

## What's your Training doing for you?

By Dustin Silzer - DL CREW member



The history of what is now Defence Lab begins with the original six (Cl6), including the legendary Andy Norman. Without going into details of what “was KFM” which is already saturated the internet from Andy answering personally. I'll simply say this for a lesson in history; Andy Norman was a founding member of KFM. When he stepped toward a longer path, the top team members continued on this journey with him.

This journey expanded the fight consulting movie universe to go from working with the A-list talents of Tom Cruise, Christian Bale, Liam Neeson and among others to most recently Jason Statham for the upcoming Five Eyes motion picture by Guy Ritchie.

These fight scenes were made to entertain and inspire the public; which accelerating Defence Lab from an idea that was taken public on November 12 2012 to a world encompassing storm.

Now throughout my life, I've had the opportunity to study, train and instruct in the theory of the various forms of Martial arts, Defensive Tactics and Self-defence systems. While in conjunction with two decades (and counting) of invested time and experience in a professional field where we commonly and actively move toward resolving conflict and threat of violent situations, as well as administering “controlled” violence.

With this lifestyle I've come to many “truths”; as like many others reading this article. Now one person's truth does not need to be yours but here I will present this to you “the reader” as an inspirational thought experiment. With what will be defined as the underlying truth.

My truth, that most martial purists have difficulty succeeding to is that very rarely does the training system mirror the overall reality of violent altercation nor does it adequately promote the health and fitness to combat the effects, duress and stress of violence.

Quote: “Training must replicate the reality and reality must be replicated in the training to adequately prepare the individual. Anything less is simply wishful thinking.”

Now Martial arts, Self-defence and Defensive Tactics are not synonymous nor are they created equally. Further, even if you are able to execute a technique in a training hall or dojo - this does not make you an authority on the application of

violence. Conversely, working in violent environments doesn't afford you anything beyond the experience of the exposure – and certainly simply being a Police or Corrections Officer, Military or Doorman grants nothing ability wise if you don't invest in your own improvement through skill set training.

Review this definition to continue this thought experiment: The act of Violence is "the intentional" use of physical force or power with or without a force-multiplier (a weapon), threatened or actual, against oneself, another person, or against a group by a person or a group.

If you can absorb and understand that definition, as well as consider the vast variations of manifested violent situations that may develop, you've gained some real insight. You can thereafter rationalize to gain some awesome skills that afford you some ability into awareness / identification, avoidance, and resolution in action or violence itself.

So what training supports this insight and area of investigation?

Martial artists can be overly focused on the ascetic and esoteric or the "purist behaviour" making it debilitating to replicating the reality of modern violence.

Law enforcement Defensive Tactics systems are regulated and driven by procedures, policies and politics to restrict carte blanche in the application.

Further, shuffling through Self-defence systems is like comparing the stats of sports trading cards where everyone thinks they are the best through supporting research.

My observation and conclusion is that there has been segregation and thereafter a dilution in the study and training of violence, as well as a division in this industry. Everyone claims they are studying violence but who is really doing it and advancing it?

This maxim is simple but profound ..... "We study Violence to Escape it, Prevent it and if all else fails Utilize it ourselves to survive." - The Defence Lab philosophy

"Defence Lab is for the open-minded truth seekers concerned with "what is" and not what we want it to be."

Defence Lab and core DNA Fight Science system not only provides real stress tested solutions but also a freethinking environment to investigate the “what if” of the worst situations and scenarios.

The complexity of DNA Fight Science goes beyond the ascetic and esoteric of traditional martial arts, it opens the door to preview and develop solutions to the violent situations and acts that are what we take witness to in communities and countries across the globe.

It also provides an insightful preview into the instinctual responses that occur in both defence and offensive scenarios and environments, with an intelligent, ethical and moral concern for modern use of force considerations; specifically as per it's DL Tactical derived law enforcement program .

What Defence Lab does that goes beyond the vast study and investigation into violence is moving toward a cultural change in the training and delivery of that training. What was perhaps a division of characteristics is shown to be a unity of the most beneficial attributes of Martial arts, Defensive Tactics and Self-defence.

Now most understand that because humans are inherently capable of invoking violence on other humans that it's necessary to have a healthy outlet for investigating our violent human nature. Without it, the effects can be not only detrimental to the relationship between the emotional, mental and physical self-health but the health of our social and intimate relationships as well.

For me, this is an important component that binds Defence Lab together. There is an understanding that health and mortality coexist, therefore improving health and vitality only supports the positive development of the human.

Defence Lab has developed an amazingly supportive community. There is no “bow to your Sensei” non-sense or unnecessary protocols to inhibit self-growth and discovery. Just respect for yourself, the people you train with and others.

We seek to be open-minded about the investigation.

All of us in the martial lifestyle seek to be the best version of ourselves we can be. What we generally overlook is what's the best method for achieving that. More commonly than not, the forced conformity by fixed unwavering traditional systems doesn't serve you and will deform your personal growth.

Defence Lab is the lifestyle approach alternative that we all need and deserve.