

The Secrets of Fighting & Self Defense

Four Zone Fighting Systems

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The purpose of this manual is to instruct you on how to successfully defend yourself in a violent confrontation. This manual is not a substitute for a qualified instructor. You must take the concepts, methods and tactics described herein and apply them in practice, in order to get them to work in real life.

The techniques described in this manual can inflict bodily harm. We take no liability for you using these techniques to hurt or intentionally or unintentionally end someone's life. These strategies are being offered for information purposes only.

FOUR ZONES OF ATTACK

Any true combative martial art must be able to meet all of the necessary ranges or zones of attack to be called a complete art. Unfortunately most martial arts schools or methods only cover 2-3 zones at most! This leaves the art incomplete and leaves the practitioner at a dangerous disadvantage when it comes to the cold hard realities of street survival. Although the 4 zones of combat are important elements in the confrontation, the real key to being effective with a real life situation is the ability to harness the power of your mind and creating the mental toughness to come out of a confrontation in one piece.

The 4 zones combined with the mental training, gives you the tools necessary to defend yourself from all possible attack situations. We are going to look at all 4 zones and give you the reasons why you would bring the fight to each zone and what the counters are in each zone as well. Every combat situation we are in is going to be different, in that circumstances and location are hard to predict ahead of time.

We will also cover the different types of scenarios or fights that could happen in real life and what the methods or tactics are for each situation. A mugging is different from a bar fight, a fight with a friend at a party after too much drinking is going to be different from a multiple attacker confrontation. We will take and examine what must be done to effectively neutralize these situations and the most efficient manner possible, but first we will cover all 4 zones and how it is imperative to become proficient at each zone. The 4 zones are as follows:

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- 1) **Boxing Zone**
- 2) **Kicking Zone**
- 3) **Grappling/Trapping Zone**
- 4) **Ground-fighting Zone**

Each zone has strengths and weaknesses, and no zone is the right zone at all times. The key to the 4 zones is being able to recognize and flow between zones when an altercation or confrontation changes so that as a complete fighter you can adapt to what is happening to you. We will cover when each zone is the right zone and when it is the wrong zone.

Boxing Zone

This is the first zone in fighting and the one that most people will go to, as this is our most natural thing to do in a fighting situation. Even children learn how to hit with their fists early on in life, so it would make sense that this is the first zone to become proficient in. They call boxing the “Sweet Science”, because it is really knowing not only how to hit the opponent but knowing how not to get hit.

This is also the first zone because most confrontations take place in this zone, and many fights have been won or lost in this zone. A good boxer or street-fighter will have honed their skills in this range and will be able to strike quickly and with the needed power to end it fast.

This is why we have implemented the boxing drills and combinations into our arsenal of techniques, because on the street, boxing is the method of choice for most attackers. Boxing matches can be seen weekly and so it is easy for people to at least pick up some of the moves in this rudimentary manner.

Boxing skills are needed so that you can get the needed balance and sensitivity to the boxer's play. It is also necessary to become aware of what those skills are so that we can form a plan of action against an opponent that may have good boxing skills. One thing is for sure and that is:

“Most attackers will have poor boxing skills and will have a tendency to throw wide looping, hook or round-house punches with little skill other than power”.

In this first zone, blocking becomes imperative, in that if you can't stop the blows from raining in on you, you will never have a chance for a counter attack.

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This is where proper blocking and evading fundamentals are essential in order to defeat the sometimes stronger and more aggressive street attacker.

Blocking really should not only be defensive, but should be just as much offensive by the way in which you are blocking. The blocks should be at a 90 degree angle, and should be in a striking manner. You should tighten the arm right before impact to get the desired numbing effect to the opponents arms or legs. Always remember

“BLOCKS ARE STRIKES AND STRIKES ARE BLOCKS”

The Box

The key to becoming a great fighter or martial artist is the ability to block and or avoid being hit. The Box is the necessary area to protect on the upper-body. The reason that this is pointed out is that you must train yourself to keep your guard up within the box for protection at all times.

The box is an imaginary box that runs from the middle of your head just above the groin area. This is the area you must protect from strikes.

Furthermore it is not necessary to go much outside of the box to block which most karate styles teach with wide outward blocks

Centerline Concept

Centerline is an imaginary line that runs down the center of your body. ***Most of the vital targets on the body reside along the centerline such as, center eye brow, nose, teeth, chin points, throat, solar plexus, bladder, groin and others.*** By using the box concept you are pretty much protecting centerline, but we feel that it is necessary to recognize where it is on you as well as the significance of a target area that it is on an opponent.

This first zone is the range at which most confrontations are started in, and in a lot of cases where they end. Knowing the keys to protect the body in this zone is key and that comes back to what we would consider not being in “**target range**”, which means **never get closer than the distance at which your opponent can strike you with his hands.**

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We have all seen a typical fight where two people face off at a close distance and start the traditional shoving match. This is absolutely the worst thing to do and is a good way to get **“Sucker Punched”**.

The “Sucker Punch” is an excellent technique when you know that the action is going to start and you know that you want to come out on top. The ability to perceive the situation and knowing that it is time to move is every bit as important as how to move. We have a saying that almost guarantees you winning about 90% of the fights your are in, and is a simple tactic that works, because you are controlling the action from start to finish. This is one of the ways you can beat the stronger, faster, more seasoned opponent almost every time and the tactic is to:

“HIT FIRST, HIT FAST, & KEEP HITTING”

This single technology will give you the concept that your action must be deliberate and to the point. No fuss no muss, just get in there, get the job done and get out of there. Some may say this is sneaky, but we are talking about a situation that we are looking to control, so as not to end up in a vulnerable situation.

These techniques have to do with what to do when you have no other alternative, but to fight. This is after all verbal methods have been used and you realize that it’s either you or him. These methodologies work , and work well, but again these are techniques for self-defense not for picking street fights to see how tough you are.

If you really want to see how tough you are that is fine, but remember, there is always someone better, tougher , stronger, faster, and of course every dog has there day, so keep that in mind if your thinking of using these methods to fill your ego. Fighting for ego is the worst thing to fight for. As it is born out of a low self-image, and what we are trying to accomplish here is to increase our awareness and self image to create a boldness and confidence, not only for self-defense, but for everything that we do in life.

We will cover kicking zone next, but first wanted to cover the fact that there are some low line kicks that work in Boxing/ Zone that are instrumental to becoming a total fighter.

The kicks used most in this zone are the low line oblique kicks common to Wing Chun Kung Fu and Jeet Kune Do. These are destructive kicks done with the inside of the foot and would be best described as how to kick a soccer ball.

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These devastating low shin or knee kicks work great in combination with your Boxing Skills. To be able to attack the body or head (middle and high line) as well as the shin or knee (low line) at the same time gives you an advantage that very few in the martial arts ever learn or become good at.

Below are some techniques to use in each zone to be effective. Here are some of the ways to defeat Boxing zone.

- **Pull back to kicking zone and use kicking techniques.**
- **Close the gap and enter into grappling/trapping zone.**
- **Close the gap and take person to Groundfighting zone.**

One of the things that you should always be aware of is you never fight someone at their best zone or attribute. In other words, make sure that you are not trying to slug it out with someone that has a great amount of boxing skill, because if they are good at that zone, they will take you out before you even know what happened. We use a saying that I heard years ago and still applies today.

“Never box with a boxer, never kick with a kicker, don’t close the gap on a grappler, and never go to the ground with a ground-fighter.”

