

The Five Dimension System

Most self-defense training teaches technique and calls it preparation. Technique is one dimension of five, and it is not the first one.

WHY FIVE, AND WHY IN THIS ORDER

A program that starts with technique has answered the last question first. The dimensions are ordered by how often they are used and how much they cost to deploy. Awareness runs constantly and costs nothing. Capability is used almost never and costs the most, in training time, in legal exposure, and in the aftermath of having used it. Preparation should follow that shape.

AWARENESS

Reading environments and people before anything happens. This is not vigilance and it is not suspicion, both of which are exhausting and therefore abandoned. It is a set of specific, repeatable habits: where the exits are, who is not behaving like everyone else, what changed in the last thirty seconds.

AVOIDANCE

Practiced exits and de-escalation. The highest-leverage dimension, and the one most programs skip because it does not demonstrate well. Leaving early is a decision that has to be rehearsed, or it will not be made under stress. An executive who leaves has not lost anything.

PHYSICAL READINESS

Conditioning built for an executive schedule rather than an athlete's. The relevant question is not what you can lift, it is whether you can produce effort under adrenaline without your body becoming the limiting factor. That is a different training target and it takes less time than people assume.

CAPABILITY

Technique under pressure, drawn only from combat sports that pressure-test their own methods against resisting opponents. A method that has never been tested against someone trying to stop it is a theory. This is the dimension people arrive wanting, and it is deliberately fourth.

CONTEXT

Your specific risk profile: travel pattern, public visibility, home, family, and who moves with you. Two executives with identical training have different exposure, and a general program cannot address either one. Context is what turns the other four dimensions into a plan rather than a curriculum.

THE ARGUMENT RUNS ONE DIRECTION ONLY

From principle to technique, never the reverse. A technique that cannot be justified from a principle is a habit, and habits fail when the situation does not match the drill. This is the test to apply to any program, including this one.

If you want to know which of the five is your actual gap, that is what a Discovery Call is for.

Steve Frassetti

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stevefrassetti.com/book · steve@stevefrassetti.com