



Training for Sudden Violence: 72 Practical Drills

Rory Miller, Wim Demeere (Foreword)

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YOU DON'T GET TO PICK WHERE FIGHTS GO

The speed and brutality of a predatory attack can shock even an experienced martial artist. The sudden chaos, the cascade of stress hormones—you feel as though time slows down. In reality, the assault is over in an instant. How does anyone prepare for that?

As a former corrections sergeant and tactical team leader, Rory Miller is a proven survivor. He instructs police and corrections professionals who, in many cases, receive only eight hours of defensive tactics training each year. They need techniques that work and they need unflinching courage.

In *Training for Sudden Violence: 72 Practical Drills* Miller gives you the tools to prepare and prevail, both physically and psychologically. He shares hard-won lessons from a world most of us hope we never experience.

- Train in fundamentals, combat drills, and dynamic fighting.
- Develop situational awareness.
- Condition yourself through stress inoculation.
- Take a critical look at your training habits.

“You don’t get to pick where fights go,” Miller writes. That’s why he has created a series of drills to train you for the worst of it. You will defend yourself on your feet, on the ground, against weapons, in a crowd, and while blindfolded. You will reevaluate your training scenarios—keeping what works, discarding what does not, and improving your chances of survival.

Miller’s “internal work,” “world work,” and “plastic mind” exercises will challenge you in ways that mere physical training does not. Sections include

- Stalking
- Escape and evasion
- The predator mind
- Personal threat assessment

This is a fight for your life, and it won’t happen on a nice soft mat. It will get, as Miller says, “all kinds of messy.” *Training for Sudden Violence: 72 Practical Drills* prepares you for that mess.

Training for Sudden Violence: 72 Practical Drills Details

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From Reader Review Training for Sudden Violence: 72 Practical Drills for online ebook

Sunflower says

I was drawn into this book by reviews from other "greats" Lawrence Kane, author and martial artist, Jeffrey Cooper, MD, tactical physician, karate, Iain Abernathy, author, sixth dan and Steve Perry, author. I thought if they wrote such glowing reviews there must be something to this book. I've read and watched other books and DVDs by Rory Miller, so I am familiar with his work. But this book and also there's DVD just blows it out of the water. It's so easy to read, that's what I like about it. And it's written in Rory's style of writing--telling it like it is. I was intrigued by one of his 72 drills about "blindfolded drills." Never thought about this, but it would get you "ready" if someone comes up from behind you. Thanks Rory, you've done it again....5 stars!

Ruby Bibi says

-Although this book is really geared towards the instructor, as it describes drills that can be effective for other trainers to use, it is still important as a learning tool for anyone. The author takes you into the mindset of an attacker, and wants people to think like a predator, in order to be aware of their surroundings, and to know how to deal with situations when faced with someone that has a predator mind.

-Rather than train in martial arts, or some type of self defense course, where you have to hold back so as not to hurt the person you're practicing with, Mr. Miller explains that all you're doing is creating a hitch in your actions so that when faced with someone attacking you who will not pull back from causing you harm, you will not be able to do what you have to do to escape/ counter attack. The delay that stops you from hitting a person in the head who is trying to cause you harm, will result in the attacker's success. That explanation alone makes this book worthwhile.

-Because I live in New York City, I am always looking to see who is on a subway platform; are they looking around to gauge other people around them; am I in a vulnerable position. This happens automatically. Even sitting in a subway car, while reading, I'm constantly aware of people's feet getting close to where I'm sitting, and this prompts me to look up to determine if they're a threat or not.

-This book reinforces what I know, but also wants you to think of alternatives to actual confrontations, which is excellent. It doesn't give you step by step defense moves, but an overall picture of how you should react.

-Your expectations in reading a book like this, if you are not an instructor, should be that this is a preparatory book that should be reviewed, prior to taking an actual defense course.

Loren says

Not really what I was looking for, written more for people who already teach in the field or at least are well versed in it.

It was only very marginally helpful for my needs (novice) although it does help you understand the shortcomings of even standard martial arts in facing a predator because predators don't play fair.

Yato says

This book was provided to me by NetGalley for review. The author emphasises the fact that training martial arts in a dojo does not prepare you at all for a fight in the real world. He makes the point that training and conditioning are two important aspects of any kind of martial arts and while a student might be know the right technique, it is his conditioning which will rise in a stressful situation, and that conditioning is for a missed attack, slow movements and less than full force.

I was interested in this book because I thought there might be drills for an individual, but this book is targeting martial arts teachers. So even though I did not get what I wanted out of it, I would definitely recommend it to the martial art instructors. It is well written, clear and full of interesting exercises.

KeithBookReviewing24/7** says**

This is an interesting book the author has put together, the explanations, terminology and the concept as a whole are really engaging.

It's one of few books that acknowledge violence is fast, dirty and really frightening if you cannot control your body and it's reactions to these situations.

These are things you will not learn to put into practice without the situations that warrant them. You will need real and dangerous violence to happen to you for you to learn to control your bodies natural reactions, you'll never completely cancel them out but you can work to keep them in check and prevent them paralysing you with your fear.

The information and exercises here are on point and plainly explained. If you worry about violence entering your life and being unprepared for it then try these techniques. If the concept of the book just piques your interest and you're wondering about reading it then I'd completely recommend you look it over.

It's really well written and I believe some people will get something from it, even if it's only their eyes opened to the reality of violence.
