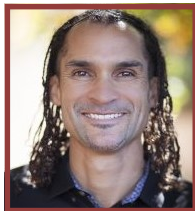


EAGA Business Builder

eaganm.com

February 04, 2020



Today's speaker was Michael Johnson—Shockwave Defense

Mr. Johnson has been with us in EAGA since 2015. He enjoys being part of a group where the members, in general, have the alpha mentality. He cautions, though, that it is too easy get caught up in the male bravado of feeling that we are able to handle most every situation. And, as we have learned, Michael does not just note a concern without also offering one or more ways to make things better. In the arena of being able to handle most every situation, Mr. Johnson has a lot of productive things to offer. Michael formed his company, Shockwave Defense, specifically to provide customers (students) with knowledge, skills, attitude and ability to adequately defend the things important to

them. Shockwave Defense has developed a very large list of services and training courses that they make available to anyone interested in learning. Mr. Johnson's presentation today was not a lecture, but an interactive discussion of the 'what', the 'how' and the 'why' of Shockwave Defense training. The 'what' of their offerings include common topics like what to do in an Active Shooter scenario; or how to prepare for, and execute, a plan for escaping an attempted abduction, as well as some not so common services, such as identifying and locating a stalker; or sweeping a home or business to find hidden surveillance devices (We are not taking about misplaced Alexa or Siri. We are talking about unauthorized, secret, microphones or cameras). The 'how' of their training involves skills and techniques that are discussed and taught in a very detailed manner, so that the student can become an expert in specific defensive procedures. The 'why' part of Shockwave's educational repertoire is probably the most important thing to learn. There are many organizations that are able to provide their clientele with suggestions about what to do for self defense, and even provide an 'a-b-c' approach for what to learn. Mr. Johnson's team not only takes those common offerings to more detailed level than most, but Shockwave also spends quit a bit of time on the mind-set, attitude and specific needs of their students. Most often when a person wants to improve their physical abilities, they do it by concentrating on what will make them stronger, instead of by trying to correct, or improve on, existing weaknesses. That goes for mental as well as physical attributes. Shockwave's approach seeks to make the student both mentally and physically stronger. The 'mental' side of things is probably the more important of the two. In order to be successful at protecting yourself and your loved ones, there cannot be an instance of self-doubt. You cannot act quickly and properly if you doubt the positive outcome. If you feel vulnerable then you are vulnerable, and that is not a good thing in these important situations. Fear has a momentum and it can easily interfere with the intended goal of self defense and protection of important things. On the other hand, confidence allows for a conviction that will make you a formidable and dangerous opponent. Knowledge, forethought and planning allow for the development of confidence. You have to "get comfortable being uncomfortable". You know that you will not enjoy being in a situation where you have to seriously defend yourself, your loved ones, or your property, but planning, practicing and already knowing how you will respond to those threats, provides a confidence that drastically reduces, or even eliminates, the fear during an encounter. Knowing how to strike a blow, or how to kick a would-be attacker, or even knowing that you are capable of that, is important, but being prepared involves much more. Take the time, well before any potential incident, to make sure that you can identify a weapon wherever you are. There are the obvious items, like kitchen utensils and other sharp objects, but don't forget a belt, a rope, a set of keys (Michael notes not to use the keys as a weapon by protruding them through your fist and swiping at the attacker like a manic super hero Wolverine. Using that manner will likely tear the web between your fingers and make that hand quite less useful for defense. Instead grasp the keys as you would a knife, and use strong downward stabbing motion.) There are many more things than that to be used as weapons. Shockwave has an entire training section on how to identify them. There is not sufficient space in this bulletin, nor sufficient knowledge on the writer's part, to properly communicate all the things that Shockwave provides, nor to properly communicate why it is so very important to you. To get a proper perspective, you could go to Shockwave's web site [www. Shockwavedefense.com](http://www.Shockwavedefense.com), but the very best way to learn about how Shockwave can be of benefit to you and your family would be to schedule some time to speak directly with Mr. Michael Johnson. You can reach him at 505-718-4500. Michael is a great communicator, and a great person. He has the ability to help you discover the person within yourself. You can also find out about Shockwave's alliance with Global Laser Shooting; the Navy Seal made knives that they sell; their bulletproof, TSA approved, backpacks; the consultant expert from Mexico that specializes in restraint escape; and the other details of Shockwave's resume - like the training they have done for many USA and foreign government (friendly governments) military and police departments. Michael will also remind you that the you within matters a lot; and that confidence provides a more positive posture, therefore projecting more formidable image when confronting a possible foe. And he will remind you not to worry about whether or not your actions are within your legal rights—you already have the right to protect yourself, your family and your property. He will tell you to not let someone else's beliefs become your reality; and that being prepared includes putting weapons of all sorts in your car trunk incase you are abducted; and...there is a substantial amount of other beneficial topics and information that he can offer. Ask Michael to go through it all with you. It may take more than one meeting though. Oh, one more—Ask him explain the Dragon Breathing thing. Does not have anything to do with fire, or halitosis, but can be very beneficial for you to know.

Contact information for Executive Director: Mario Hernandez

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Business Leads:

- CABLE ONE office at 7501 Nita Place, Rio rancho is to be rebranded as SPARKLITE.
- PARADIGM PHYSICAL THERAPY is opening a facility at Las Estancias Center, Las Estancia Ct. NW.
- Lionel Specter—Zeon Signs

Reciprocity:

None written down today

- ◆ Below is a listing the members of our Board of Directors and the Chairmen of various committees:

Kit Turpen—President

John Mead—Vice President and Holiday Party Co-Chairman

Phil Kenny—Treasurer

Michael Berezniak—Board Member

Mark Abramson—Board Member and Election Chairman

Dan Mowery—Board Member and Summer Bash Committee Chairman

Pat Wallace—Board Member and Holiday Party Co-Chairman

Tom McMahon—Chairman of the Board

Mario Hernandez—Director

Jack Zipper Membership Chairman

Jerry Becker—Golf Committee Chairman

T J Maloy, Jack Zipper and Damian Lusch—Trap Shoot Committee Co-Chairmen

Rick Reese—Membership Directory

- ◆ Mr. Reese is updating the Membership Directory now. If you know of changes that need to be made, please contact him at blueristra@yahoo.com as soon as possible.

Badge Board Greeters

Feb 18th	Frank McAllister—Color New Mexico
Feb 25th	Soren Thomsen—TEMA Furniture
Mar 3rd	Gary Sanchez—Sanchez Dental Associates
Mar 10th	Tim Baca—Kangen Water Center
Mar 17th	Steve Grant—Downtown Historic Bed & Breakfast
Mar 24th	Bruce Hoover—Business Environments

Upcoming Speakers

Feb 18th	Gary Sanchez—Sanchez Dental Associates
Feb 25th	Mark Abramson—Los Ranchos Gun Shop
Mar 3rd	Round table Discussions
Mar 10th	Nestor Romero—The Payroll Company
Mar 17th	Randy Baker—DRB Electric
Mar 24th	Jeff Bentley—Bentleys Auction

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