



I would JUST SHOOT:
A misguided idea of personal protection.

that's why I carry gUn

Says the overweight man with a backwards hat and chain necklace.

One of the most dangerous myths in self-defense is the phrase, "Just shoot them." If there were a top 10 list of misguided ideas in personal protection, this would be near the top. Why? Because it grossly oversimplifies a complex, high-stakes scenario.



**Shot with your own gun
or toss it?**



Consider the challenges:



- **Surviving the Initial Threat:** You need to avoid being knocked out, stabbed, or shot before you can even respond.
- **Accessing Your Weapon:** Your firearm is likely concealed under clothing and secured in a holster. Drawing it under stress, while moving, is no small feat.
- **Accuracy Under Pressure:** You must place accurate shots on a moving, aggressive target—while ensuring you don't hit yourself, bystanders, or send rounds into the environment.
- **Environmental Factors:** Wet, slippery, or uneven terrain (like mud or ice) can drastically impair your movement, balance, and ability to execute techniques effectively.



Keep it simple

To prevail in a violent encounter, you need a streamlined approach. Complexity is the enemy of performance under stress. Here's how to keep it simple:

- **Minimize Techniques:** Focus on a small set of high-percentage, well-practiced skills. Overcomplicating your response with excessive moves increases the chance of failure.
- **Streamline Your Gear:** Carry only what you need. Your equipment should be lightweight, reliable, and positioned consistently for instinctive access, even under duress.
- **Optimize Placement:** Place your gear in a fixed, accessible location that doesn't shift with movement. Consistency breeds reliability.
- **Train for the Environment:** Practice in varied conditions—wet, dark, or uneven surfaces—to build adaptability and confidence.

Self-defense isn't about flashy techniques or overconfidence in a single tool. It's about preparation, simplicity, and realism.



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