Boxing Zone is the area that most people are aware of when looking at a physical confrontation, and should be drilled so that you know your best attacks as well as how to defend and react in a way that will make you successful.

KICKING ZONE

Kicking Zone is the area that most people associate with the martial arts, because of the many movies that show the Karate or Kung Fu man doing fantastic kicking techniques to the bad guys head to win the fight? This is not necessarily a realistic aspect to how a real fight will be won.

Kicking Zone can be one of the best zones to carry out a successful self-defense situation, if you understand how to use it effectively to exploit your opponent’s defense.

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We can talk about a variety of kicks and kicking combination, but our emphasis will be what kicks are effective in a self-defense or “street” type of situation, not what looks aesthetic or fancy. There are some arts that concentrate exclusively on high kicks to the head and upper body area, which is fine for sport and building up good flexibility and cardiovascular endurance, but really are not designed for the realities of a violent confrontation.

We utilize kicks that can be taught to anyone at any age and don't require flexibility or years of practice and study to master. The ability to end the confrontation quickly and efficiently is our goal and that means techniques that work well all of the time, not only in an ideal situation. We utilize “low line” kicking concepts that give the practitioner the most chance of winning on the street.

The low line is the area from the feet to the knee area, and in some cases the groin can be included in this as well. These are targets that are easy to get to and don't take an overwhelming amount of training to get good at. Our low line kicking will include but is not limited to strikes to the following areas.

- **Foot Stomps**
- **Kicks & Scrapes to the Shins**
- **Kicks to the Knees**
- **Kicks to the Thigh**
- **Kicks to the Groin Area**

Low line kicking enables even the smallest person a tactical advantage over even a much larger attacker due to sticking to areas that most people will not be thinking of protecting, and will be struck before they realize what is happening!

Kicking Zone is a long-range weapon where you can reach your opponent with your feet, but they can't reach you with their hands. Again the concept of being able to move from zone to zone to be able to attack the opponent where they are the weakest or at least not prepared for is the key.

A good method when using the feet, you should always use the closest weapon to the closest target. In some schools, you can learn hundreds of kicks that look real flashy and impress people, but what we are talking about is having a few good techniques to pull from our little bag of tricks that we can count on time after time.

What good is learning fancy high kicks when it takes years to learn, not to mention the fact that as you get older and older it gets harder to do

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the same kicks that you did in your youth. Also as you age your flexibility will decrease, meaning those high kicks become more and more impractical.

The Best Way to Kick an Opponent in The Head, Is When He Is On The Ground!

We can teach the lower line kicks which take no flexibility or athletic ability, and virtually no maintenance. This is a secret of learning how to prepare yourself for combat no matter what your age is or whether you are in good shape or not.

Every zone is vulnerable and Kicking Zone is no different than any other zone and has its strengths and weaknesses. The strengths being that you will be able to execute quick decisive kicks to targets that are close enough to get to with your feet, but that your opponent will not be able to counter with his hands.

A good quick kick to the groin is one of the most effective strikes that you can deliver to stun an opponent and then finish them with other kicking and or striking combinations. The downside to Kicking Zone is that if the opponent is a savvy fighter he can do several of the following tactics:

- **Angle off of the attempted kick and close the gap.**
- **Block the kick and counter with Boxing tactics.**
- **Close the Gap and enter into Grappling Zone.**
- **Avoid/block kick and take opponent to ground**

Again the thing is you must remember is that a good kicker will get a kick off before you can realize what is going on. I have seen people kick to the groin so fast that is almost imperceptible to the human eye.

This is the type of technique that you want to get off on your opponent but don't want him to get off on you. That is why we emphasize the quick low line kicks that will give you that decisive edge in a situation.

Kicking like any other skill that you will develop will take a lot of time and practice to get good at hitting targets. Learn to get good at a couple of kicks that you can rely in time of need. The two kicks that you should get really proficient at are:

- **Front snap kick to the groin**
- **Oblique kick to the shin or knee**

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Learn how to hit targets from different angles so that you will be able to call these skills your own.

No one has all of the secrets and nobody can really give you a certification of your own skill, that takes you working and honing these skills so that you can call them your own. This is a “Master Key” to the “Secrets of Self-Defense”!

TRAPPING/GRAPPLING ZONE

Trapping/Grappling Zone could probably be the most important zone to get proficient at, as it gives you a tactical advantage against most street-fighters, boxers, and in a lot of cases even martial artists.

This zone is not taught in a lot of schools and so the practitioner never realizes their full combat potential. More and more martial artists are realizing that you must have some type of infighting range to go to so that you can end a confrontation quickly.

“Trapping/Grappling Zone is the ability to close the gap, and move from Kicking or Boxing Zone into a range that delivers a high intensity barrage of fists, elbows, knees, head-butts, arm locks, and chokes.”

This zone is the one that you want to get to when you want to end the confrontation with finality. The key here is the ability to close the gap and put the opponent in a defensive posture, with a backward reeling motion that inhibits them from counter attacking. This gives you the forward motion needed to drive right through the opponent, causing them to lose balance and thus giving you the momentum to further inflict pain and damage.

To give more detail as to how Trapping relates to the martial arts, lets take a closer look at what exactly trapping is and what it's advantages.

Trapping is removing or immobilizing obstructions in order to get a strike in to a particular target area. Trapping is primarily used in **Wing Chun Kung Fu** and **Jeet Kune Do**, but is also used but referred to as sticking, checking or pinning within the **Chinese Kenpo** system.

Trapping is also used to trap the arms in a manner that will give you an advantage within a close range fight or confrontation.

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There are many different types of traps that can be used within the Trapping/Grappling Zone, but we will just give you an idea of two that we will use the most within this system of fighting.

- **Pak Sao- Slapping Hand**
- **Lap Sao- Grabbing Hand**

To get to Trapping/Grappling Zone you must first go through either Boxing Zone, Kicking Zone or both. Once into Trapping/ Grappling Zone it is imperative that we use our skills to end the situation quickly and effectively. We will do this by using some of our strongest tools to accomplish our mission, which is to take out the opponent or attacker.

- **Punches**
- **Heel Palms**
- **Elbows**
- **Headbutts**
- **Knees**

Most fights will end up in a grappling situation as soon as the practitioner realizes that he can no longer be effective in Kicking or Boxing Zone, and does the most natural thing which is to close the gap and clinch the opponent so as not to take the shots that are coming in at him.

If you look at professional boxing matches you will notice that the boxers go to a clinch quite regularly, but because this is frowned upon, they are separated by the referee. In the street there are no referees, so you must know that when an attacker or opponent goes for the clinch, you must know what tactics to use to avoid playing into their hand.

Like all zones that we are discussing, we want to know how to defend against them as well as how to exploit them when fighting someone within the specified zone.

Grappling techniques that can be used are many, and some of the tactics used from a grappling perspective are as follows:

- **Arm & Wrist Locks**
- **Finger Locks**
- **Chokes**
- **Pressure Point & Nerve Strikes**

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This is a most effective zone when you know what you are trying to accomplish within this zone. By the same token, if you are engaged in combat with someone who is far bigger or stronger than you, you must be able to move decisively in order to take the big man out quick. This takes a game plan, which we will outline for you in order to attack and defend within Trapping/Grappling Zone.

