Shivworks

Restraints Vs. Constraints

Restraint vs. Constraints?

Restrictions are limitations we place on training to enhance the development potential of a skill. The more restraints applied, the more focus will be placed on an individual skill. The fewer restraints, the broader the development. Constraints are limitations beyond our immediate control (external). Constraints can usually be identified prior to the start of training and mitigated to minimize impact on training.

RESTRAINTS: internal, self-imposed limitations

CONSTRAINTS: external, beyond immediate control

Which one matters more?

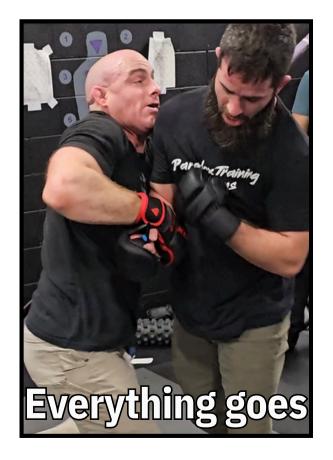The only actual wrong answer is not understanding both are always present in some capacity.

Restraints

- **No takedowns/Only takedowns:** specific types of takedowns
- **No strikes/Only striking:** with or with out gloves, the type of strikes
- **No Weapons/Weapons:** type of allowed weapon, matched or not
- **No headgear/Headgear:** protection changes performance
- **Communication/No talking:** scenario training/social interaction
- **Level of pressure:** alter the intensity, increase and decrease
- **GeoFence:** restrict the mobility of the participants.

That is the entire list?

Obviously not, and each one is influence by constraints. Changing any or all will impact the learning outcome.

Grappling only

Everything goes

Constraints

- **Environmental issues:** range limitations or rules, ground type, physically available space

- **Equipment shortfalls:** Not everyone has TGUNs or training knives, helmets, vehicles to damage, or a shoot house

- **Weather:** if it's raining, we are training (that is dumb, unless it serves a specific training objective)

- **Regulations (stupid):** a lot of places are governed by specific policies, orders, organizations.

Hard to fight in a car without a car.

What to do?

When developing a training plan, try to identify as many constraints as possible, as early as possible in the planning process. Most constraints can be mitigated to achieve the training goal.