



Spartan Firearms Training Group, LLC

💡 Tip of the Day — July 3, 2025 💡

Principles of Self-Defense

(Colonel Jeff Cooper's "Principles of Personal Defense" (2006). Boulder, CO: Paladin Press. We teach these principles in our "Wear-and-Carry" course).

- ◆ **Alertness**

You can't defend against a threat you don't see. Awareness is the foundation of all defense.

- ◆ **Decisiveness**

Once a threat is identified, hesitation can be fatal. Commit to action promptly and thoroughly.

- ◆ **Aggressiveness**

Defensive action requires aggressive energy, not cruelty, but effective counter-violence. Passivity or tentativeness leads to failure.

- ◆ **Speed**

Speed of response—mental and physical—can mean the difference between survival and victimhood. Develop physical speed through practice and mental speed through visualization and rehearsal.

- ◆ **Coolness**

The hardest under stress—staying calm keeps you in control. Train with stress inoculation to build this vital skill.

◆ **Ruthlessness**

Do what's necessary without hesitation or sentimentality. Life-or-death calls for brutal decisiveness. Mercy comes after the threat is neutralized.

⚠ **Remember:**

Draw your handgun **only** when there's no other option, and you must press the trigger to save your life or the life of a loved one.

📌 For more on the conditions for justified self-defense, see our Tip of the Day from June 30, 2025, on Maryland's Justified Use of Force [tip-of-the-day-june-30-2025/](#). Stay alert. Stay safe.