

EAGA Business Builder

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Today's speaker was Michael Johnson—Shockwave Defense



Mr. Johnson first became involved in the martial arts realm when he was 2 years old. Both his father, and his grandfather were well known, and very proficient, martial arts professionals, so it was natural for Michael to follow that path. In spite of the early start, he did not stay immersed in that world for his entire life, but he certainly has been for the last few years. Michael may be following a route initiated by his ancestors, but this youngest Mr. Johnson is making his own special footprints. His knowledge, experience, problem solving skills, and ability to teach it all to others has put his services in high demand. Michael, and his company-Shockwave Defense—have been providing training and advice to individuals, groups, law enforcement professionals and a variety of military and

governmental agency personnel in many different parts of the world. Luckily for those attending our meeting today, Michael was willing to share a bit of his knowledges and experiences with us. Having the standard limited time this morning, Mr. Johnson chose to discuss a few topics that would be pertinent to our demographic. He started by discussing how to prepare for handling kidnapping, child abduction and workplace violence scenarios. He noted that kidnappings can be classified into different types such as: “Expressed” - when it is for a specific, immediate, benefit, such as when the victim is confronted at, or taken to, an ATM machine to withdraw money. “Trigger” - Planned and drawn out activity where the kidnapper spends time stalking the victim, looking for a time when the subject is most vulnerable. “Ransom” - obvious by the name. Although the analytic folks have determined that kidnapping types can be grouped, the ‘defense’ of them all (and actually of all other potentially adverse situations too) is awareness and preparation. Before we go on, we should think about one of the more important points of Michael’s discussion... “Self-Defense” is not an appropriate term to describe what he teaches. “Self defense” implies that the ‘victim’ is constantly analyzing the situation to determine the best actions to take to keep from getting hurt. Michael teaches aggression to beneficially resolve a situation. Becoming the aggressor will, most often, provide a more desirable outcome than will just defensive reactions. But how to behave when confronted by an adversary doesn’t come naturally. Quick thinking is just a description for the end result of a lot of forethought, planning, preparation and awareness—over a regular and extended period of time. Think about what a perpetrator would do in various situations, then plan, practice, and plan and practice some more, what you would do to defuse that. Check your home: where are the vulnerable entry points? What do you need to do now to prepare for when an intruder is actually trying to get into your house? What if someone does get in: what things (in addition to the usual gun or knife) can you use as a weapon? Did you know that you can use a table cloth, or an electrical outlet, as a weapon? Michael does, and he can tell you how to use those, and many other items that are readily available around your house and business, but are not obviously dangerous, yet can actually be used as weapons. Don’t keep what you’ve learned to yourself. Make your family part of the training and planning. Everyone needs to know how everyone else will react and how each person will behave, move and/or get away. Awareness. Another major component of remaining safe. Be constantly aware of everything. **Surroundings** (hiding areas, restricted exit pathways, other people and vehicles in the vicinity, etc). **Behavior of others.** (Not just those present in your immediate area, but those you may encounter in other ways throughout your day). Problem people most often present their issues in observable ways: social media postings (direct via rants; grievances against some sort of perceived injustice; crusader for a cause; or other sorts of concerning behavior (indicating stress, suicidal or psychological issues). **Current circumstances** (are you in a ‘soft-target’ area where you are not likely to have immediate, or beneficial, assistance from others). A question came up: How do you know when planning and forethought become paranoia? Mr. Johnson’s answer: Paranoia is an unfounded fear. Detailed, thorough and constant preparation is not fear. You are seeking to achieve a high level of readiness, not an unfounded fear of the possible. By thinking things through and making detailed plans for how to act in various scenarios ahead of time, you are giving yourself, and your family, the ability to take immediate action at the very beginning of a dangerous situation. ‘Quick thinking’ is most often the difference between a positive and a negative outcome. When preparing, be sure to practice in the same situation as you would expect for the event to occur. If working on a response to a home invasion, practice at your home, and at night in the dark. If preparing for a carjacking, practice staying aware as you drive places, determine where to park; stay observant at traffic lights (not distracted by cell phone messages). Figure out ways to make yourself a ‘hard target’ - appear confident and not vulnerable. Another sobering, but very correct, message from Mr. Johnson: The thought of death is a very powerful thing. But if a person can make it so that death is no longer a major concern, that person is free to act appropriately in all situations. Everyone is going to die sometime. Wouldn’t it be quite acceptable if your time came while you were saving your loved ones or preventing some atrocity against others? Michael’s presentation used up all of the limited speaking time available this morning...plus a little bit. We were disappointed that there was not more time available. Mr. Johnson is very eloquent, always positive and upbeat, and quite willing to share his time to help others understand how they can protect themselves and everything important to them. If you want to discuss anything regarding the protection of yourself and your important things, you can give Michael a call at 505-718-4500. He also offers, through his company, Shockwave Defense, a variety of courses in a variety of subjects, including a 2 day, total immersive, course in some of the topics discussed above. You can also visit their website www.shockwavedefense.com to find out what other training he has available. If you want to take Mr. Johnson to lunch sometime, you will have a most informative meeting. He can show you the most advantageous place to sit in the restaurant, tell you his observations about the other patrons, and point out more than a few readily available items that can be used as weapons—just in case your lunch turns out to be at the wrong place at the wrong time...which isn’t likely if you have properly thought things through and have learned a bit about the venue ahead of time.

Reciprocity:

Joe Sierra—Western Bank has information regarding a new grant program being offered by the City of Albuquerque. You should have already received a copy of the information from Joe, via an email from Mario on July 30th. If you didn't get the email, or if you would like more information, contact Mr. Sierra at 505-995-1200.

If you have information that you would like published in the bulletins, you can submit it in person at the meeting, or via email to bmac@swcp.com. (Please note the email subject as "EAGA")

◆ Welcome to our newest member:

PLTi Representative: Michael Vidal

- ◆ The guest speaker for our August 3rd meeting will be APD Chief Harold Medina. Please plan on attending, and please be there a little early so that you have time to get your food and be seated and the meeting can begin on time.
- ◆ The Jim Fanning Memorial Trap Shoot has been scheduled for September 24th. More information will be provided as we get closer to the date.

Badge Board Greeters

Aug 3 rd	Paul Wynn—Acme Iron and Metal
Aug 10 th	Kevin Lorenzen—Aflac
Aug 17 th	Kit Turpen—Berger Briggs Insurance
Aug 24 th	Joe Sierra—Century Bank
Aug 31 st	Miguel Mendoza—Perfection Pools & Spas
Sept 7 th	No Meeting Labor Day Holiday
Sept 14 th	Soren Thomsen—TEMA Furniture
Sept 21 st	Lance Darnell—Darnell Cable & Fasteners
Sept 28 th	Kale Isaacson—Fyzical Albuquerque
Oct 5 th	Hass Aslami—Pizza 9
Oct 12 th	

Upcoming Speakers

Aug 3 rd	Guest Speaker—Albuquerque Police Department Chief, Harold Medina
Aug 10 th	John Mead—John Thomas Jewelers
Aug 17 th	Paul Wynn—Acme Iron and Metal
Aug 24 th	
Aug 31 st	Soren Thomsen—TEMA Furniture
Sept 7 th	No Meeting Labor Day Holiday
Sept 14 th	
Sept 21 st	
Sept 28 th	
Oct 5 th	Kevin Lorenzen—Aflac
Oct 12 th	

Contact information for Executive Director: Mario Hernandez

Phone: 505-239-0259 email: eagaed@gmail.com

8100 Wyoming Blvd NE; Suite M-4 #35 Albuquerque, NM 87113