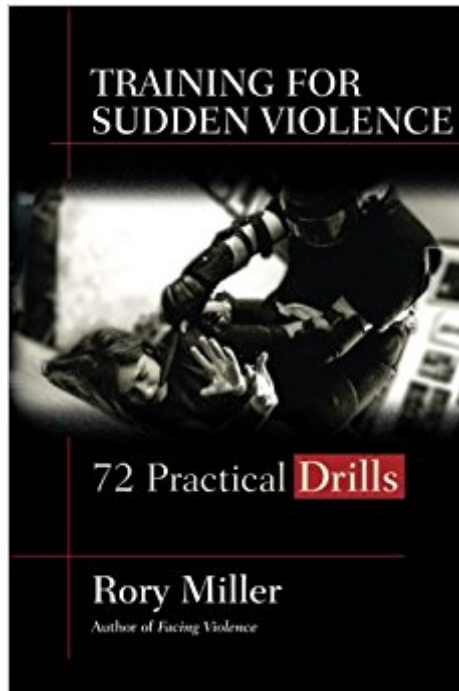




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Training For Sudden Violence: 72 Practical Drills



Synopsis

WINNER â€” Self-Help, 2016 Best Books Award

The speed and brutality of a predatory attack can shock even an experienced martial artist. The sudden chaos, the cascade of stress hormonesâ€”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 *Drills: Training for Sudden Violence* 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.â€”You don't get to pick where fights go,â€”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 scenariosâ€”keeping what works, discarding what does not, and improving your chances of survival. Miller's â€”internal work,â€”â€”world work,â€”and â€”plastic mindâ€”exercises will challenge you in ways that mere physical training does not. Sections include Stalking, Escape, and Evasion. The predator's 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, â€”all kinds of messy.â€”

Drills: Training for Sudden Violence prepares you for that mess.

Book Information

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Customer Reviews

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 âœknowingâ • 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.â •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*)

Rory Miller is the award-winning author of *Meditations on Violence*, *Facing Violence*, *Force Decisions*, and *Conflict Communication*. He is the coauthor, with Lawrence Kane, of *Scaling Force*. A former corrections sergeant, tactical team leader, and contractor in Iraq, he now lives quietly on his acreage in the Pacific Northwest, writing and teaching seminars internationally.

I've purchased 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.

Rory does it again with his knowledge of what works and how to incorporate your training for real world scenarios.

It's alright if your training people, but it needs more detail on being trained

Exactly as advertised...and better!

Love 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.

I've read Rory Miller's other books and was impressed by his insights into violence. I train BJJ, boxing, and in general always am up for MMA sparring. But I haven't been faced with predatory violence ever, and with social-macho tough guy antics only a few times. Mr Miller's perspective is an interesting wake up call about how prepared the sports martial arts make a person for real violence. I definitely adjusted some thinking as a result. His book on drills is great, in the sense that it takes the conceptual gap between sports fighting and fighting for your life and moves it into physical drills. The drills themselves are mostly creative, very different ways of approaching true violent encounters. Now the downside: I can't say if the drills are good or not because I can't find anyone to do them with. These drills aren't something you can throw in at the end of a boxing practice or even

an MMA class. They require a different mindset from all parties. Maybe most importantly, they require a clear distinction of roles into "predator" and "would-be victim". In most martial arts, we begin as equals in the ring. The only place I can see these drills getting quick acceptance is in Krav-Magna classes where its usual to start all drills with the assumption someone is in an inferior position and must escape. Anyway, the summary is that the drills are great, and we should thank Mr Miller for keeping them in circulation for the martial arts community. But if you plan to use the drills, you'll need equally enthusiastic peers.

Every concept in this book is gold. I actually take notes and have to reflect on the points made through out this read. Thank you for writing this.

Some of the drills are done in a lot of TMAs. Eg. Blindfold drills; Blind Folded Chi Sao. But Rory gets people to start understanding why they're done and what attributes they're looking to build and how to make them learning experiences instead of who's the stronger monkey session. While the book is not essential it makes for a good reference guide and it ties in well with Facing Violence. A video would be helpful too.

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