



# **“DOOMSDAY SELF DEFENSE TACTICS” (SPECIAL REPORT)**



**THE COMPLETE STEP-BY-STEP SYSTEM TO GUARANTEE YOUR SURVIVAL**

## **PLEASE READ THIS BEFORE YOU CONTINUE FURTHER!**

(Disclaimer & Precautions)

Warning: Follow all directions printed and/or illustrated. Use caution and proper judgment at all times.

Always consult your physician prior to beginning any exercise or physical training program. Should you experience any strain, stop immediately and seek the advice of a licensed health care professional.

Individuals involved in the production of this program, About-Secrets, the author and those demonstrating their skills assume no responsibility for any injury or damage resulting from the execution or practice of the techniques presented.

The weapons used in this manual are employed for educational purposes only. Do not use actual weapons in your practice of the techniques presented. Use only simulated replica weapons and strikes.

Always wear appropriate protection gear while practicing any of the techniques presented in this manual. This must include eye protection, headgear and groin protection.

Scenes depicted in this program are intended for educational purposes only. None of the techniques presented should be employed unless your life or physical well-being is in eminent danger.

Always, when possible, avoid any physical confrontation. In the event of a hostile or life-threatening encounter use only the force necessary to stop the threat or remove yourself from the dangerous situation.

If you are in question of what action may constitute "reasonable force" and "excessive force," contact your local law enforcement agency. Laws vary in

each state and jurisdiction. You are personally responsible for abiding by those laws.

**CAUTION:**  
**USE THE INFORMATION**  
**ON THIS PRODUCT**  
**AT YOUR OWN RISK!**

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**IMPORTANT:** Please read every single word of this special report.  
Missing even the smallest detail could cost you your life!

## **What You Should Already Know...**

In my first report, “Become A Lethal Weapon, In 2 Weeks!” I shared some powerful, little-known secrets about protecting yourself against an attacker who was bigger, stronger, and meaner than you.



I won't repeat every word of the previous report here, for obvious reasons. So, if you haven't already studied that report, it is highly recommended that you get a copy and do so before starting this one.

This report takes things up another notch: it takes that bigger, stronger, meaner attacker...and puts a deadly weapon in his hand.

While the information shared here can stand on its own, I strongly recommend that you get the first report and study it before reading on this one.

Onwards...

## What Is This All About...

As promised, in this report, you will learn simple, easy, and deadly techniques that will protect you against vicious, violent attackers, even if they come bearing weapons.

These techniques will be: quick and easy to learn...easy to execute, without requiring super strength or agility...and they will be effective against an attacker who is bigger, stronger, and meaner than you.



In fact, what you will learn here has taken me several years to perfect, by testing them against stronger and larger opponents who were told not to hold anything back.

And, I have taken the most effective strategies and put them together into a very simple, but lethal “self-defense” program.

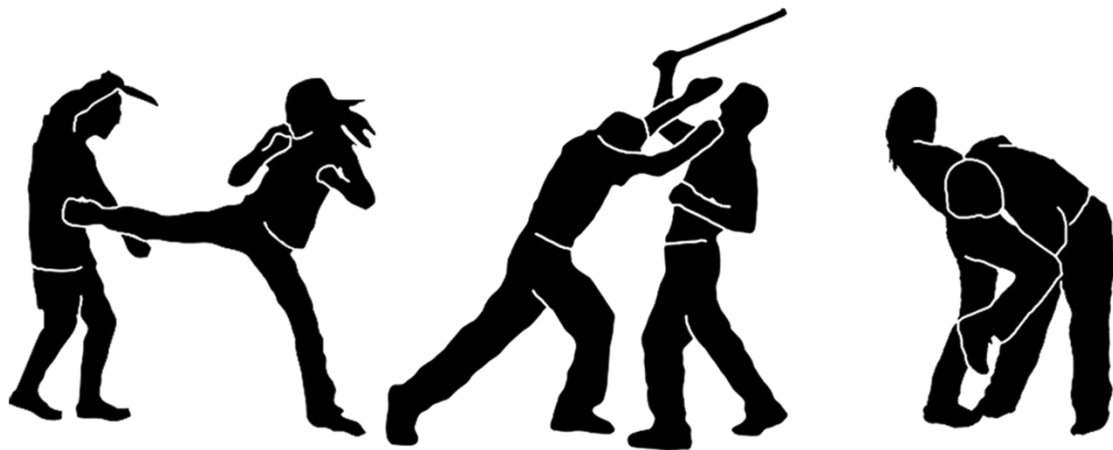
But, you won't need to have prior experience or special training in order to learn these techniques quickly and easily, and use them effectively.

