



SPARTAN FIREARMS TRAINING GROUP, LLC

Tip of the Day—July 24, 2025

🗨️ Adopt the “Warrior Mindset” for Armed Self-Defense 🗨️

The term “warrior mindset” has become almost a cliché due to its widespread use in various contexts. But for those who carry a handgun for self-defense, it’s not just a buzzword—it’s survival. It means having the mental strength, discipline, and awareness to act with clarity when everything goes sideways.

Below, you will see the essential qualities of the warrior mindset. We cover these topics in our wear and carry course, both in the classroom and on the live-fire range. We train citizen warriors — men and women who cherish life and are willing to defend it when necessary.

- ✅ **Resilience** – If things don’t go as planned, you adapt. You don’t freeze. You keep moving.
- ✅ **Discipline** – You don’t just *own* the gun—you *train* with it. Regularly!
- ✅ **Courage** – If you’re ever forced to act, you don’t hesitate. You respond with purpose. However, in Maryland, and perhaps other states, you must de-escalate as long as it is safe to do so.
- ✅ **Focus** – In high-stress moments, you stay locked in—no panic, no tunnel vision, scanning for additional threats.
- ✅ **Perseverance** – You train for the fight that might never come, because it *might*. To paraphrase Col. Jeff Cooper, you train knowing that the fight could come one day, and you know what to do about it.
- ✅ **Mental Toughness** – You can function effectively under pressure, despite fear, noise, and chaos. Understanding the effects of stress on your body and training to manage those effects is crucial.
- ✅ **Adaptability** – You don’t just rehearse one outcome. You train for the unexpected by using the power of visualization to imagine different threatening scenarios and how to handle them.
- ✅ **Confidence** – You trust your decisions, your draw, your sights, your shot. You gain this confidence through regular practice—live and dry fire.

✅ **Humility** – You know what you don't know. You keep learning. You stay sharp. There is no place for arrogance while carrying a gun in public. Confidence is earned; cockiness can get people hurt.

✅ **Growth Through Discomfort** – You seek out challenging training because that's what builds the skills necessary for dealing with high stress.

All of the above qualities are important and interconnected, but if we had to highlight the most crucial, they would be resilience and mental toughness.

- ◆ Resilience allows you to bounce back from setbacks and keep moving forward, which is essential for survival in dangerous situations.

- ◆ Mental toughness helps you stay calm, focused, and composed under pressure, enabling you to use your gun-handling skills effectively.

Together, resilience and mental toughness form the foundation that supports the other qualities, helping you maintain perseverance, confidence, and discipline, especially under the stress of a deadly force threat.

💡 While carrying a firearm for self-defense, the warrior mindset is about being well-trained, knowing that a deadly force threat against you could happen one day, and you are prepared to deal with it because you know what to do. As the tattoo on my right forearm says, "stay in the fight." The warrior mindset helps you to do that.

💡 Remember, carrying and training with a handgun doesn't make you a warrior. *Training your mindset to handle a deadly force encounter—mentally, emotionally, and tactically—is what separates you from the unskilled, untrained "herd."*

The gun is just a tool. YOU are the weapon. Train accordingly.