



## Self Defense :: The First Defense

*Tools and strategies for staying safe*

By Michael C. Johnson

For as long as I can remember, I've been compelled to do my part to combat injustice. Being victimized as a child left me vulnerable and utterly helpless, a feeling I remember not wanting anyone to ever have to go through. I remember, as a pre-teen, watching the evening news and witnessing stories of women being raped and killed, stories of children younger and physically smaller than myself being harmed. I remember a distinct emotional response to others' victimizations, going to my bedroom, kneeling down as tears welled up in my eyes. Even at this age, I had trained a variety of martial arts for 10+ years. I would ask God why he allowed this to happen? What it would've taken for me to be there, for me to protect those that were harmed or injured? The voice I kept hearing in my heart was, "I could've saved them. I should've been there." I would often finish the prayer, with allow it to happen to me so that others won't have to suffer. In hindsight, I can't recommend using prayer in that manner. However, it offered a young man proof that God hears prayers. These formative years, years of alternating physical abuse and spiritual growth, continue to influence my choices and my life every day. Little did I know that I was being enabled, through His power, to equip others with tools to defend themselves. To stand up against their nightmares. That little boy would go on to save the lives of hundreds, without ever having to be physically there.

As I grew older and continued my training in martial arts, I became fascinated with the natural extension of that training: anti-terrorism and guerrilla warfare. My outlook on life was inevitably changed, and my understanding of the effectiveness of martial arts deepened. I began pursuing more realistic self defense studies, and with continued instances of divine intervention and the blessing of training with true masters in their arts, I gained tremendous insight into the world of effective defense. People don't need a few moves to feel confident. People need functional defense solutions to survive dangerous, high-risk, violent encounters. Encounters wherein an opponent is non-cooperative, wherein a true threat carries real danger.

Like most who invest time to ponder it, I never wanted to feel unable to defend myself against someone stronger, someone larger than me. For that matter, I never wanted an opponent to win if they happened to be better trained. This led to one of the most powerful questions I ever asked myself, "How can I get the edge on anybody, regardless of advantages in strength or training, and how can I teach others that don't have 20+ years of experience, numerous blackbelts, or a martial lineage as developed as mine? How can they get the edge?" After graduating from UNM with a Criminology degree, after seeing how violent the world is during my work in the District Attorney's office, I started working developing a structure of what is known today as *Bellicusology: The study of militant, martial, and warfare ways*. I pugnaciously sought to better understand the development and evolutions of human warfare. Today I give to you the *Edge Essentials* to surviving an attack.

## **Self Defense Techniques That Can Save Your Life**

The most common attack is the classic wide-angled haymaker punch. I have been a participant in 40+ traditional martial arts tournaments, in additions my training has benefitted from 30+ Combative Initiative Fights. Combined, I have witnessed literally thousand of attacks from a classical martial arts standpoint, and literally thousands of attacks from an MMA/practical fighting standpoint. The most common attack I have seen in both trained & untrained people is the wide-angled, good old fashioned haymaker.

This topic is covered within the Shockwave Defense™ Fundamentals Class.  
Also covered is how to best overcome common concerns and fears,  
as well as how to activate the mindset needed to survive a deadly force encounter.

### **Shockwave Defense Safety Strategies**

*Peak Performance arises from a Peak State.* When attacked act like an animal, one must behave like a fiercer animal in order to protect himself...but with the best set of tools available to the human animal.

Avoid trying to remember a 15-step Kata (traditional martial arts routine). When an attack occurs, you wont remember any of it. Learn to become what you fear, the monster you see in your opponent. Become a wraith of gnashing teeth, scratching, and eye gouges. If you trained for real-life self defense scenarios against someone who wishes to kill or rape you, how would you act?