That means, I will not teach you complicated martial arts moves or punches or kicks because most of that stuff does not work out in the real world – where there are no rules.

I mean no disrespect to any of the martial arts. I spent many years practicing all of the major arts. And, I learned a lot from them!

But, I kept seeing certified “black belts” losing fights against skilled “street fighters.” So, I knew that there had to be more to this than just certificates and colored belts.

As mentioned in the previous report, I have studied the fighting methods of the armed forces, the Navy Seals, the Russian Special Forces, and some of the best full contact "no rules" fighters of the world, including the Israelis - one of the most feared hand-to-hand fighters on the planet.



And, of course, I have spent my share of years studying various forms of martial arts, including, karate, kung fu, jujitsu, aikido, kickboxing, and others.

Lastly, I have tested all my learning against real and highly-skilled “street fighters” (and I obviously picked up a lot of powerful information from those experiences, as well.)

After doing all of that, my most important learnings were...

- To win a fight, you must keep it simple. You must use moves that are easy to learn, simple to execute, and quick to work! (In a real fight, every micro-second counts.)

- You have to use moves that do not require much strength to be effective, and can work just as well on a small person as on a giant. Size or strength should not matter much.
- Most importantly, you don't need to learn 100 different techniques. You only need a handful of them that work well on just about any situation! (You don't need to learn a different technique for every variation of a punch, kick or strike.)

Knowing more will not make you a better fighter. What matters is how effectively you can apply and execute what you have learned... It doesn't matter how much you know, it only matters what you can use!

Knowing just a handful of techniques that work every single time with deadly effectiveness is 100 times better than knowing dozens of techniques that only work some of the time, or only produce mediocre results.

The spirit of most martial arts is not about violence. It's not even about self-defense. It's about self-discipline, and it is meant to train the mind, body and spirit.

The martial arts moves that do work in real life (against an attacker who is ready to kill you) often have to be practiced for many months, or even years, to perfect –mainly because many of them involve styles and stances that are unfamiliar to your body.

We don't have that kind of time. You could be attacked tomorrow. So, you have to be able to learn to protect yourself quickly, with techniques that are simple to learn, and easy to execute – with deadly effectiveness.

With most martial arts, there are rules and forms/katas to be mindful of. Out on the streets, most of the fighting rules that you're currently familiar with get thrown out the window. The only rule is "survival" – so anything goes, and you have to use any means necessary in order to survive.





And, unlike in a martial arts classroom, you don't have the luxury of waiting for the attacker to strike first either. If you sense danger, you may have to strike first and end the fight before it gets to a life-threatening stage.

You will use anything at your disposal or around you. That includes walls, bricks, trashcans, beer mugs, tire irons, baseball bats...hair pulling, groin kicks, and yes, even biting - in extreme cases.

Like I said, out in the streets anything goes. And, since your attacker will not hold anything back, you shouldn't either.

So, I won't limit you to a particular "form" or style, as most martial arts tend to do.

Real street fighters survive because they understand the "no rules" reality of the streets. They have learned the hard way that anything goes.

I will not share 100 different blocks and strikes with you either. The more you have to learn, the more you have to remember. That will only complicate things.

