



## Spartan Firearms Training Group, LLC

TIP OF THE WEEK—February 2, 2026

### The Weight of Capability and Capacity

Dr. Jordan Peterson once said "A harmless man is not a good man. A good man is a very, very dangerous man who has that under voluntary control."

Be a good man or woman!

If you choose to carry the means to defend life, understand this first:

- The capability to use violence is not swagger—it's weight.
- Having the capacity for violence means being able to live with its moral and human cost.
- It's not empowering the way films make it look.
- It is a **moral burden**—one many people are not willing to carry.

Using violence to stop violence may be necessary to save innocent life, but it is never without consequence. Anyone who claims otherwise is lying to you, or to themselves.

Real responsibility as an armed citizen starts with honesty:

- ✓ Know what you are capable of—do you have the knowledge and skills
- ✓ Know if you have the capacity—can you live it the emotional aftermath
- ✓ Accept the moral weight that comes with it
- ✓ Set your boundaries *before* a crisis
- ✓ Commit to restraint, judgment, and accountability

**Capability without conscience is recklessness. Conscience without capability is denial.**

The disciplined armed citizen carries both.

And, very importantly, know the use of force laws in your state. If you are an armed citizen in Maryland, please join Maryland Shall Issue (<https://www.marylandshallissue.org/jmain/join-all-membership>). They fight to protect

your right to carry concealed. Purchase this book to learn more about Maryland's self-defense laws: *The Maryland Use of Force Handbook* by Roland Harris and Martin Cohen. Available at Amazon.com.

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*Train the body. Prepare the mind. Respect the responsibility.*