Realize that when in this zone you are at very close range to your opponent and he can hit you and you can hit him. One of the secrets is knowing that no matter what is taking place within the fight, you will always have a line of attack open to strike into. There are 3 lines of attack:

- **High Line (From the neck to the head)**
- **Middle Line (From waist to the neck)**
- **Low Line (From feet to the waist)**

EXAMPLES OF LINE FAMILIARIZATION

(1) High line & mid line are closed due to both fighters struggling with grappling and holding the head and torso, looking for position to strike. Use Low line striking to feet, groin, using stomps, scrapes, knees etc.

(2) Low line closed due to both fighters trying to take the other down to the ground. You can utilize both the mid or high-line Destruction's to neutralize the opponent such as: Punches, elbows, **head-butts, heel palms, pressure point strikes etc.**

(3) Mid line is closed due to grappling with arms, trying to push and or get an arm lock on opponent. Utilize kicking to low line or head-butts to the high line.

These are just 3 examples of many, but gives you an idea that a line is always open for attack, no matter how big the opponent is. ***This is critical and must be understood to be an effective fighter.***

Some of the counters were mentioned above, but there are others when confronted with this type of zone attack. The best way to counter someone entering Trapping/Grappling Zone is to counter attack with your own ferocious attack within that zone based on examples above.

- **Move in and out, and try to not let them close in on you**
- **Maintain position and look to get a takedown and enter**

Ground-fighting Zone

The moving in and out is a difficult strategy, unless you have a lot of space to work with, the opponent will invariably close the gap at some point eventually. Again this is exactly the strategy that you want to employ so that you can close the gap on him and dish out your weapon of choice. We will be going into Ground-fighting Zone and this is one of the ways in which to counter the Trapping/Grappling exponent.

GROUND FIGHTING ZONE

Ground-fighting Zone is a last ditch effort in a confrontation, unless you get the feeling that

- (1) You are more skilled on the ground than your attacker.
- (2) It is not a multiple attacker situation.

These two caveats are very important when dealing with a possible ground-fighting situation, because even if you are in an advantages position, and there are more than one attacker you could be in for a world of hurt dealing with more than one person from the ground.

“Never go to the ground with multiple attackers, and always survey the situation so that you know how many attackers there are!”

Ground-fighters are some of the most dynamic fighters that are out there as evidenced by the success of ground-fighting within several “No Holds Barred” competitions that are popular today.

“Some statistics say that 90% of all real fights go to a clinch and then to go to the ground”

If you can get proficient on the ground, you will have an advantage that most attackers or opponents won't have, but again it can be a potentially lethal situation if your not careful. There are several schools of thought within martial systems as to the purpose of ground-fighting as we teach a couple of different methodologies where ground-fighting is concerned and they are:

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(1) Take the opponent down to put in different holds

- Choke Outs
- Arm Locks or Breaks
- Leg & Ankle Locks

(2) Take them down into a favorable position with which to strike (Mount or Side Mount)

(3) Take them down to apply pressure & nerve strikes

All things being equal within the realm of combative martial arts training, having ground-fighting experience and knowledge gives you a distinct advantage over most street attackers and in most cases martial artists.

There are several key positions when looking at taking a fight to the ground, and to become proficient at them is important in utilizing these skills against a much bigger or stronger opponent. Ground-fighting is comprised of some attributes or skills that we need to look at to become proficient on the ground.

(1) Takedown Techniques

• **Sweeps/Buckles:** *This is a technique where you would literally sweep your opponent to the ground with your feet. Usually by hooking your foot or leg around the back of their leg and pulling your leg forward while you push their body back. A buckle would be where you are sweeping in a violent fashion from the front through the legs, buckling the leg and possible breaking it.*

• **Throws:** *You can throw the opponent down many different ways, some of which are hip throws (Judo throw), neck throws, body rolls or throws, head & elbow throws, and several others.*

• **Tackle or Double Leg Takedown:** *Used by wrestlers and others, is usually a charging type of technique where the opponent can be taken down by tackling them like in a football game. This is a very good technique, but like any technique it needs to be practiced.*

There are several concerns when the fight goes to the ground, and that is whether you are on the top or bottom position. We will utilize some technologies that will afford us an advantage with either the top or bottom position. There are positions of advantage from both the top and the bottom position, and it is imperative that you know the strengths of each position.

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We will not go into detail within the confines of this course, but would recommend you seek out a competent instructor locally to teach you the intricacies of these skills, but you will get at least a cursory understanding of what to do when the action hits the ground.

Learning a couple of strategies of what you will do if you end up on the ground on the top or bottom position is imperative, so that like any other technique, you are prepared to take the appropriate action when you end up either in a top or bottom controlling position.

Positions from the Ground

- **The Mount:** *The Mount is a dominant position from the top position, where you have the opponent on his back and you are mounting him with your legs straddling the chest area. From this position it is very hard to get out of from the bottom, and very easy to punch onto the opponent from the top position. Normally the opponent will turn over to his stomach to escape your punches, and then you can choke them from behind. You can also do various arm locks and apply various pressure point manipulations.*

- **The Guard:** *This is a defensive/offensive position that is done from your back with the opponent on top. This is the exact opposite of the mount, except you're on the bottom. Your legs will be wrapped around the opponents body, and you will try to keep him close to you so that he does not have the leverage to punch you. You must keep your legs wrapped otherwise they can achieve the mount on you and then you will be in a world of trouble. From The Guard you can get many good arm locks, chokes, and some very dynamic, but vary rarely taught pressure points to submit an opponent.*

There is more to ground-fighting than these points, but the key is you have some understanding of which positions can save you in a tight situation. Ground-fighting is a great equalizer and will give you the advantage when you confront someone that is bigger or stronger, but does not have ground-fighting experience.

A good groundfighter will always defeat a martial artist that is good at punching and kicking , but has no groundfighting skills."

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There are ways to defeat a grappler or ground-fighter, but unlike the other zones, to defeat a skilled ground-fighter you must learn what their game is and how they will exploit it to defeat you. No one is invincible, but you must practice tactics that will work when it comes to a grappling confrontation. The good news is that most people will not know any of this information, so you will most likely have the advantage. If you do look to counter a ground-fighter, you must:

- Be able to negate their takedown efforts through striking and kicking methods. Try to keep a safe distance as a grappler/groundfighter is only dangerous in close.
- Know the Advantages positions of the Mount or Guard so that you can maintain the superior position in order to control the opponent.

As you can see, the advantages are many for each zone of attack, but to be a complete fighter you must become skilled at each zone. This is an advantage that will separate you from the common thug on the street, or even most martial artists. We will go into specific drills and training methods to get you familiar with each zone and how you can become proficient at each.

Real Self-Defense Methodologies

What we want to deal with now are some of the core methods and tactics in order to successfully defend ourselves in a violent confrontation. Self-defense is a need in today's society, but how many of us are actually prepared in the event of a situation turned ugly?

Some of the things that we will discuss in this chapter may sound a little overkill, but the fact is that in order to successfully defend ourselves, we must learn some strategies that will give us the advantage in a given instance of attack.

There are many different types of attacks, and we will cover some examples to understand the best methods to use in each specific situation. No confrontation, attack, fight, situation is ever the same, but there are some keys to understanding what type of situation there is and what type of retaliation is needed. There is a big difference between getting into a "high volume discussion" with a friend or acquaintance or someone pulling a gun or knife on you in the street. We will also take a look at some of the statistics on violent crime and where they take place.