You will only learn a handful of simple but powerful techniques that can be used for almost any situation.

What you learn here will not require superhuman strength or any special skills either. Because, again, most of us do not have weeks or months to prepare – we can't all spend months in the gym, trying to become bigger and stronger.

That is why you will be able to use what you learn here against an attacker who is stronger, larger, and meaner than you are. And, you will learn this stuff quickly.

## **A Whole New Perspective**

In the first report, you learned that most people's ideas and beliefs about fighting were frighteningly different from what really happens during an actual street fight.

And this difference in their beliefs versus reality is what often gets them hurt, or killed.



Unfortunately, the same is true of most people's beliefs about being attacked with a deadly weapon. Actually, it's much worse because weapons increase the risk of injury or death significantly.

It's one thing to take an unarmed attacker down. But, when he has a knife, bat, or gun, the situation tends to change quite dramatically.

Most people have no idea what to do when attacked with weapons. And those who think they know are often severely misinformed.

In other words, your mindset will dictate your safety more so than the self-defense “techniques” you learn.

Techniques are obviously important. But, with the wrong beliefs and mindset, they will be useless.

So... it’s time to clear the air, and get rid of some of the misconceptions that most people have, about how to deal with attacks – especially those involving deadly weapons.

Some of what I share below will be the exact opposite of what you may have heard or currently believe. Some of this stuff may even sound crazy to you, at first.

When that happens, just remind yourself that the information being shared here has been tried-and-tested, out in the real world, on real attackers. It would also help to realize that most people just don’t know what works in a real fight, and what doesn’t.

With that said, let’s get to these misconceptions, mindsets, and “little-known” tips...



## The Weapon Is Not Your Enemy

You see it everywhere, even in those “action” movies...

One guy pulls a gun on another. Next, both guys are grabbing on to the gun and fighting each other for it. If it's a knife, one guy is trying to stab while the other person is pushing against and fighting the attacker's hand, avoid the stab.



That is what most people tend to do. They fight the weapon or the hand - or they just fight each other for the weapon.

Do not do that! Struggling and fighting each other for a weapon, at close range, could easily get you hurt, or shot.

It is vital for you to understand that the weapon is not the enemy. The weapon does not have a brain. No one has ever heard of a knife or a gun lifting itself up and attacking someone.

Yes, an attack involving a weapon is usually more dangerous than one without. But, that's only true due to the attacker's ability to use the weapon. So, don't fight the weapon. And, definitely don't struggle with the other person –or his strength - in order to take the weapon from him. That's very dangerous.

There are proper - and safer - ways to disarm an attacker, without struggling and fighting with him, which we will go over soon.

Your primary threat is the attacker. Not the weapon he is using. The attacker is the one with the brain and the intent. And, he is the one that you need to defend against and take down. (I will show you how to do this soon.)

Here's another popular misconception...

One of the main reasons people struggle and fight for the gun is so that they can use the attacker's gun to shoot him.



Ahh... that's a great plan, and quite poetic...  
except for one huge problem...  
You cannot rely on another person's weapon.

Let's say that you are able to take the gun from the attacker. And, then, instead of taking the attacker out, you decide to shoot him with his own gun.

But...what if the gun isn't real? What if it doesn't have any bullets? What if it has a unique safety mechanism that you're not familiar with?

Any of those things can turn the tables on you and give the advantage back to your attacker.

So...if you are able to get the gun from your attacker, take him down immediately using the strikes I will show you in this report. Do not try to use his gun on him, until after you have injured him to a degree.

## Closer Is Safer!

This one will sound crazy to many people, but it is a fact.

Most people believe that the further you are from the attacker and his gun, the safer you are.

This is **not** true!



Okay... I'll admit that if you're a block away from the attacker and his weapon, you're probably safer. But... when we're talking about being a few feet away versus just a step away, you are much safer when you're just a step (or less) away.

I warned you that this one would sound crazy, didn't I?

But, think about it...

