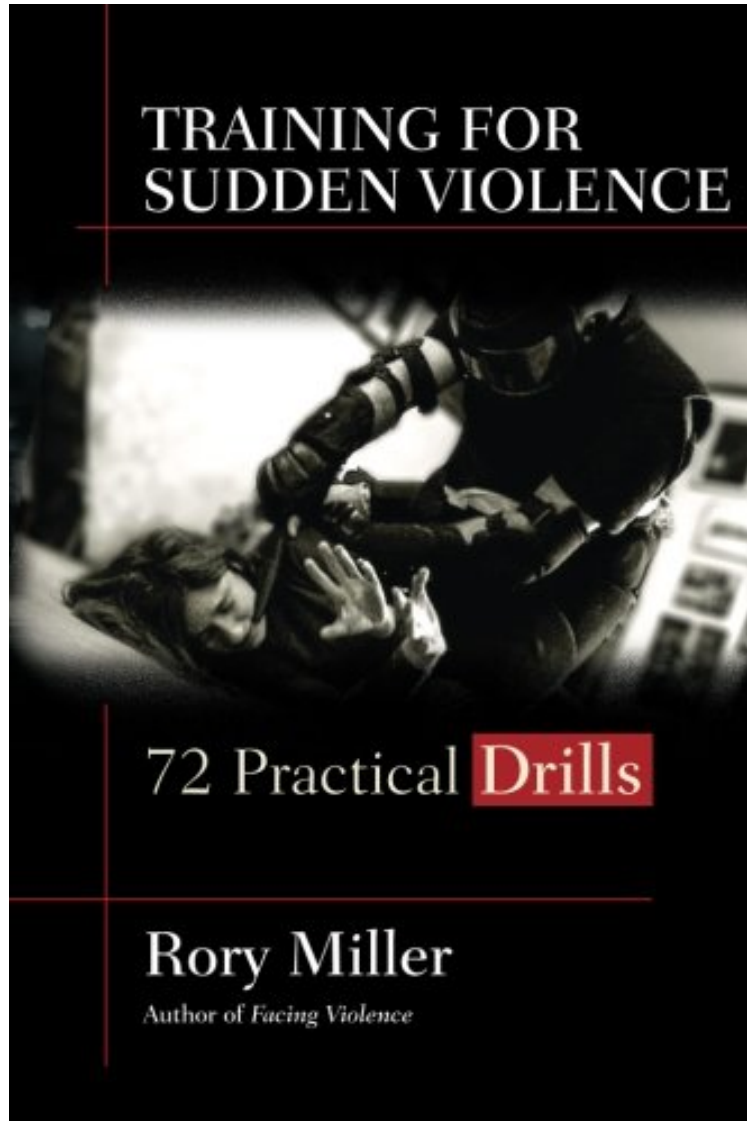


Training for Sudden Violence: 72 Practical Drills

Rory Miller

DOC | *audiobook | ebooks | Download PDF | ePub



DOWNLOAD



READ ONLINE

#44801 in Books Ymaa Pubns 2016-07-07Original language:EnglishPDF # 1 8.82 x .63 x 6.08l, .0 #File Name: 159439380X256 pagesYmaa Pubns | File size: 26.Mb

Rory Miller : Training for Sudden Violence: 72 Practical Drills before purchasing it in order to gage whether or not it would be worth my time, and all praised Training for Sudden Violence: 72 Practical Drills:

56 of 56 people found the following review helpful. practical drills reviewBy CustomerI've purchase many of Miller's books and DVD's. He is a knowledgeable author with a wealth of real world experience. Unfortunately there are some topics such as the drills in this book that just don't translate well to written instructions. I've purchased Miller's previous book on the same subject (Drills for sudden violence) and found the same thing to be true. This would work well as a DVD or if the book had pictures which illustrated what Miller was trying to convey. Maybe it's just the way

that I learn required more than written instructions but I just don't understand the drills well enough to be able to teach them from this book. As a defensive tactics instructor I was hoping to be able to incorporate some of the drills into my training classes. I have no doubt that the drills have value and work for their intended purpose its just that I'm not confident enough that I understand them well enough. I think that for this particular subject I'd be better off with the DVD version instead. I recently saw that a DVD version is available and I would recommend that format instead. Maybe after watching the video the book will make more sense.0 of 0 people found the following review helpful. Well doneBy CustomerExactly as advertised...and better!4 of 4 people found the following review helpful. solidBy jdavisLove a lot of these drills, though they are definitely more suited for advanced practitioners. He includes lots of mental preparation drills that are missing from a lot of training programs.

