



Principles of Personal Defense: Revised Edition

Jeff Cooper , Louis Awerbuck (Foreword) , Paul Kirchner (Illustrator)

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This new edition of Cooper's classic **Principles of Personal Defense** - with a fitting tribute by firearms expert Louis Awerbuck and all-new drawings by renowned illustrator Paul Kirchner - presents his timeless theory of individual defensive behavior clearly, concisely and practically. All free people who aspire to stay that way should read, study and share the wisdom found within these pages. Considered by many to be one of the greatest books on combat mindset and proper defensive mental conditioning ever writte, it deserves a place of honor in every library.

Principles of Personal Defense: Revised Edition Details

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Author : Jeff Cooper , Louis Awerbuck (Foreword) , Paul Kirchner (Illustrator)

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From Reader Review Principles of Personal Defense: Revised Edition for online ebook

Garrett Rodgers says

Stark, yet comforting.

In this day and age, principles such as the ones presented in this publication are seen as horrific and provocative. It never occurs to many that these principles are what can stand in defiance of the truly horrific acts some people are capable of.

Will read again and again.

Sherrie Lower says

Excellent read

clear, concise and to the point. I can honestly say that I feel safer just having read this book, because now I know somewhat to expect. it definitely deserves a place in the library. worth the money spent!

Chuck'S Page says

A must read for anyone that takes their situational awareness and personal safety seriously. This book should be read on a periodic basis to keep the principles fresh in your head. Each chapter can be read in a matter of minutes while standing in line or waiting for something. A short read, it takes only a couple of hours to get through the whole book.

Greg says

A new release of Cooper's classic treatise, this update edition offers new thoughts on modern-day personal defense considerations. Presents the ability to defend oneself and family as not only a God-given right, but a God-given duty, and one which every person should embrace if at all possible. In chapters that are short and to-the-point, he discusses the concepts of alertness, decisiveness, aggressiveness, speed, coolness, ruthlessness, and surprise. As he says, "your physical safety is up to you, as it really always has been."

Bakunin says

Short book on personal defense. I discovered it through a podcast (Start the world) which I listen to and I found it a worthwhile read. I have never held a gun and know next to nothing about it. I am however troubled a certain lawlessness in society and I would wish to be able to defend myself if push comes to shove.

James Moffitt says

This essay is a very no nonsense approach to the mindset one should have regarding self defense. This essay has nothing to do with guns, karate, kungfu, knife fighting or any other type of tactical fighting. It has everything to do with who we are as civilians (sheep) and who our potential attacker may be. There are six principles that are common sense principles that we can easily apply to our lives. It is important to think about the possibility of attack and what we will do if we are faced with that eventuality.

Steve Scott says

For those wanting to learn self defense, I'd recommend this wholeheartedly. Regardless of whether you agree with his political orientation (which he doesn't present at length here) Cooper's principles apply regardless of what means of self defense you're studying.

It isn't a book about technique. It's a book about mindset for self defense. Combine this with Rory Miller's excellent works ("Facing Violence", "Meditations On Violence" and "Scaling Force") and you've got a solid self defense library.

The problem with this work is that it isn't a book so much as it is an essay. The original work was about forty five pages. The more modern edition appears to be fleshed out with commentary by other personal defense instructors.

So if you buy it, buy a used copy. Even then it's going to work out to more than a dollar per page after shipping.

walopo61 says

I enjoy this book, because is real and practical.

It is important read but practice too. The concept is short, clear and conscios. Thanks for be direct. I will recommend to my family and friends.

Samuel Kordik says

Fantastic little book. This book is, as the title suggests, a treatise on principles, not tactics. Cooper lays out the basics for us here, the principles we should embed deeply to allow our tactics to achieve success. Well worth reading.

John Weis says

An essential for those wishing to rightly defend themselves. In this short work, Jeff provides a concise framework for mental preparedness to overcome an attacker(s). Jeff highlights common deficiencies in victims suffering a personal defense scenario, allowing the reader to feel the sting of the imagination. Because the prescient nature of the material, most readers would benefit from an occasional re-reading.

Joel Gibbons says

A quick read, but well worth the time spent. Mental preparation is critical to being able and ready to defend yourself or your loved ones in this day and age of criminals running free. Having the right mindset before something bad happens is a strong determiner of whether or not you will come out of that situation positively or negatively.

Leo says

A common sense approach to personal defense.

Kenny Tang says

Super short read like the Sun Tzu Art of War for personal defense. It's not about tactics but a proper mindset. Simple to understand and practical. This is a no nonsense must read.

Christian D. Orr says

Timeless, enduring principles of proper self-defensive mindset from the late, great Col. Jeff Cooper (USMC, Ret.), father of modern combat handgunnery.

RANDOM STREAM OF CONSCIOUSNESS NOTES AND OBSERVATIONS:

Principle 1: "ALERTNESS"

--p. 14: "Make it a game. Keep a chart. Every time anyone is able to approach you from behind without your knowledge, mark down an X. Every time you see anyone you know before he sees you, mark down an O. Keep the Os ahead of the Xs. A month with no Xs establishes the formation of correct habits." Wow, I'll have to keep this in mind!

Principle 2: "DECISIVENESS "

--p. 18: "a parturient effort of will"

Principle 3: "AGGRESSIVENESS "

--pp. 22-23: Indignation and anger

Principle 4: "SPEED"

--p. 24: "Speed is the absolute essence of any form of combat, from a fencing match to the Six-Day War."

--p. 25: "Be fast, not fair."

Principle 5: "COOLNESS"

--p. 26: "Anger, as long as it is controlled anger, is no obstacle to efficiency."

--p. 28: "'Buck fever' is a classic affliction, and a man who has conquered it can be guaranteed to shoot carefully under pressure."

Principle 6: "RUTHLESSNESS"

--p. 30: "Anyone who willfully and maliciously attacks another without sufficient cause deserves no consideration."

--p. 32: "The first man who resisted Starkweather, after eleven murders, overcame him easily and without injury." WIKIPEDIA LOOKUP

Principle 7: "SURPRISE"

--p. 33: "This is put last on purpose, for surprise is the first principle of *offensive* combat....But that does not mean that the defender cannot achieve *tactical* surprise." (Emphasis original)

Joe Macko says

Excellent and very quick read. The principles discussed seem so common sense that one would wonder why they are not the obvious reaction. As discussed, the key is preparation and proper mind set, prior to and during a defensive scenario. Being alert to your surroundings and not hesitating to take aggressive, decisive action to protect yourself and your loved ones is critical to your defensive success.