If someone is about to shoot you, would you have a better chance of not getting shot:

- a) if you were close enough to push the gun (and yourself) out of harm's way, disarm the weapon, and take down the attacker?

...or...

b) if you were too far away to do anything except try to dodge the bullet.

In my experience, humans are not faster than moving bullets. You may be able to dodge the first bullet. But what about the next 2 to 5 bullets? Think you can dodge 'em all?

Most people can't. And, they would be stupid to try.

So, when guns (or other projectile weapons) are concerned, you're safer when you're closer to the attacker and the weapon!

In fact, if someone pulls out a gun on you from more than 2 feet away, I would advise you to close that gap by moving closer to the weapon!

Yes, you heard me right. Close the gap by subtly moving yourself closer to the gun, if you're not easily within arm's reach of it yet.

I know this sounds crazy. And I know that it is a scary thing to do. But trained fighters know for a fact that you'll be much safer when you're closer.

As you read through this report and start to see the bigger picture, this will all make a lot more sense to you.

While we're on the subject, here's something else you should understand... Guns, and other projectile weapons, are only a danger to you if the attacker pulls the trigger while you are in the line of fire. Both of those things have to be true for projectile weapons to be dangerous to you.

And, the closer you are to the attacker and his projectile weapon, the easier it will be for you to get out of the line of fire, move the gun's barrel away from your body, or both.

## Power Principles To Live By

In this section, I'd like to share some important principles to live by, the pun being that these principles will actually help you live when facing an attacker. In the previous report, I shared 5 "Ultimate Fighter's Power Principles."

To summarize, they were:

- Keep things simple! You're not fighting to impress anyone. You're doing it to survive, to stay alive. So, use the simplest and easiest techniques that will end the fight quickly. (This is why you will not be learning any of the complicated or unfamiliar martial arts moves.) The longer you fight, the less likely you are to survive, especially since most attackers do this for a living, and the rest of us do not.
- Strike the weakest points of the attacker's body. Since your attacker will most likely be larger and stronger than you, you must attack his weakest points: eyes, throat, groin, and knees. (It doesn't matter how strong he is –his eyes will be just as weak as yours or anyone else's.) Never fight his strength, because you will lose. Attack the most vulnerable parts of his body.
- Turn the tables on him. Some of the attacker's best weapons are: 1) the element of surprise, and 2) fear. So, your job is to use these same weapons on him. Anything that will temporarily surprise, confuse or scare him will give you the window of opportunity to execute your lethal strikes.





Now, let's take things up another notch and go over the more advanced power principles that will keep you alive.

## **Always Assume That the Attacker Has A Weapon**

Whenever you're approached by an attacker, always assume that he is carrying a weapon, even if he isn't showing you one.



This is the harsh reality of attacks and criminal acts. Whether you're attacked on the streets or in your home, your chances of survival will increase dramatically if you assume that the attacker is carrying a weapon.

That means, you will only have about a second (or less) to take your attacker down. As mentioned earlier, you don't have time to fight with him as both of you exchange punches, blocks and kicks for several minutes. That only works in the movies. In reality, that stuff will get you killed. Real fights are over within mere seconds.

If you get into a grapple/tangle with him, he could easily pull a knife out and stab you from either side, or right into your stomach. You won't be able to prevent it because you will be too busy "fighting" him.

That's why the system you're learning here is designed to take your attacker down fast.

(Tip: If the attacker's hand suddenly disappears behind him, it's safe to assume that he's reaching for a concealed weapon.)

## **Always Assume That There Is One More Attacker**

Another way to dramatically increase your chances of survival is to always assume that your attacker has another friend out there. Assuming this will force you to take the first attacker down instantly.



Again, that means, you cannot afford to spend more than a second on your attacker. If you do, and there happens to be another attacker out there, he will be able to hit, stab, or shoot you very easily while you're busy with the first guy.

