

# My Personal Training Strategy

By Kevin B. Reeve, onPoint Tactical

One of our slogans at onPoint is **"Training Trumps Gear."** This simple phrase suggests that having a basement full of food, medical supplies, and all the guns and ammo you could ever use is not going to save you. It is your ability to cope with an ever-changing situation, to adapt, to be resilient that just might. That ability to adapt comes from training.

The golden rule of training is that whatever you do in training, is what you will do under stress. If you have no training to fall back on when the stress level elevates, you will do nothing. As Barret Tillman says, **"We don't rise to the occasion, we sink to our level of training."** Therefore, realistic training is essential to survival as that is what will enable you to act decisively when the time for action arrives.

So while gear is great, **Training Trumps Gear.**

The second half of that slogan is **"Community trumps both."** If I think my training and gear will be enough to get me through tough times all by myself, I am truly deluded. It would be a miracle to be able to survive the loss of social cohesion by myself. I am pretty well trained in a host of survival skills, but I am smart enough to know I would probably *not* make it by myself.

Which brings us to the concept of community. I will need others to survive. I cannot possibly learn all the skills necessary to survive on my own. I may have a good general knowledge of many topics, but there is so much specific information on any given skill that I cannot possibly learn let alone master.

In a community, you can draw on the expertise of many others who are more skilled than you in a given area. You have the power of the many. I cannot possibly maintain security for my family alone. I have to sleep sometime. However in a community, a task like security is spread among many. In addition, there will be someone in the community who knows more about gardening than I do, more about diesel repair than I do, more about gunsmithing than I do.

**Thus, Community Trumps both Training and Gear.**

In order to be accepted in a community I might need both gear and training, but acceptance into a community of like-minded individuals will ultimately be the key to my own and my family's survival.

Training Trumps Gear

Community Trumps Training

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