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Violence of mind pdf

With all my experience on both sides of the track, I have accumulated the most extensive violence experience and training that I have ever heard of someone enjoying the narrow lanes of civil criminal violence. Freeborn, Varg. Violence of mind: training and preparation for extreme violence. One Life Defense LLC, Varg Freeborn. Kindle Edition. I bought this e-book based on Greg Ellifritz's recommendation. According to his website, Varg Freeborn is an author, self-defense and gunfight instructor, lethal force educator, fitness coach, father and family man. Varg written a book on the way of thinking and human behavior, sharing his observations and perspective on violence and what it takes to be prepared for a violent situation. It's presented in a blunt, plain talk. No acronyms, no cool phrases, no sheepdog/military/cop lingo. The first section of the book is about the mission. What is your mission and how it can change in different situations. Understanding your limitations, responsibilities, and general legal concepts. He writes about prison from a prisoner's perspective. Most books about self-defense ignore or downplay the possibility that the use of violence in self-defense could lead to jail time. A typical armored citizen is unlikely to firsthand (or even be used through a friend or family member) prison experience like the ones Varg writes about in the book. He concludes the first section with a chapter on risk assessment. One of the concepts, he stresses, is to learn to seek out and respond to anomalies – something you will notice that seems out of place. Learning to see these things and change your behavior in response to them is important to avoid as well as survival. The second section is about training. Principles, skills, standards, methods, tactics, testing and validation. He emphasizes the value of woodshedding (putting a lot of practice from a public perspective) to developing skills and encourages people to turn off a selfie machine that drives a lot of focus more to get the perfect post on Instagram than actually improve during a practice session. He includes a long section on how to choose an instructor, discussing the different types of experience and thinking instructors can have: not just the usual mil/LEO/competition split, but differences in individual performance, whether they train with others outside of their primary knowledge, or whether they continue to develop their skills, and other elements. His opinions in this section closely match my thoughts on the subject. The last section of Conditioning and orientation refers to physical and mental conditioning. It starts with the usual spend more time in the gym, so you find it harder to kill material and progress to the discussion of the mindset and mental preparation. The last chapters discuss hiding everyday considerations – how to be armed and prepared without anomaly when you are outside society. It's a book full of well presented, solid advice, and ideas that align with and synchronize with what the best of the teachers I've studied over the last 30 years have been taught, no matter which way they took to get to these ideas. If someone asked me tomorrow for advice on how to be a well-rounded, well-prepared armed citizen, I could pass them a copy of this book and tell them: Find out what this book teaches, take the steps this book recommends. Or to quote the author: Violence ruins life. It changes things forever. It can take away loved ones, freedom, opportunities ... changes that last a lifetime and oftentimes from which you can never recover. Some of us know this all too well. Be ready, but don't glorify it in your mind. Practice the things I'm talking about in this book, and focus on living a strong, happy, productive and protected life. Freeborn, Varg. Violence of mind: training and preparation for extreme violence. One Life Defense LLC, Varg Freeborn. Kindle Edition. You can order a book in printed or digital format from Amazon. I recently read violence mind by Varg Freeborn. Anyone who chooses to take responsibility for their own and their family's safety has a duty to educate themselves. Violence Mind offers insight into how violent predators work. This insight can be useful for anyone who wants to avoid meeting with such people. Freeborn has a perspective that is unique in his life experience. He grew up in a very violent environment that ended in a self-defense incident that went terribly wrong. As a result of this incident, Freeborn spent five years in prison as a young man. Freeborn describes his history in detail in the book so I won't go into it here. What is impressive is that he turned that experience into a motivating force to repair his life. With legal challenges, he was able to restore his rights completely. In addition, he has worked to become a top expert in violence education and lethal force training. With his company, One Life Defense LLC, he trains civilians, law enforcement and military personnel. I highly recommend the book to CCW permit holders and anyone interested in actively taking responsibility for their own safety. Freeborn addresses many interesting topics in the book, but he has two ideas that I'd like to share here. HidingFree use of terms in a much broader sense than many of us. When he uses the term he is not just talking about hiding a weapon or staying out of sight of an attacker. Hiding in a broader sense involves hiding your abilities from a potential predator. According to Freeborn, violent predators give predictability. They would much prefer a victim with which seems predictable, not one that seems unpredictable. Dressing in a way that doesn't telegraph abilities, skills or special knowledge makes you less predictable and can help you avoid selection. Behaving and moving with hiding in mind is in your favor. Wearing tactical clothing, gun company hats or shirts can sometimes get you selected. Real violent predators are experienced and know the difference between some part of the dressing and someone with real abilities. There is a difference between eye contact, which indicates understanding and a glance that points to a challenge. Know the difference, predators do. The missiony of your mission as a responsibly armed civilian would be to make it home safely to your family so that you can spend many years together enjoying life. Every decision you make all your day would be to support your