As soon as you see an attacker, take him out immediately. (I will show you how.) And, always be on the lookout for one more attacker. If there are two attackers, assume that there's a 3rd one out there. If there are three of them, assume that there's a 4<sup>th</sup> one... and so on.

That means, as you're being attacked by someone, you have to be aware of your surroundings. As you're striking your attacker with a lethal blow, you have to be aware of your surroundings.

As you're taking down the second attacker, you have to be aware of your surroundings. You will have to practice this mindset until your brain gets it and learns to respond to threats accordingly.

## Shield Yourself

A great strategy that builds on the above mindset is to realize that you may have to use your first attacker as a shield ... IF there happens to be another attacker.



That means, you will have to use the first attacker's body to shield yourself from a possible second attacker, especially if the 2<sup>nd</sup> guy has a gun.

To do this, you will either move the first attacker around or put him between yourself and the second attacker...or...you will get behind the first attacker and position yourself (and him,) by turning, so that he is in front of you – and his body is shielding you from the 2<sup>nd</sup> attacker.

There are also situations where you may have to strike the first attacker and then push him onto the second attacker as he starts to approach you, to create an obstacle for him.

So, remember... every attacker that you encounter could be used as a shield.

## **Continuously Move Forward**

Another mistake most of us instinctively make, when threatened or attacked, is to move back and away from the threat.

This is not always the best move. In fact, it is usually a bad move.

In order to survive being attacked by others, the mindset that you have to practice is to continuously move forward.



You have to immediately turn the tables on your attacker so that you become the attacker and he becomes the victim. This will often surprise your attacker as well, especially if you're much smaller and "appear" weaker to him. Use that to your advantage.

Also, when you're moving backwards, there's a much greater chance that you will trip, or fall over some obstacle behind you. Instead, by moving forward,

you will get your attacker to switch from “trying to attack you” to “trying to defend himself.”

Again, you’re turning the tables on him. The predator becomes the prey. And, the quicker you can do this, the better it will be for you.

You can’t warm your way into it or you’ll be in serious trouble. That’s what most people do. They either take too long to start defending themselves or they start out with a weak attack.

You cannot afford to do that. The moment you sense a threat, snap into action and start off with your strongest offensive moves.

Now that you know what the power principles are, let’s take a step back to discuss another very important area...

## **Pay Attention**

I’m assuming that you’re smart enough to pay attention to your environment, and to avoid situations that would put you and your loved ones in danger.

That’s your primary goal: Avoid being a target in the first place.

Avoid places (familiar or unfamiliar) and situations that may increase your chances of getting approached (or attacked) by certain characters.

Next, you have to learn to pay attention to changes in your environment. This is something most people are not trained to do.



If you're walking down a familiar and otherwise "safe" street, you still have to be aware of any changes that occur. The street lights for the upcoming block may be out. Some strangers may be at a distance, headed your way. Your level of alertness should go up during these times.

A familiar mall or club you're in may suddenly get some new, "shady-looking" visitors. Keep your distance, and raise your alertness level during these times. Obviously, I don't want you to turn into a paranoid freak and live every second of your life expecting danger. That's no way to live.

However, just train yourself to be more aware and pay attention to what's going on around you. Remember, criminals and attackers love to use the element of surprise.

So, naturally, they tend to target individuals who are not paying attention, who appear clueless, lost, or "weak" (bad posture, timid-looking, etc.)

Of course, sometimes, danger can come your way despite taking all the precautions and being aware of your surroundings. (That's why you're reading this manual.)

Let's discuss how we can handle those situations...

## Assess the Situation

Most dangerous situations occur within a single second. Without realizing, you could have a knife or gun pressed against some part of your body. It could be from the front, from the side, or from behind. Sometimes, you won't even know what kind of weapon is being used on you.

Those are extreme situations, and I'll show you how to handle them.

But first, let's talk about situations where you do get at least one second to notice what's happening...

