

Maximum Resistance

What is it and “WHY” is it important?

By Troy Coe

The subject of Maximum Resistance is an easy one to discuss but more difficult to put into practice, much like the “**Survival Concept.**” Before delving into what maximum resistance is and “**why**” it is important I will state the obvious. We should always endeavor to avoid conflict whenever possible. It is, however, my belief that there should be boundaries set for how much abuse (*verbally*) you are willing to take. Without getting sidetracked about Confrontation Management, one must be careful not to allow an aggressive person to threaten and intimidate you with impunity. Allowing an aggressor to foment unchecked could encourage them to transition to the physical option. States differ greatly about your choice of when and to what degree you can defend yourself. A friend and fellow martial artist once told me when speaking on this subject, “*it all depends how inconvenienced you are will to be*” when it comes to when you decide and to what degree you defend yourself. This is very true.

So, let's assume for this discussion you have exhausted all reasonable options to defuse and de-escalate a situation. Along with this, the environment does not allow you to remove yourself from this situation safely. It becomes abundantly clear that this person intends to harm you physically. In my years of speaking with people about this subject, some will maintain that they will always walk away. Although this is a lovely sentiment, it is not still a safe thing to do.

I am writing this from Arizona, so I am unsure what constitutes (***enough of an***) assault in other states and what the laws in those states allow regarding self-defense. I do believe that any self-defense instructor would agree that if you could neutralize your attacker with the minimum amount of force that would be preferred over excessive force. But, history has shown us that an attacker will not afford us the same leniency. In fact, we can expect continued violence, or at least in my opinion should. To believe otherwise could render you severely injured or dead.

So, what to do with this puzzle? At Reality Defense Training we offer Scenario Based Adrenal Stress Training utilizing the REDMAN Training Gear. One of the most common questions we are asked is “When do I go?” That question is not an easy one to answer because every situation is different. But, what I do tell them if they touch you (strike, grab), or try to, that is a perfect time to go. Also, if this aggressor is continually encroaching on you and you have backed up a distance you think is reasonable, defend yourself.

What I do see at the beginning of these courses often is the posturing and verbal challenges. Then when that has run its course, I see the physical engagement take shape in what we like to call **“the sparring mode.”** Whether inspired by martial arts flicks or watching a copious amount of U.F.C. fights many think that is how a fight should play out. They could not be more wrong. The longer a fight continues, the higher the likelihood a plethora of things can go wrong. People are fighting like they need to pace themselves for a fifteen-minute battle.

Simply put, when it is time to go **(however that takes shape)** your mindset must allow you to know that anything that you do to this “person” is all on them. If you gave them an earnest opportunity to walk away and they did not, they deserve everything they are about to get. The “speed of violence” is vital in situations like this. You must hit them as many times as you can in the shortest possible time. I know this may sound like a lot but if executed correctly you will likely only get 2 to 3 punches in before they are finished.

In closing, I would like to mention the importance of ceasing your attack when your attacker is no longer a viable threat. You will have to judge this for yourself now. Also, understand that what will take you fractions of a second to decide and act on while your body is being flooded with adrenaline and your mind racing. Your decisions will be dissected for weeks, months or even years in a no stress environment of a prosecutor’s office where that prosecutor more than likely has never been through anything like you just had. They will form an opinion and decide you acted inappropriately. I was told by a friend of mine that has been a prosecutor, public defender; assistant U.S. Attorney tell me that the average prosecutor in the U.S is a person in their mid-20’s with minimal life experience, and they will be very cavalier with your life.

NO NOT SPEAK TO THE POLICE EVER IF THEY GET INVOLVED AFTER YOU HAVE DEFENDED YOURSELF.

I will be adding more content on this subject; please subscribe to the mailing list for updates survivethefight.org

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