



Interview Suzanne Takowsky

STAYING SAFE IN AN UNSAFE WORLD

**Bodyguard to Hollywood A-listers,
Political and Business Elite**

TOM MUZILA

world renowned expert in personal safety.

In today's world where men, women and children are confronted with the terror of violence spurred on by racial hatred, untreated mental illness, and unhinged anger, rather than hoping for the best—we have to acquire the knowledge to protect ourselves using good judgment and skillful methods in case the worst happens. It's not enough to think back on what we could have done... we have to be prepared to protect ourselves, and we have to teach our children how to take care of themselves. The days of hoping others will do the right thing is gone.

Meeting Tom Muzila, a former Special Forces (Green Berets) was a blessing in my life. Author of, *Mental Karate*, Tom is acknowledged as a top practitioner in martial arts and says his goal is to teach people to be confident in taking care of themselves in situations where their lives could be in danger. As Founder of Bodyguard Extreme, Bodyguard Elite, and Senior Instructor of Bodyguard Training International, clients around world wide seek his help guarding their safety. Affiliations with Los Angeles, Santa Ana, Long Beach, Whittier Police Departments, SWAT Teams, and Zurich Switzerland Police Department offer him a platform to train people to achieve peak performance in crisis situations using quick body movement learning principals through auditory, visual, mental and kinesthetic means to help expand their state of mind to learn, retain and memorize information.

What do Bill Clinton, Oprah Winfrey, Nancy Pelosi, Bruce Willis, Stevie Wonder, Al Gore, Sugar Ray Leonard, Queen Raina of Jordan, Michael Douglas, Quincy Jones, Oliver Stone, the Prince of Saudi Arabia, Stephen Dorf, Bruce Springsteen, Barbra Streisand, George Marciano, and Sting have in common? They and dozens of superstars and super-rich have relied on the expertise of Tom Muzila to keep them safe and their events security tight.

"As a bodyguard licensed to carry or CCW permits, I see the problem as not guns, but the people allowed to buy guns. States have different gun laws and screening procedures. Personnel in gun stores must be diligent in screening people buying guns. It's only after devastating events occur it's revealed shooters weren't screened by authorities and slipped through the system. No one needs 10, 20 guns in their possession. It's a flag something is wrong. Information must be shared with law enforcement. It's too easy to get weapons illegally."



ST: Can event producers make venues safer?

TOM: Most events have basic security, but it's not enough. Better security costs more money, and event organizers must work trained security teams into their budgets for heightened communication, protection and pre-event observation to ensure a more secure venue. Carefully executed heightened security should not be made public; if a shooter knows they are in effect, they will build an attack around them. It takes a trained eye and military experience to think like a shooter, and use all precautions available. Event areas must be scanned for explosives and attendees must adhere to strict entrance rules. High-level security will set up secure perimeters—a big deterrent for terrorist activity. Tsu Szu, a Chinese philosopher said, "Know yourself and know the enemy, and you will have a much better chance to win and survive and eliminate the enemy."

ST: Road rage is becoming more common. What can drivers do to be more safe on the road?

TOM: Individuals have to start thinking more like a bodyguard when they are driving and there are many tips and principles to follow:

1. Stay calm even if someone cuts you off don't react. Keep your feelings and emotions to yourself. Drive defensively, stay out of their way and go on with your business. Anger does not help the situation. It escalates bad to worse.