Let's say you're walking down the street (or heck, even sitting at home watching TV) and a stranger approaches you. There's no real danger yet, but you know that things could change at any second. It's time to start assessing. Next, he may reach into his jacket or back pocket and pull something out. You don't know what it is yet. Maybe he pulls out a weapon...or maybe he pulls out a flyer or brochure to give to you.



That is why you must assess the situation before you start beating up on someone. If he's too close before he does something, you can at least tell him to "Please stay back." (You've just fired a warning shot, and if they don't listen, it's their fault.)

Oftentimes, you won't have time to assess because it happened so fast. (That's why you must practice what you learn here beforehand. That's the only way you will be able to react the correct way, instead of how most of us „normally“ react.)

Onwards...

When someone suddenly reaches their hand out or pulls something out, at close range, our natural reaction is to flinch and maybe move back a little. It's a protective mechanism – a reflex action.

Since you can't avoid this reaction (flinching and/or pulling back,) you can train yourself to assess the situation while you're reacting. So...as you're flinching or taking a step back, notice what's going on. Pay attention to all that you can. (Practice doing this.)

## **Assess the Danger**

Let's say that the person does pull out a weapon. So, as you flinch or react in some other way, notice what just happened, and what's continuing to happen. Did he pull out a knife or gun?

If it's a gun, does it look real or fake? (Don't assume it's fake even if it may look fake.)

Is his hand on the trigger or off?

Is he alone or does he have another person (or more) with him?

All of these little clues that you just noticed will be helpful to you later.

## **Don't Get Hurt**

Your primary goal at this point – and throughout the entire event - is to stay safe! So, the very first thing you have to learn to do is avoid getting hit. Just one hit can take you out, especially if a weapon is involved. And, if it doesn't



take you out, it can often be hard to recover from. So, you may end up losing the fight.



Yes, that means, if you think cooperating with your attacker is the best solution, do it.

Sometimes, the person will only use a weapon to create fear in you. He may not necessarily want to hurt you. He may only want your wallet or purse or watch, etc. And he will be using the knife/gun as a weapon of fear.

If you feel that cooperating will keep you safe, give up the wallet or watch or whatever, and end that situation. This is not about ego. It's only about survival it's about staying safe. Don't start fighting him just because you learned some new moves recently.

However... if you feel that cooperating may not be of any use, if you feel that your life and/or physical wellbeing is in danger, it's time to make that all-important decision...

## Decide and Act

Okay, so you've had a second to assess the situation. And, you've realized that your life, or physical wellbeing, may be in jeopardy.

Now, it's time to quickly decide what you want to do, and then do it immediately.

You cannot hesitate or it would mean serious trouble for you.

When confronted with danger, you only have two choices: fight or flight. That means, you can either choose to eliminate the danger ...OR... you can choose to get the heck out of that situation fast.



Obviously, the type of weapon, the number of attackers, and your access points (escape routes) will dictate what decision you make.

In some situations, you may be able to run away quickly, and protect yourself from harm.

In other situations, you may not have the option of running away. Your only choice may be to stay there and defend yourself.

And, since you're reading this report, I think you're smart enough to have already figured that out.

Now...

What follows below should only be used if you feel your (or your loved ones“) life or physical wellbeing is in danger. In other words, the techniques shown below should be used only as a last resort.

Let's get to the main event.

## **Get Out of the Line of Fire**

So... the main goal is still the same: avoid getting hit by that very first strike, stab or shot.

Obviously, the best way to avoid getting hit is to move so that you're out of the line of fire (or stab, whack, punch, whatever...)

(The best time to move is when the attacker's mind is busy or distracted. I will elaborate on this shortly.)



Blocking an attack using your strength should be your last resort. Fighting his strength with yours is also not recommended.

Why? Because your attacker may often be stronger and larger than you. (If a bull were coming towards you at full speed, would you try to block it, or would you jump the hell out of the way?)