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Where it happens	% of violent crimes (Rape, Robbery, Assault)	% of Personal Larceny with Contact
<i>On Street/Parking Lot</i>	36%	28%
<i>In or Near Home</i>	26%	7%
<i>In a Commercial Building</i>	7%	22%
<i>On Public Transportation</i>	1%	15%
<i>Inside a Restaurant/Bar</i>	6%	12%
<i>In a School</i>	9%	4%
<i>Friends/Neighbors House</i>	8%	10%
<i>Elsewhere</i>	8%	10%
TOTAL	100%	100%

Source: U.S. Department of Justice, Bureau of Justice Statistics, Criminal Victimization in the U.S. 1985

This table of information gives you an idea of where most crimes are committed. Here are some Criminal Awareness Facts, and how they could impact your life.

- (1) Today you have a greater chance of being a victim of a violent crime than of being hurt in a traffic accident.
- (2) In one of five robberies, a firearm is discharged
- (3) Thirty-eight states are now under court order to release tens of thousands of prisoners.
- (4) Fifty-nine percent of all violent felons awaiting trial were released into our city streets.
- (5) Guns and knives are the most common weapons used in robberies.
- (6) A rapist's preferred weapon is the knife.
- (7) The majority of rapes are premeditated.
- (8) Nearly 50 percent of all rapes occur in the victim's own homes.
- (9) Approximately half of all violent crimes occur 5 miles or less from the victims home.
- (10) Robberies are most likely to occur in the months of Aug & Dec.

(Source: U.S. Department of Justice, Bureau of Justice Statistics.)

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We want to empower you, so that you will not become part of the statistics mentioned above. These are some of the realities of life, and even though we don't want to talk about it or really believe that it can happen to us, it is a fact that we need to come to grips with.

Knowing what can happen is like a wake up call for those that have never been in or thought about what they would do during a violent attack on themselves or their loved ones. I heard a phrase years ago that has stuck with me today when it comes to what we want our outcomes to be.

“Become a Victor, not a Victim”

This little phrase lets you realize that you can defend yourself and that you are never helpless in a situation unless you decide not to take action. There are several steps to dealing with an attack or situation and we will cover them in detail. We will also take a look at some scenarios as well as some true life situations and how they played out in reality.

Awareness

Awareness is the skill or attribute to be able to perceive what is going on in your surrounding at all times.

Awareness is important because you need to know what is going on in your surroundings at all times. Some people walk around like they have their head in the sand, and then wonder how they got attacked. No matter where you are at you need to assess where you are, what is going on, what kind of people (or characters) are hanging around, and any other pertinent information.

Muggers, Attackers, Rapists, are looking for an easy target, someone who is careless and comes across as a pushover or somebody easy to manipulate. You need to be bold and confident and carry yourself knowing that you can and will defend yourself. Why would an attacker want to try and accost you if you will fight back or scream, and potentially get him caught doing his crimes. We will go into some of the mental preparations in the next chapter, but this plays an important role in being able to eliminate yourself from some maniacs “hit list”

When you are in a mall parking lot, do you notice what is going on around you? Can you perceive if danger is near? Are you prepared to take action, if

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action is called for? These are questions that you must be able to answer in the affirmative as they are critical to you being aware of what's going on around you.

“The Key to Awareness is being able to remove yourself from a situation before it ever takes place.”

Without strong awareness skills, even if you are a highly skilled fighter, you can lose the confrontation before it even starts. This is the single most important skill, to know what is going on in whatever environment you are in.

Training awareness is just as important as training in the physical realm. Using your awareness skill can save you many times from getting away from a harmful situation before it even gets to the confrontation stage. Some people like to take unnecessary risks, by going into unfamiliar neighborhoods or areas without thinking what the potential ramifications can be.

Here are some examples of some “Awareness Drills” that you can do wherever you go, just by using your daily routine or work schedule as a model.

EXAMPLE #1: *As you go through your normal everyday routine of life, start to really notice what is going on around you at all times. Notice what type of people are milling around. Notice what the traffic patterns are. Check and see how far you are away from the nearest person. If in a big city, as you walk down the street, check out all of the people not only walking towards you, but the people behind you, and also ones that may be just standing there. Start to feel the presence of that particular area, what does it feel like? **One point that you should really understand when doing this drill, never look someone in the eyes for an extended period of time. When you look into someone's eyes, you are sending mental energy to them and if it is the wrong type of person, you could be inviting danger!***

EXAMPLE#2: *Now we will take the awareness to the next level. As you go through your normal routine, and are checking out your surroundings, now start to imagine, what you would do if someone were to approach you and ask the time. What does this person look like? Do you get a strange feeling or one of comfort? What would you do if this escalates to a confrontation, for no other reason than this was the person's intent from the beginning? Can you fight back? Will you fight back? Does he have a weapon? Do you have a weapon or improvised weapon? You can do this type of drill while sitting in a chair, mentally visualizing what could happen and what you could do.*

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Example #3: *Visualize your house. Maybe your bedroom is a good place to start. If you were to hear someone in your house in the middle of the night, what is the nearest weapon or improvised weapon you have? If someone was right next to you, what would be your next most available weapon? Maybe it is a lamp, or a book, maybe even a glass of water by the bedside.*

This drill allows you to mentally pre-play how you would react to an event before it ever happens. This is one of the keys to successful protection measures.

There are many other examples and scenarios that you can use, but this gives you the general idea of a “what if”. When I go to New York City on business, I always do these types of drills to keep my awareness up. I always make a conscious habit of knowing what is going on in whatever environment I am in. Awareness training is simple, yet most Karate schools never even emphasize it, and if they do they don’t give you drill with which to train with. Remember that awareness is the first area with which you want to master in order to eliminate unwanted confrontations.

De-Escalation & Verbal Skills

The ability to diffuse or talk your way out of a confrontation or situation before it even starts.

In order to become fully capable to defend yourself, you must also become proficient at the verbal and de-escalation skills needed to get out of a harmful situation rather than letting it get to a physical confrontation.

Sometimes trying to reason with an attacker or someone that is bent on hurting you or a loved one is one way to get out of a sticky situation. Realize that we must use verbal skills to get along every day, and this is no different when it comes to avoiding trouble. Sometimes you can talk your way out of trouble and sometimes you can’t, but you must use every means at your disposal in order to achieve the results that you want. In de-escalating a situation you must:

Maintain a Non-Aggressive Demeanor:

In the movie “Taxi Driver”, Robert Deniro played the character Travis Bickel, and he was famous for saying the lines “YOU LOOKIN AT ME?”. This is great for the movies but has no place when trying to deal with a possible hostile situation or person.

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A non-aggressive demeanor is a way in which you can remain calm even though a situation may be escalating. This means if someone were to come up to you and say, "YOU LOOKIN AT ME?" The proper response is not that you wouldn't look at him because he's ugly, or that you weren't looking him but at his girlfriend, but that you may have glanced his way, but you are sorry.

This will defuse his initial emotional questioning and put him in more of a state of "Interpreted Control", which means for the time being he feels in charge, because he has perceived that you have backed down from him, and he will either continue the "inquisition" or he will leave you alone.

If his intent is to hurt you in some way you have set him up to your real capabilities as you have given him the perception that you are intimidated, but in reality you are the wolf in sheep's clothing! This is a very successful tactic that we call.....

Feinting Intimidation or Submission

A feint is a fake, it is a false interpretation of the real thing. This is one of the "Secrets of Self-Defense" that are very rarely taught, as most martial arts instructors are macho and tough, and want to give the impression that they could never be afraid and that they would act tough in the face of aggression. To act the tough guy part, you had better be one or you may be in for a surprise!

