

Mental Toughness

"You're gonna have some good days and some bad days."

"Men are not afraid of death, they are afraid of dying." Lord Moran

The Samurai were probably the most aware of how mental conditioning affected battlefield performance. They were ready to die. Are you?

From Ed Parker's Eight Considerations of Combat

ACCEPTANCE - You have accepted that there is a possibility that you may have to use what you learned at some time. It does not have to be physical.

If you can control your emotions, then perception, analysis, and response will merge.

"A presence of mind allowing the warrior to focus completely on the task of the moment." Bruce Siddle, from *Sharpening the Warrior's Edge*

You must have a need for this skill and be able to visualize the need for the skill's real-life application.

Training: physical and mental

Breathing - controlling "the shuddering, shaking machine "

Chi-kung, yoga, meditative types

"Tactical breathing" Four in, hold for four, four out, hold empty for four.

Physical movement.

Confidence is a cornerstone of survival.

Posture is the "currency of leadership" and contributes to physical grace.

Physical grace comes from confidence.

You must believe in the value of life. Most people do.

You must believe in the mission.

You must have a faith system. "Combat is not the place to be making major adjustments to your belief systems."

Visualization

"See" successful outcomes. Have positive training experiences and positive field experiences.

Resources

On Killing Lt. Col. Grossman

The Gift of Fear Gavin DeBecker

Sharpening the Warriors Edge Bruce Siddle

On Combat Lt. Col. Dave Grossman

Living the Martial Way by Forrest Morgan

In Search of the Warrior Spirit by Richard Heckler

Hagakure, The Book of the Samurai by Yamamoto Tsunetomo