



MMA legend Bas Rutten

Photo courtesy of Jaimee Itagaki
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Who WOULD YOU WANT TO WATCH YOUR BACK?

By George Ryan

If you could pick one person to watch your back, anyone at all, who would that person be? I imagine some people would say MMA fighters Brock Lesnar, Bas Rutten, Chuck Liddell or even Randy Couture. Not bad picks if you have to walk into an unstable or hostile environment. These fighters possess important skills and attributes that anyone interested in self-protection or defensive tactics should be striving to obtain and maintain. These qualities include prime

physical conditioning, outstanding fighting skill sets and in-fight tactics, and perhaps even more importantly, amazing willpower and a positive mental attitude.

So what made me think of this? I was asked this question years ago during a defensive tactics instructor course. To me the answer was simple — I knew right away who I would want to watch my back! But, the question did get me thinking... who would other people choose and, better yet,

who *should* they choose? In fact, who are you thinking of right now and does that person possess the qualities and the skill sets that can best get you out of a jam?

Right now you may be wondering if this is some sort of a trick question. It isn't. I knew right away that my answer is *me*. If you did not automatically and instantaneously come up with *yourself* as the answer to that question then you may have to do some serious thinking about your self-protection

mindset. Think about it! If we don't have that solid faith in our ability to protect our own selves then it is time to do some serious thinking and some serious training.

Bas is not coming!

Unless you're good friends with Brock, Bas, Chuck or Randy, your answer has to be you! If you do get into a jam and Bas Rutten is not by your side, then you need to be your own best backup. It may sound silly, but you really are the only person you truly can rely on to get you out of a potentially dangerous situation. Remember this: it may be just you out there if you get ambushed, attacked or threatened by a couple of parolees during a traffic stop. So, it's imperative that you train like you would want your imagined backup to be training.



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Start today!

So what are you waiting for? Start training today in the necessary physical and all-important mental skill sets that will help you to prevail in a potentially lethal street encounter. In addition, learn and master awareness skills and be aware of the current crime trends and ambush techniques used by society's worst. You

also must learn how to defend yourself at all fighting ranges. Finally, and above all, always strive to achieve and maintain prime physical conditioning.

Remember, you may need someone to watch your back someday. Be safe and best of luck in your training. ◀◀

About the author

Officer George Ryan has been a police officer for the Los Angeles Police Department since 1991 and has been assigned to LAPD's SWAT team since 1998. He is the NTOA's Defensive Tactics Section Chair and a member of the martial arts Masters Hall of Fame. George can be reached at gwryan3114@aol.com.

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