Our art is the art of the surprise, it is sneaky, we cheat, we confuse, we fake out the opponent or attacker to our real skills. These are the methods that will pull you through a tough situation, and in most cases will also get you out of unnecessary situations or confrontations.

You really have to know when to stop being Mr. Nice Guy and when to move into action. You can win the majority of altercations if you use the methods described here. Fighting is much more than the physical, and knowing this gives you the advantage over most attackers.

Taking Action

This is the attribute to be able to know when it is time to fight, and having the mental toughness to do it in a totally controlled and prepared fashion.

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We must know when to cross the line and move into the next phase of action. We must know within our heart that when the time comes, we can go from being calm and relaxed to going to the point of no return.

Which in this case is crossing the line from passive non-aggression to deliberate violent action, with only one thing in mind, and that is to dispose of our opponent in the most efficient and effective means possible, even if it requires deadly force.

EXAMPLE: *You are at restaurant or bar, and someone thinks you are eyeballing them or their girlfriend. They approach you trying to start trouble (you get the feeling they are looking for trouble). Your reaction should be:*

Submissive Posture: *Hands held up, and you telling this person that you don't want any trouble. You are standing in a side stance, which hides all of your "centerline" targets, hands raised submissively (as if to say "I give up"). This is an illusion to the antagonist as you are in reality prepared and ready for action. With your hands up, they are ready to block or strike. Your body is turned so that vital targets are turned and not available to attack.*

- You try and calm the person down by using a low and relaxed tone of voice, letting them know you want no trouble.
- They persist, and start to touch you or shove you. My rule is, if someone touches me it's time to go to work! The key here is that you have to have the ability to go from relaxed to totally berserk in a matter of seconds, and you need to know what kind of attack you are going to use.
- Quick "Snap Kicks" to the groin, shin or knee work very well as opening techniques.
- Close the gap and use a flurry of knees, elbows and head-butts.
- Close the gap and take the person down to the ground and either mount them or choke them out

In this type of scenario it is important that when you decide to strike that you are totally committing to win the fight, and that you won't be done until your opponent has fully submitted or is incapacitated (knocked out, choked out, broken limb, etc.) We also want to use a concept that isn't taught often, but is critical when getting into an altercation. That concept is:

Closing Shop

Means that when you have finished the altercation you make sure that the opponent is not going to get up and attack you again or one or more of his buddies will do the same.

Closing Shop is important in any scenario as you must survey what has just gone on to make sure your not going to get jumped after you have disposed of the opponent. This also means making sure you're not followed or leaving your self exposed to future entanglements. Closing Shop could mean getting away from a scene to avoid legal ramifications as well.

Handling High Stress Situations

You might be thinking haven't we already been talking about high stress situations? Well we have, but there is a difference between a fight at a bar and someone that is trying to mug you with a weapon.

Every situation has its concerns, and what we want to address is the high intensity of robbery, rape, car jacking, and other extremely violent situations. Every person is susceptible to being defeated and we will utilize every strategy that we have at our disposal. Here are some areas to exploit on even an armed attacker:

The 5 Weaknesses

The 5 Weaknesses are emotions that we can exploit on our attacker to manipulate him to our advantage

- (1) **Anger:** *This emotion can be exploited in a way that makes the attacker so mad, that he lets down his guard for even a brief moment giving you a small entrance into getting out of the situation. One precaution is that with anger, you can make the attacker more violent, reversing the situation to their favor and putting you in an even worse situation than before.*
- (2) **Fear:** *The attacker that is fearful, could be the most dangerous of them all, as they are nervous and might do anything, including murder in order to not get caught. Someone that is fearful can be exploited by giving them the feeling that they might get caught, causing them to flee. We will cover more of how to mentally deal with this in the next chapter.*

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- (3) **Lust:** *The rapist has lust on their mind, and a woman could ease the attacker by feinting interest in the man, only to react by pulling violently on his testicles, gouging the eyes, slamming the throat, at the right moment.*
- (4) **Greed:** *The attacker or mugger motivated by greed only is easy in that all you have to do is give them some money and they may leave. This is also a way to trick them by saying that you have more money in your back pocket or your shoe, thus drawing their attention to their own greed, not your aggressive tactics if need be.*
- (5) **Sympathy:** *Feel sorry for your assailant and he will drop his guard if this is his weakness. Maybe he feels sorry for you and you can exploit that as well.*

This gives you some idea of some weaknesses that we as humans have, and we all have some if not all of those. Your common street thug may have more than one that you can discern. These things can be exploited, but I want to make you aware that every situation is different and that these types of events are unpredictable as are the attackers.

We always are deceptive and giving a false impression to those that might cause us harm. This can't be underestimated.

“Being sneaky, deceptive, giving the false illusion to an attacker is the key to successful self-defense and must be internalized, and ready to be used if needed”.

EXAMPLE: *You are in an unfamiliar neighborhood and approached by a rather scary looking individual. He approaches you, grabs you by the back of your neck, and demands your wallet. You must:*

- *You put yourself in a submissive mode like before, with a scared look in your eyes. Remember you are the wolf in sheep's clothing, acting a part that he is unaware of. You agree to everything that he asks, with a scared tone, and asking That he please not hurt you, thus giving him false interpreted control. Set him at ease, so that if you need to attack, it will be a shock and that you will be able to do it in such a ferocious manner that you will succeed in getting out of danger.*

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• *Comply and give him the wallet, hoping that is all he wants, but you are prepared for combat if need be. If all he wants is the wallet, give it to him, as your life is not worth your wallet. If you feel that he could hurt you anyway, that is when you must be looking for the opportune time to attack.*

Everything is a judgment call in the street so it is necessary to understand what could happen, and what your options are. When you train at home, even if you don't have a partner, you can do specific mental exercises together with the physical training, which will give you an advantage over other martial arts practitioners.

In serious high stress situations, you want to be prepared to defend yourself and use every available resource that you have. This brings us to an area that can save you and give you an advantage in any given situation. that is the use of:

Improvised Weapons

Any object that can be used defend yourself in a combative situation.

Improvised Weapons can give you a needed advantage when you need it most. Remember when we discussed awareness, we talked about noticing what is going on in the environment that you are in. Being aware is also knowing if there are any objects within that area that you could utilize at a moments notice.

When I was a kid, and was with my mother in the city, I would always be thinking, what would happen if someone tried to attack us? I would look around on the ground and see if there was a stick, a bottle, piece of metal, anything that could be used. Now maybe I was just a little paranoid, but I was reflecting back on this recently and was surprised that I remember thinking these very same things that we are talking about when I was younger.

Wherever we are, we can find something that can act as an improvised weapon. **A common item that you carry all of the time makes for a great improvised weapon such as a pen, a comb, an attachment to your key chain, money to throw in someone's face as a diversion.**

Improvised weapons can be the thing that save your life in the real world, but very few are taught the lethal aspects of everyday items that we carry. I really like the idea of ballpoint pens, as they are very easy to carry and when used can blind an attacker as well as be used to get to nerve and pressure point areas.

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I would also recommend any of the popular spray weapons such as mace or pepper spray, which can be a very good equalizer. Depending on how far you want to go with your self-protection arsenal to carry around with you, here are some items that I know some people carry with them at all times.

