

# The Insurance Policy



**Students allow students to practice armed self defense in realistic on the run training (inset) to defend against a knife-pistol while moving in a direction lateral to the attack.**

the circumstances, and the target. No sane individual goes looking for a gunfight. Machismo and testosterone may keep a 25-year-old body builder from wincing after being punched in the stomach, but even that man will notice the effects of hot lead tearing a hole through his body.

Suarez teaches them to show no mercy, to completely eliminate each new threat...to kill. A gunfight can begin and end within a matter of

seconds, the length of time it takes for one enemy bullet to pierce your brain or heart. The actions mustered within those precious time constraints make the difference between certain injury or death and possible injury or death.

The majority of gunfights take place within seven yards, within close quarters in other words. In this case, the winning fighter is not the man who shoots his opponent(s) first, nor the man who takes the least amount of bullets. The winning fighter is the last man armed and surviving. A loss or tie in a real gunfight carries extreme and likely fatal consequences.

They can all shoot. Certain members of the class have more tactical experience and training, but the weakest link can still out-aim the large majority of weapon owners. But aim isn't the strategy. Any five-year-old child can be taught to stand still, point the gun at the target and pull the trigger.

Instead, Suarez trains them to fight in the real-life circumstances of an attack. Enemies don't stand still, nor do they spot you a shot or two in the name of fairness. A fight unleashes the full repertoire of an individual's aggression and adrenaline. Recognition and reaction are the greatest weapons in your arsenal. Training comes next.

Chinese General Sun Tzu commanded by this notion. "Know your enemy and know yourself and you can fight a hundred battles without disaster," he said. While Tzu referred to military encounters, we can use this philosophy in our personal encounters too.

Assailants do not follow the textbooks; they are unpredictable. Suarez tells his students to train for every situation. What if the attack happens in a narrow hallway? What if it happens in the car? These situations are just as likely as the rest. Adequate training involves more than static shooting, it involves readiness for every circumstance.

The group survives through four long days of mud, rain and Airsoft "wounds." Four days of intense training and attentive learning. Unlike high school or college, the class is free from back-row disrupters and side chitchat. The certificate they receive means little compared to the experience they have gained.

Preparation directly increases effective action in an attack. An empty training background is as detrimental as an empty holster. Suarez reminds the class each noon to "Make sure you put a real gun back in your holster. You never know. You might be in a gunfight at lunch."

For more information on courses conducted by Gabe Suarez, visit [suarezinternational.com](http://suarezinternational.com).

