance in a stressful environment is up to 80% psychological. Through empirical testing, the psycho-dynamics of a confrontation can be analyzed.

Studying the psycho-dynamics of an attack reveals unique and curious traits of human nature. The most important trait being that emotional awareness will not necessarily guarantee the ideal physical reaction, (even though this is implied in most martial arts schools and conventional self defense programs).

The great miscalculation of most systems is that they do not investigate how stress affects neuromuscular control. The majority of training consists of static drills in a controlled environment.

There is no real-life energy in those types of drills and therefore the response of the practitioner is performed within varying degrees of a vacuum (an illusory reality). Consent, cooperation, and awareness are always emotionally present. This mindset influences a physical reaction void of any dynamic stressor allowing a false sense of security.

Realistic drills, followed by a period of introspection, will help demystify the effectiveness of most martial art, complex motor skill based techniques. Success in a *real* fight depends on many factors which much be addressed in any training scenario to maintain the integrity of the drill and its response.

Outside the martial arts schools and training academies, fights do not start with overhand "judo-chop" type strikes or jumping kicks. Real violence starts with the emotional and psychological attacks, the predator interviewing the potential victim, the trying to get close, the intimidation or verbal probing. It is during this initial stages of a developing confrontation that fights are won or lost and it is in these crucial first moments that other self defense systems fail to train.

You can not predict your reaction under extreme stress and pressure. Therefore you must pressure test your abilities and your training must parallel the realities of true violence as it happens in the street.

The PDR program uses live and organic drills that build in a safe manner into a dynamic experiment where a response is elicited through a realistic stimulus.

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The program does not focus around techniques but on tactics and strategies. There is a conceptual component to the PDR program that other systems just do not address.

In closing, when evaluating a self defense program, remember that before a physical attack starts, predator and prey have decided their fate. Mere techniques are not enough to survive real violence. Anyone sincerely interested in being effective in a street confrontation must examine how varying levels of stress and awareness will effect their reaction time and responses. This is what the PDR program coaches strive for when we teach and this is what sets us apart from the rest.

Sincerely,

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