- (1) Pepper Spray**
- (2) Pocket Knife**
- (3) Chain or Flexible Weapon**
- (4) Pen**
- (5) Collapsible Baton or Kubaton for Keychain**

I know some people that carry one or more of these items at all time, and I know a few that carry them at all times. It all depends on the type of environments you're in on a daily basis, and what your needs are.

To deal with the violent offender it is always good to be prepared. Can you imagine the surprise to a, would be attacker, when you pull out your pen and gauge it into his eyes, or throat. Again we are only as defenseless as we think we are. We all know that these things can be dangerous, but how many of us would consider them as mainstays in our self-defense arsenal.

Vital Targets

Places to attack that will render your attacker hurt and you in a control position.

There are many vital points on the body that can cause severe trauma to the body with only minimal striking. Knowing where to strike is every bit as important as how and when to strike. The goal here is to defeat the attacker in the shortest amount of time possible.

See the chart on the next page for some of the best vital targets to strike in a serious situation.

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EYES	<i>Temporary or perminant blindness, shock, unconsciousness, severe pain, watering of the eyes</i>
TEMPLES	<i>Unconsciousness, severe pain, shock, concussion, coma, bone fracture, death</i>
NOSE	<i>Severe pain, temporary blindness, fracture, unconsciousness</i>
CHIN	<i>Severe pain, unconsciousness, whip lash of neck, broken jaw</i>
BACK OF NECK	<i>Broken neck, shock, complete paralysis, unconsciousness, coma, death</i>
THROAT	<i>Severe pain, blood drowning, suffocation, loss of breath, nausea, death</i>
SOLAR PLEXUS	<i>Air starvation, severe abdominal pain and cramping, temporary paralysis, nausia</i>
RIBS	<i>Severe pain, collapsed lung, shortness of breath, heart spasms, air starvation, death</i>
GROIN	<i>Severe pain, fracture to pubic bone, shock, loss of breath, nausia, vomiting, unconsciousness</i>
THIGHS	<i>Fracture of femur, immobility, severe pain</i>
KNEES	<i>Severe pain and swelling, torn cartilidge and ligaments, immobility</i>
SHINS	<i>Sever pain, possible fracture, immobility</i>
FINGERS	<i>Severe pain, fracture, dislocation, immobility of joint</i>
INSTEP/TOES	<i>Severe pain, possible fracture, immobility</i>

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These are some of the many targets that can be struck to get the desired results from the hits. When teaching people personally, I usually will break it down to 3 main target areas to always concentrate on, which makes you think of those 3 rather than the 15 on the list above. Simplicity is a “Secret of Self-Defense”, and what we try to do is make our methods easy for anyone to learn even if they don’t have a background in the martial arts.

The three main targets to focus on are:

- **Eyes**
- **Throat**
- **Groin**

These are the 3 main vital targets that you want to have in the back of your mind whenever you are training or going through different scenario training drills. The above chart shows you the capacity of the damage that can be done to the human body with the hands or feet. You should study all attack points and understand how to hit them.

These 3 vital targets can be deadly, and at the least very debilitating. You must know where you are going to strike, so that there is no guess-work as to where to go when you are in a difficult situation.

REAL LIFE, EXAMPLE: *I have a friend, who’s father at one time owned a transmission shop in one of the worst sections of Queens, NY. It was not uncommon for people to not want to pay their bill when they saw what the price was. Now some of these individuals were not the most upstanding citizens, and would request their vehicle back without paying the bill. My friends father (who at 5’9, 170lbs, 57 years old) would not be intimidated by some of these characters (for lack of a better name) and would tell them that when they pay the bill, they get the vehicle. Of course some of these patrons were quite a bit bigger and a lot younger than him, and would start trouble when told this.*

My friend said that if the verbal discussions got hot and his dad felt that it was going to come to blows, he would move into action. My friend told me that his dad would do the same thing every time someone got in his face, and that was:

- (1) Kick or knee them in the groin**
- (2) Mount them and finish them off**

(3) Have them thrown off the premises

This is what I refer to as:

“Quick, deliberate action to a specified target”

My friends father was not a martial artist, he did not practice these techniques in a training hall or dojo, but he had the practical “street” experiences, and knew exactly what type of specific action he would take when the occasion called for it. This is the type of mentality and ability that creates specific techniques or tactics that you can call your own.

Handling Armed Attackers

What do you do if the attacker or opponent is armed with a gun, knife, club or other type of weapon? The reason people carry weapons is either for protection or for using them to harm or manipulate others. An armed attacker is the most dangerous for obvious reasons, and can cause the greatest amount of stress to the person being attacked.

I want to now cover some of the methods that we can use to protect and defend ourselves against the armed attacker. Entire books have been written about defending against weapons, so this will be more of an overview of some do's and don'ts when it comes to weapon attacks.

Edged Weapons

Edged Weapons such as knives or other sharp devices can be a very real threat in a self-defense situation, and must be treated with extreme caution. I can't believe how many times I have seen so many articles, books or videos that depict the most unrealistic knife defenses imaginable. I have seen knife disarms with the defender plucking the knife out of thin air. This is not only ridiculous, but irresponsible on the part of the martial arts instructor showing this type of near impossible technique.

When it comes to someone with an edged weapon or knife, you must show respect to the weapon being used, even if the person using it is not skilled with a knife. With a knife an unintentional strike can be as dangerous as an intentional strike.

We believe that in order to successfully deal with the knife, we should first know a little about the weapon from an offensive standpoint to know all of the knives capabilities. As you could see from some of the statistics earlier in the

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chapter, a knife is 2nd most used weapon next to a gun, and is used most often in a rape situation. I sometimes will carry a knife when I am going into a neighborhoods that I am unfamiliar with, but this is a judgment call and all of the potential hazards as well as the legal ramifications, should be considered before carrying a concealed knife.

Offensive Knife Strategies: If you were attacked by a knife wielding attacker, and you had a knife of your own, these are some methods that you could use, when the confrontation is knife on knife.

- **De-fang the Snake:** *De-fanging the snake is the terminology that we use to fight with a knife. It's main concept is that by slashing or cutting at the knife hand of the attacker, you can force him to release his knife due to wounds on his arm, thus giving you the opportunity to take the knives (fangs of the snake) threat away.*

- **Cut and Thrust:** *The correct methods for offensive knife fighting is being able to first cut the arms, legs or other areas then proceed to the thrusting of the knife into the bodies vital areas.*

It must be pointed out that the above techniques are dangerous life-threatening and life taking techniques and should only be used in the most serious of conditions. You must also be aware of the legal responsibilities of injuring or killing someone even in a self-defense situation.

Offensive knife tactics are important to know, so that you can perceive better what is expected from a knife-wielding attacker.

Defensive Knife Strategies: What to do and what not to do when you are dealing with a knife-wielding attacker. When it comes to fighting, strategy plays an important role in determining what plan of action we are going to take. When it comes to dealing with a knife attack, it is important to realize the dangerous position that you are in. Knives cut so fast and so easy that you can be cut, bleeding, and taken out very quickly if you don't know what your doing.

Distance Control: The most important factor in a knife confrontation is keeping a safe distance from the knife. The knife, unlike a gun can only hurt you in close proximities. The chances of being hurt even if the knife is thrown, is slim unless your attacker is proficient at throwing knives, and most street attackers won't be. This means unless you are backed in a corner, try and run away to avoid a confrontation.

“The worst thing you could do is try and disarm or take the knife away from the attacker, based on a unrealistic notion gathered from other martial arts sources, TV or movies”.

