

We just looked at a general reflection on human frailty and seen that's an important consideration whenever we go into self-defense training. Second consideration important for self-defense training, please understand not all confrontations are of equal intensity. There are massive differences in the scale and level of intensity in various kinds of confrontation. This can go from a minor argument in a supermarket, a squabble over produce or what have you, all the way up to a situation where people are fighting and dying in the street with weapons involved, et cetera, et cetera. One of the true beauties of jiu-jitsu is that it does offer you tremendous variations in the intensity of your response, and you can apply these appropriately to the intensity of the situation you're in. So often I'm kind of amused by self-defense instruction where you'll see people advocating just go straight to eye gouges and crazy techniques where you're plucking out people's eyes and fishhooking people. I mean, there's certainly a place for these techniques, but there's also a lot of times where you're going to want to use self-defense responses where those would be completely inappropriate. If you're at your brother's wedding and one of the guests gets a little drunk and rowdy and you're supposed to ship him out, you can't go up and eye gouge the guy. There's a sense in which we live in a litigious civil society, and our responses to the aggression we're trying to confront must be proportional to the situation in which we find ourselves. One of the chief advantages I find with jiu-jitsu is you can easily do this. Jiu-jitsu offers very mild weapons of control where you can put someone down, control them in the most mild mannered fashion, all the way up to the ability to kill someone with a strangle. And that ability to run the full scale of very mild response to potentially deadly response is one of its chief advantages. And we can really take advantage of that in this self-defense instruction.