WINNER Self-Help, 2016 Best Books AwardThe speed and brutality of apredatory attack can shock even an experienced martial artist. The suddenchaos, the cascade of stress hormonesyou feel as though time slows down. Inreality, the assault is over in an instant. How does anyone prepare for that?As a former correctionssergeant and tactical team leader, Rory Miller is a proven survivor. He instructs police and corrections professionals who, in many cases, receive onlyeight hours of defensive tactics training each year. They need techniques thatwork and they need unflinching courage.In Drills: Training for Sudden Violence Miller gives you the toolsto prepare and prevail, both physically and psychologically. He shares hard-wonlessons from a world most of us hope we never experience.Train in fundamentals,combat drills, and dynamic fighting.Developsituational awareness.Conditionyourself through stress inoculation.Take a criticallook at your training habits.You don't get to pick wherefights go, Miller writes. That's why he has created a series of drills to trainyou for the worst of it. You will defend yourself on your feet, on the ground, againstweapons, in a crowd, and while blindfolded. You will reevaluate your trainingscenarioskeeping what works, discarding what does not, and improving yourchances of survival.Miller's internal work,world work, and plastic mind exercises will challenge you in ways that merephysical training does not. Sections includeStalkingEscape andevasionThe predatormindPersonal threatassessmentThis is a fight for yourlife, and it won't happen on a nice soft mat. It will get, as Miller says, allkinds of messy. Drills: Training for Sudden Violence prepares you for that mess.

Those of us who teach self-defense have a vital responsibility to ensure that our students can actually use what they learn. The challenge is that we can never know when a student will be forced to apply their skills. It could be today, tomorrow, next year or never. That makes it the instructor's responsibility to make each and every student as competent as possible as quickly as possible. In Drills Rory Miller gives exercises and training philosophy that serve this goal. Some of the drills are mental, because the author recognizes that survival is not just a physical problem. Some are simple, things you can do right now. Some, like scenarios, are on the leading edge of current professional training. There's a lot in this book, and no fluff. Concise, effective, and useful, I cannot recommend it highly enough! (Lawrence A. Kane, martial artist, author of Surviving Armed Assaults, co-author of The Little Black Book of Violence and Scaling Force)Rory Miller has once again provided a master piece delineating not only his well thought out and useful drills for martial arts and self-defense, but providing invaluable insight for teaching martial arts and self-defense skills across the broad range of experience and need. Many of his drills provide more mental and psychological training than physical and, as such, viable to any practitioner from the novice to the expert. His book provides practical exercises building off of his previous books, Meditations on Violence and Facing Violence. (Jeffrey Cooper, MD, Emergency Physician, Tactical Physician, 6th Dan, Okinawan Goju-Ryu Karate)Power is the ability to do things. So knowledge isn't power. Just knowing has no ability to get things done. Knowledge has to be effectively applied to be powerful. That's why this latest book from Rory Miller is so very important; it teaches drills that effectively develop the ability apply many differing skills and attributes. Rory once again shares his hard won expertise in a logical and accessible way.Iain Abernethy, 6th dan, World Combat Association Chief International Coach, author (Iain Abernethy, 6th Dan, World Combat Association Chief International Coach, author of Mental Strength, Throws for Strikers, and Karate's Grappling Methods)The best way to train for a serious fight is full out; however, if you do that, you may break your toys -- or they may break you. If somebody doesn't get hurt, you are doing it wrong. Rory Miller has developed a series of drills that can help. No drill is perfect, but those in this book on how to survive serious mayhem, are effective. Read it, and learn. (Steve Perry, New York Times bestselling author, Shadows of the Empire)About the AuthorRory Miller is theaward-winning author of Meditationson Violence, FacingViolence, ForceDecisions, and ConflictCommunication. He is the coauthor, with Lawrence Kane, of Scaling Force.A former correctionssergeant, tactical team leader, and contractor in Iraq, he now lives quietly onhis acreage in the Pacific Northwest, writing and teaching seminarsinternationally.