Improvised Tactics: If you must face a knife wielding attacker, keep your distance, if you are wearing a jacket, sweat shirt, or other clothing that can be taken off, use it to try and use it as a covering on the arm to protect yourself while trying to avoid or get in a control situation. Also as we explained in the improvised weapons section, anything that you can use to “de-fang the snake” should be sought as well as something that you can use to nerve strike the arms to release the weapon.

Controlling the Situation: This is a last resort as it is very dangerous to control the knife or knife hand, and really is a last resort type of thing. In order to control the knife:

- **Nerve Strikes to release the weapon**
- **Control the knife hand & disarm**

These tactics are when you need to do something, and you feel that the situation is going to turn ugly if you don't react in an appropriate manner. The knife is dangerous as can be seen from the following example:

Real Life Example: *A couple of years ago two young men who worked in a video store in Bucks County, PA were killed by a knife wielding maniac who came into the store where they were working. I don't know all of the details, but it seemed by the reports that they tried to fight the attacker off. Their best defense would have been to run out of the store and put as much distance between them and the knife. This may or may not have worked, but unless you know what you are doing in regards to defending a knife, you have no business trying to disarm the knife.*

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I really believe that people see a movie with regards to the hero disarming the knife from the villain, and they figure that they could do the same. This is totally unrealistic, and should never be looked at as a viable technique. Even trained professional martial artists and military men know the danger of the knife.

Training Drill: Just to prove the point of how dangerous a knife can be even in the hand of an untrained person, I was taught this drill some years ago, and it is the best one that I have seen to date. What you do is have one person or persons act as an attacker and have another person act as the victim. The attacker(s) are given black “Magic Markers” to use as a simulated knife. The defender will be wearing a white T-shirt. The object is for the defender to avoid being marked by the markers being held by the attackers. What you will find is that it is virtually impossible to be un-marked by the black markers. Proving that if that was a knife, you could be bleeding or worse.

This drill shows you how easy it is to get cut, and how difficult it is to get away from the knife-wielding attacker. This should help you to realize that you should never take the knife lightly.

FIREARMS

Firearms are the weapons of choice for most thugs, muggers, and any other lowlifes trying to take advantage of someone. The gun is the most feared weapon that can be pulled on an unsuspecting victim, and defending against one must be taken with the utmost precision and timing.

“We will give you some ideas on what you can do if attacked by a gun, but want to caution you that a gun is the most difficult weapon to defend against, and we do not recommend you trying to unless you feel there is no other alternative solution other than counterattacking”

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Hopefully you will never have to use any of the strategies employed in this section, as this could be a life or death situation and the utmost care should be taken when even considering countering a gun.

A gun can go off just as easily accidentally as it could by intent, which is one of the many reasons why you don't want to take this lightly. Many people have been injured or killed by the accidental firing of guns even while cleaning them or showing them to a friend or family member. Since most attackers are usually nervous, afraid, or even intoxicated or on drugs, you can't rely on them to think or move in a rational manner, **so again please use the utmost caution with these concepts.**

Firearms Defense Tactics

When we discussed edged weapons, we stressed the importance of keeping a safe distance from the knife, so as to be unreachable from the weapon, with a gun we want to do the exact opposite which is to stay as close to the opponent to control the weapon.

“When in a firearms situation, if you feel you have no other choice than to defend, you must get control of the weapon, so that it doesn't discharge at you”.

If an attacker maintains a safe distance from you it will be harder for you to get control of the gun, thus limiting your attempts to get control of the weapon. When facing an attacker armed with a gun, you must use every possible technique or tactic that you have in your arsenal in order to get control of the situation. This means using all of the mental and visual skills in order to psyche out the attacker.

1. Try to manipulate the attacker into a vulnerable position
 - By using eyes as distracters- For instance, look over their shoulder to the right or left as if someone was standing behind them. When they look, make your move. Again, only use this if you feel there is no other recourse.
 - Using verbal skills with non-aggressive behavior
2. Always act very scared and fearful as a ploy to get them to drop their guard.

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Once an attacker's guard is dropped, it will be easier for you to try and get control of the weapon. We can't emphasize enough that you should only go for the gun if you feel that the person is probably going to use it on you regardless of the crime being committed.

3. When going for the gun, always try and get the barrel facing away from you in case it discharges.

An important note is that there is much conflicting methods on how to handle a armed attacker situation, and some authorities say you should obey the attacker and give them what they want. I agree that my life is worth far more than a wallet or purse, but that in today's society, you have muggers that often times will murder the victim to eliminate any witnesses to the crime. It is this type of behavior that makes the non-retaliation route just as risky as trying to retaliate in my opinion.

Car-Jackings

Car-Jackings are happening all over the country and are very scary situations, and a lot of times the victims are being killed for their vehicles. Again criminals are more ruthless than ever before, so you must train yourself to be able to react quickly and deliberately. This is where being able to bring yourself to be aware of danger and being able to avoid it altogether.

- Stay out of bad neighborhoods
- Don't stop for anyone & keep doors and windows locked
- Keep at least a car length and a half when at stop lights, so that you can get away if you need to
- If someone approaches, don't be afraid to just drive off

One of the keys to this type of attack or any other for that matter is to not be caught off guard. Even if someone approaches with a gun, immediately drive off. Even if they shoot, they will have a harder time hitting you in a moving vehicle than if you are sitting there at point blank range!

The Golden Rule on Muggings

Everything in self-defense is a judgment call, and you need to have rehearsed what you will do in the event of something like this happening. There are some things that you should never violate in regards to being in an attack situation and this goes especially for women or children and that is...

“Never under any circumstances should you ever get in a car or go with an attacker to another location”.

I don't know the statistics here, but I know for a fact your chances of being harmed go up drastically if you give the attacker more control by going with them to another location. When you are in a situation where you could become a possible victim, you must put yourself in the most favorable position, so that you can get out of the situation.

This also may mean that you may have to run away from the attacker with a gun pointed at your back, but remember that someone firing a gun at a moving target is a lot harder to hit than at point blank range. The down side is that the attacker could in fact shoot you with a fatal blow while you are running, but it's far better than going somewhere with the attacker and being raped, tortured, and then killed!

“The Key to Self-Preservation is Constant Awareness”

There are many different scenarios that we could go through, and put you in different situations, but what you need to know is that you must be mentally prepared to deal with these types of situations, and that is what is going to be covered in the next chapter.

Rules for Winning Street-Fights

1. **Never Assume Anything:** Expect anything to happen and what can go wrong, might go wrong.
2. **Never Fight Fair:** Rules are for sporting events and games. On the street you must do everything you can to survive.
3. **Do Whatever it Takes to Win:** Use all of your tools both mentally and physically.
4. **Be Ferocious:** You must be able to summon up the animal instinct to go from calm to deadly in a very short period of time.
5. **Capitalize on Your Attributes:** Use everything you have to your advantage. Speed, strength, height, weight, skill, etc.
6. **Be Able to Explode Into Action:** You must be able to go from zero to sixty in seconds flat. Turn on the turbo, go forward and keep moving forward.
7. **Take Advantage of Zone and Angle:** Fight in the zone that your opponent has a weakness.
8. **Control the Fight:** Dictate how the fight goes, select the Zone, get to the right line and control the pace.
9. **Evaluate, Analyze, and Destroy:** Always know your next move and that of your attacker.
10. **There are No Rules:** Do what it takes.