mission. You need to keep your mission in mind, always. We've all read internet commandos writing about running on gunfire and other macho nonsense. Unless you've some flavor law enforcement or deployed military last thing you want to do is run against gunfire. Freeborn believes that everything you should have to support your mission. Do you take a shortcut or go far? Do you respond to some pesky jerk or avoid contact? Do you intervene in a developing incident between two strangers? Are you involved in an armed robbery or assault? Do you risk everything you have or ever will, including your freedom and possibly your life? Does your decision support your mission? These are things that we all need to seriously consider long before we find ourselves in a situation where we have to make a decision. Take a look at the Violence of the Mind. Along with their entertaining read, it could provide information that will help you make the right decision during a critical incident if that day ever comes. The right to self-interest is a natural right of all people, not a right granted by the government. The use of firearms for self-defense is a natural extension of this right. Unfortunately, people are working very hard to deprive you of this natural right. If you want to maintain your right to defend them by joining the San Diego County Gun Owners (SDCGO), the California Rifle and Pistol Association (CRPA), and the National Rifle Association (NRA). Join the fight and help us renew and preserve our second amendment rights. Together we win.©2019 Joseph T Drammissi Every Big on kindle book offers a great reading experience for better value than print to keep your wallet happy. Explore your book, then jump right back to where you left off with Page Flip. See high-quality images that let you zoom in for a closer look. Enjoy features are only possible in digital - start reading right away, take your library with you, customize the font, create notes and current events and much more. Discover more information about events, people and places in your book, with Wikipedia integration. Ask Alexa to read your book with Audible integration or text-to-speech. Get the free Kindle app: Top positive reviewAll positive reviews · S.P.5.0 out of 5 starsAll book that cuts with BS.... aka: You can not act truthReviewed in the United States on December 6, 2018All give you snowflakes, wuzzies, pc cowards, crybabies, justice soldier idiots and everyone else. You probably don't want to read this without a trigger warning or whatever you call it. This book would never be allowed on any college campus because it's not a pc and doesn't match the opinions of profs. No profs, all people are not exactly the same. Not everyone has exactly the same mindset. Not everyone is a wonderful, lovely, harmless person who can't dare to hear a word that they disagree with. How about a person who just wanted to kill you for the fun of it? Ever thought about it? There are millions on the street. That is good. Not thousands, millions. Varg cuts through bs most martial arts and firearm instructor training instructors teach. It's not if I just have my gun I'll be OK. Or if I put this black belt, I can take any of these thugs on the street and do a quick job of them. Ha. You better change your mind. They're going to give you something, and it won't be your elbow. I relate to the crappy neighborhood he grew up in. Mine was full of thugs, dirtbags, outlaw motorcycle gangs, felons, drug dealers, murderers, robbers and even some serial killers thrown in for good measure. You better have more than an AMEX card when you left home. That's all I've known since I was old enough to walk. I grew up in one of the largest cities in the United States. I was sent to the hood as a white child in the late 60's. It was a wonderful experience (sarcasm for gosh sakes). Every day there was a potential for life and death fighting with several opponents. I was thrown out of every school I went to. Why? Because I was attacked by armed thugs and defended themselves and destroyed their posteriors so school staff said it was my fault. Hmmm. I think there was something illegal about threatening to kill someone with a gun if they didn't give you your money. I digress. I can say I have a good clue as to what the hell he's talking about. There is a lot of it. As a former policeman in one of the largest cities in America, I went to a federal agent for a large federal LE agency and conducted extensive covert operations in the U.S. and was involved in many cases involving OC, firearms trafficking, drug trafficking, murder hire, murder, bombs, serial bombings, arsons, hostage situations, etc. I've also done extensive work with POTUS/VPOTUS defense information with the USSS as of my tasks. I know what I'm talking about. I don't apologize. I had 50,000 to 60,000 hours in the streets as a police officer and agent. There is no parking for my butt behind the table. It doesn't count all the years growing. Varg is all about money. I couldn't care less if you agree or not. If you take bs ccw class and think you're ready to defend yourself on the street you're insane and that's the nicest thing I can say. Get a whole bunch of advanced training after this class. Thinking you're ready for a big, lowlight fight to death with multiple opponents is madness. Either better or have a lot of health and life insurance paid in advance. Yes, I've had several shoot outs and sniper attacks. No fun. Result. I'm still running in my mouth. You should say something to you. I still train with the best firearms instructors in the country and am currently finding a new KM school. I finished SWAT team school three years ago at Ft. McClelland, AL after retiring for several years. I'm in my 60's now. Continue the training. Never stop. Thinking is the first step in survival. If you really find out what he's trying to say, you'll be light years ahead of 99% of other civilians. I don't tell most people these things because they think you're insane. They think, Oh, guys just so negative or Oh, he's just making this stuff up. How ridiculous. A lot of people who would kill me? No way. GOVT protect me and don't let it happen. Buy a danged book. When you actually understand the message, your on your way to transformation needs to happen before you can ever be really safe and really find out what the mindset is. I dare Amazon to publish this without editing it. It.

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