



## Publication

**Alvin K. Brown, LL.M., J.D.**

Security Expert Witness for Negligent Security, Premises Liability, Use of Force, Workplace Violence Prevention, Insider Threat, and Executive Protection Matters

[https://www.linkedin.com/posts/akbrownlaw\\_self-protection-is-a-universal-concern-but-activity-7373403390019551232-tLfx?utm\\_source=share&utm\\_medium=member\\_desktop&rcm=ACoAAAbCL8oBV1XRNZLhS2LMb\\_wIyPk9741sc00](https://www.linkedin.com/posts/akbrownlaw_self-protection-is-a-universal-concern-but-activity-7373403390019551232-tLfx?utm_source=share&utm_medium=member_desktop&rcm=ACoAAAbCL8oBV1XRNZLhS2LMb_wIyPk9741sc00)

Self-protection is a universal concern, but the way we approach it is often far too generic. Most martial arts and self-defense programs are designed for groups, focusing on standardized techniques and routines. While these programs have value, they rarely address the unique needs, strengths, and challenges of each person. In a world where threats are unpredictable and personal circumstances vary widely, it is time to rethink how we build our self-protection strategies.

Traditional group classes tend to follow a one-size-fits-all model. They teach the same moves to everyone, regardless of age, physical ability, or personal objectives. This approach overlooks critical factors such as individual mission, physical capabilities, available resources, and legal or policy restrictions. As a result, many people complete these programs without ever feeling truly prepared or confident in their ability to protect themselves.

To create a truly effective self-protection system, personalization is essential. Here is a practical process for designing a system that fits you—not just a group template.

1. Begin by evaluating your personal mission and objectives. Are you focused on protecting yourself, your family, or both? Assess your physical capabilities honestly—consider your strengths, limitations, and any health concerns. Take stock of your resources: time, money, access to training, and tools you can legally carry. Finally, be aware of the legal and policy limitations in your area. Understanding these elements will help you set realistic, meaningful goals for your self-protection plan.
2. With your strategy in place, develop tactics that support your mission and fit your unique situation. Tactics are practical actions you can take in various scenarios. Design drills that simulate realistic situations you might face, ensuring they align with your physical abilities and resources. Practice regularly to build muscle memory and confidence.
3. Each situation involves distinct challenges. Consequently, it is vital to identify universal principles that guide sound decision-making in high-pressure circumstances. Assess the applicability of these principles within your own context and thoughtfully consider how they may be implemented in scenarios related to your personal safety.
4. Finally, focus on developing the physical and mental attributes that support your chosen

1001 3<sup>rd</sup> Avenue West, Suite 375, Bradenton, FL 34205  
Tel: (941) 953-2825 ~ [alvin@sotersolutionsllc.com](mailto:alvin@sotersolutionsllc.com)  
[www.sotersolutionsllc.com](http://www.sotersolutionsllc.com)



strategies and tactics. This might include improving strength, speed, flexibility, or situational awareness. Choose exercises and training methods that directly enhance your ability to perform in the scenarios you are most likely to face.

Your safety is too important to leave to generic solutions. By designing an individualized self-protection system, you ensure that your plan is realistic, effective, and empowering. Take the time to assess your needs, develop practical tactics, apply relevant principles, and build the right attributes.