Attributes of a Good Fighter

1. Ferocity & Extreme Aggression
2. Explosive Mobility & Balance
3. Sensitivity to the Opponent's Weaknesses
4. Focused Intent
5. Controlling Stress and Fear
6. Timing the Counter Attack
7. Being Relaxed Under Stressful Conditions
8. Visualizing Success
9. Being Bold, Confident & Determined
10. How to Generate Maximum Power
11. Strength
12. Flexibility
13. Reaction Speed
14. Muscular Endurance
15. Aerobic Conditioning
16. Pain Tolerance
17. Awareness
18. The Ability to Make Quick Decisions
19. An Expectation that Things Can Get Ugly (Murphy's Law)
20. Comprehension of Zones, Center Line and Angles of Attack

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- 21. Being Able to Take Action
- 22. Killer Instinct

MENTAL COMBAT TACTICS

Mental training is without a doubt the most important ingredient in becoming a successful martial artist or self-defense practitioner. We have covered several ideas up until now that will have prepared you for more of the intricacies that will be described in this chapter. This is the training that will separate you from 99% of all martial artists that never are introduced to the mental side of training.

Some think of mental training as the ability to break bricks or wood with ones hands or feet, or being able to do some other type of “mind over matter” feat. This is what most see in the martial arts, and the practitioner will say that he is using the mental focus and control in order to be able to do the demonstration or parlor trick if you will. Unfortunately this really has very little to do with the concepts of mental combat tactics that you will be learning.

Mind Over Matter?

“Mind over matter is the ability to be able to bring the mind under control in a high stress situation”.

This is our definition based on what we are trying to accomplish, which is teaching someone to be able to protect themselves and their loved ones from ANY type of harmful situation. This type of training or mindset takes the same if not more effort than the external or physical side of training. We can control our minds a lot better than most would think, but there are specific skills that need to be learned in order to achieve this state.

We will cover some simple meditations and exercises that can be done to make the mind much stronger, and prepared for any type of situation whether it be a self-defense, job related, relationship, or other encounter. When the mind is strong the body will be stronger, as the mind really controls the body. These will be simple yet effective ways to increase your ability to control your mind in any given situation.

How to Control the Mind

One of the things that will prepare you for a self-defense situation is to use mental training drills to establish the mind set needed for a serious situation. This type of mental stimulation can be very beneficial to prepare you in the event of a confrontation.

The mind really is our primary weapon and as we get more into the “**Mental Fighting**” we can effectively prepare for the realism of combat.

“Mental Fighting is the ability to control and manipulate the opponent before actual contact is made”

How do you control someone before contact? The key is in the “Intent” that you use when faced with a situation. Have you ever noticed that when someone is angry or upset or happy when they are around you, that you can pick up on those feelings? Well the same is true of someone that is looking to be a predator. If they sense that you are not to be messed with, they often times will go find an easier victim. Can you tell when an animal is in that attack mode?

If you give off the vibes so to speak that you are like a caged animal, you can transfer that feeling to someone else. Sometimes it's that sense that just warns us not to proceed. This can be done with practice, and can be practiced for all types of situations, be they martial or otherwise.

Drills

This is a partner drill and can be done with just about anyone

1. Set in your mind an emotion, but don't let it show. For instance anger, sorrow, happy etc, and see if your partner can pick up on the intent or emotion without you visually showing that emotion.
- 2, Do this at random when you are at a store or some other public place. You can usually tell when someone is in a mood. Just be careful who you do this to, as you don't want to send an emotion that could cause a fight, like anger or fear. Stick with the good emotions or intents.

These drills will take time to get down, but you will notice that as you practice you will get better and better at transferring that intent to others. As you start to get the ability to pick up intents, you will become much more intuitive in every area of your life. The mind can be trained just like the physical body, because our mind like our body responds to the stress and stimuli that we feed it.

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By constant repetition you can train your self to do just about anything. This is important in combative martial arts training, because you can put your self into scenarios and situations and then work out how to solve the situation.

Planning the mental side of a confrontation prepares you for the event like an athlete prepares for competition

The concepts that we are trying to get across here is that you must prepare your self for the possibility of a violent encounter so that you can be somewhat ready to take action.

The reason I say somewhat ready is because your never really ready for combat, and it may come at a time when you are not in the mood, or sick, or with a date or family members, late at night and your tired, in an environment that you are unfamiliar and the list goes on and on. The mental preparation is the closest that you can come to the actual event without being there.

Sparring can help stimulate your physical responses, but does not adequately prepare you for the high stress situation. The best of both worlds is to hone your physical skills down and work on your mental attributes so that you are prepared for any situation at any time.

Next we will go into some mind programming that you can use so that you can be ready to go if the time calls for it. Remember that reality is just that, and that the more realistic you train and visualize, the more you will be prepared.

Mental Programming

Mental programming gives you some methods that you can use to give your self an edge in a serious situation. There are many ways to do this, and we will go into one that I was taught years ago and works quite well.

Mental programming is sending thought impulses to the brain to cause it to do what you want it to do

You must have something that will trigger a response when you say it to your self. We talk to ourselves all the time and need to make sure that when we do that the talk is uplifting and positive. I learned a phrase when I first started training in the internal arts and still use it today. You can use this one or one like it to give you power and self assurance if and when you need it.

“I AM CALM, BUT DEADLY”

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I was told to say this to my self when I was in a situation that might warrant being calm and also the willingness to attack if necessary. When we say “Deadly”, this is a mind set, a inner feeling that lets you know that if things get a little funky you can retaliate with devastating force. This is a mind set that tells your body to relax no matter what the situation, but also to be prepared if it comes down to “**Go Time**”.

Learning to relax in the face of danger is not easy and must be continually trained so that you can act with deliberateness if need be. I will out line for you some methods to begin to relax the body and mind, so that you will be more crystal and lucid in all situations.

You have probably received this special document as part of the Chi Power Training program, that contains excellent information on how to get and keep your body in a very relaxed state. If you haven't contact Scientific Premium Company-USA at www.chipower.com

By doing this daily, you will start to integrate your mind and body, preparing you for when you will need to call on both. When you get good at relaxing down, you can do it almost anywhere and at anytime. By using specific terms while doing this exercise you will train your mind to act accordingly based on repetition and verbal triggers.

Workout Drills

We are going to go into some actual workouts that you can do to sharpen your self-defense and martial arts skills

Mirror Drills

When home training, one of the best tools that you can have is a full length mirror. With a mirror you can check your progress and make sure that you are doing a lot of the stances, blocks, punches, kicks, techniques and drills that you are learning. I always use the mirror to see that I am doing the technique correctly. The mirror shows you what you are doing wrong and right, and you can start to adjust your abilities with the use of the mirror.

Face the mirror and practice all of your skills. Another good tool is to use a video camera if you have one, that way you can really see what your doing right and wrong.

Practice your combos in the mirror. Here is a list of some possible ones:

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- *Jab-Jab Cross-hook & uppercut*
- *Blocking with hands and feet*
- *Cross Kick Patterns*
- *Stepping Patterns*
- *Actual Techniques (Your Martial Arts Style)*

The list of possibilities is endless and you can make your own as you go along. The key is to analyze your movements in the mirror so you can dissect and see which ones need improvement.

Summary

We have provided information that we hope will help you in becoming more proficient with you own martial arts and self-defense skills. If you have any questions, you can contact us at www.chipower.com.