

PreDefence

Self defense before SHTF

<http://predefence.com>

The Art of the Hero - doctrine

Categories : [Uncategorized](#), [WeaselCraft](#)

Tagged as : [art of the hero](#), [mastery](#), [principlesself defense](#)



"For most of human history, the art of the hero wasn't left up to chance;

it was a multidisciplinary endeavor devoted to optimal nutrition, physical self-mastery, and mental conditioning.

The hero's skills were studied, practiced, and perfected, then passed along from parent to child and teacher to student.

The art of the hero wasn't about being brave; it was about being so competent that bravery wasn't an issue.

You weren't supposed to go down for a good cause; the goal was to figure out a way not to go down at all.

Achilles and Odysseus and the rest of the classical heroes hated the thought of dying and

PreDefence

Self defense before SHTF

<http://predefence.com>

scratched for every second of life.

A hero's one crack at immortality was to be remembered as a champion,

and champions don't die dumb.

It all hinged on the ability to unleash the tremendous resources of strength, endurance, and agility that many people don't realize they already have."

--Christopher McDougall, "Natural Born Heroes"