So, from the position you're currently in, quickly step (or jump) to either side (or if necessary, take a quick step back) to avoid getting hit. You can also move diagonally (moving forward and to the side, at the same time) which is a great way to get to the side of – or behind – the attacker. (Highly recommended!)

As you're moving, you also need to “check the weapon.” That means, use your hand or arm to move the weapon away from your body. (Keep in mind that your attacker may be much stronger than you, so it will not always be possible to move his hand/weapon at all. That's why you must move your body out of the way simultaneously.)

Before I show you how to move and check/disarm the weapon, here's something crucial that you must know...

## **When To Make Your Move...**

Naturally, when I advise people to move out of the gun's line of fire, they look at me like I'm crazy. (Almost as crazy as when I tell them to get closer to the gun. ;-)

That's okay. It's a normal reaction.

You can't move off line or check and disarm the weapon whenever you feel like it.

There's more to it...

The best time to make your move is when your attacker's mind is either busy or distracted. If the attacker is busy talking or yelling at you with commands like, “Put your hands up!” or “Gimme your wallet right now, #@\$%&” or whatever else he thinks will intimidate you, his mind is busy.

His mind is processing the commands, and then sending the signal to his mouth to say those commands to you. This is the perfect time to make your move.

Also, keep in mind that, if he gives you a command to “put your hands up,” or “Gimme your wallet,” he is giving you permission to move.



So, use that to make your move because he will be expecting you to move. What he doesn't realize is that you will use that opportunity to do something slightly different than what he expects.

Similarly, if the attacker's mind is temporarily distracted or confused, it's a good time to make your move.

Screaming, pretending to be crazy or mentally-challenged, appearing extremely weak or helpless in order to get the attacker to drop his guard a bit, or anything else that will temporarily distract/confuse him will give you that small window of opportunity to make your move.

Here are some examples of **“the moves”**...

If someone points a gun at you and yells, **“Put your hands up!”** he has just given you permission to move your hands.

Take a look at the slides below, and then we'll discuss how this works...

As you can see above, moving your hands "up" is very similar to the moving so that one of your hands checks the attacker's gun and moves it up and away from your body.

In fact, the move you just made is so subtly different from what the attacker asked you to do that he would not notice it (especially if his brain was somewhat busy, and if he has told you to move your hands.)

It is also helpful to note that the time it takes for his brain to realize, and process, what you just did, and then give it's body the command to react, will be enough for you to deliver a lethal strike to one of his weakest areas of the body. (We will discuss strikes soon.)

You'll need to practice this move a bit, so that it's quick but soft. (I will explain this in more detail soon.) You don't want to jerk the attacker's hand in any direction. That will usually get his arm to react by tightening up. (Remember, no fighting.)

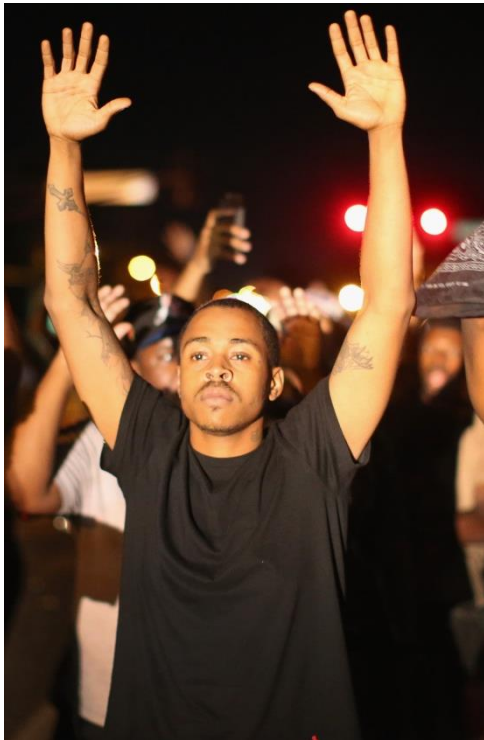
Subtle (small) moves take longer for the brain to perceive and process. Big moves and forceful grabs/jerks are perceived very quickly by the brain. So, you obviously want to use the small/subtle moves on your attacker.

It doesn't matter whether the gun is pointed at your body or your head. Even though are more afraid of the "gun to head" situation, it's actually much easier to check and move the gun when it's pointed to your head because the gun needs to travel a smaller distance before you're off the line of fire.

**See below:**

It also doesn't matter whether the guy asks you to "put your hands up" or "give me your wallet." (If he happens to say "give me your wallet," move one hand towards your pocket as if reaching for your wallet (or purse.) As you do this, turn your body slight as well, in the same direction so it looks like

everything's part of the same move. And, of course, your other hand will move along with that "flow" and check the weapon.



With just a little practice, you can make all of these moves look very convincing.

And so subtle that your attacker would not expect what's coming.

It's important to repeat that your move has to be quick but soft. You should never want to grab the attacker's hand with force. The move is firm but gentle.

Here's a close-up of how your hand would look when you're moving the attacker's gun up and away from your head or body...

You will use an open hand position as shown here. Imagine that you're about to grab something but stop just before the "grab" is about to happen (i.e. before you curl in your fingers and thumb.)

That gap or pocket created between your thumb and the rest of your fingers is where you will catch the attacker's hand.

This is what your hand will look like when touching the attacker's hand, and gun. Ideally, the gap in your hand will rest on the area where the edge of his hand and the trigger area meet. If it's a little off, you'll still be okay.

You'll be okay as long as you're not too close to his wrist. (You don't want to allow his hand to tilt the gun downwards – so it's pointing towards you.)

The key is to get the barrel of the gun pointing up and away from you. This way, if the gun goes off by accident, no one will get hurt. (Make a mental note that the gun could go off. That means, don't let the loud "bang" scare you and throw you off.)

## Examples of Attacks

You've just seen some examples of how to deal with guns, above.

Believe it or not, you're much safer when your attacker has a gun than when he has a knife or bat. Because a gun is often held in a stationary position, whereas a knife (or bat) tends to be moved around a bit, to scare the victim.

So, if you're not dealing with a projectile weapon (gun, rifle, crossbow, etc.) you can – and should – move a bit further than you would when dealing with projectiles.



If the weapon is moving or being used to strike (knife, bat, etc.,) you have to move and flow with it.

Your best bet is to always check the attacker's elbow rather than his wrist or forearm area. This will keep you away from the blade or bat. Also, if possible, go to the outside of his elbow rather than inside.

Here's an example:

Notice how the woman is moving towards the outside of the attacker's elbow, and weapon.



Here's another example where she checks the outside of the attacker's elbow with her own elbow (below):

Of course, it's not always possible to move to the outside of his elbow, especially if he uses a swinging motion to strike. Some examples below... Don't get caught up in the attacker's game as he is moving the knife in front of you, to scare you, or try to sneak a cut on you.

Just keep a safe distance and, at the first opportunity, move diagonally to check the outside of his elbow (as shown in the examples above.)

If attacked with swinging objects:

... Move quickly to the side (flowing with the direction of the swing) and use your hand to check the attacker's weapon hand (and perhaps even slow down the swing a little.)

Or... if a faster/stronger two-hand swing is coming, and you're not able to check the weapon hand fast enough...

...don't worry about it. Just move out of the way quickly, even if you can't check his weapon hand. (In this case, you would move diagonally, to avoid the swinging motion.)

### **If attacked with a swinging knife:**

... the same thing applies. Move to the side quickly as you check the weapon hand.

**IMPORTANT:** When checking a weapon that has a sharp blade (knife, sword, etc.), keep your wrist turned away from the weapon (as shown above.) That way, if you do happen to get cut, it won't be as fatal as getting your wrist's artery slashed.



If you are not comfortable checking a knife (or other sharp weapons,) you will either have to maintain a distance and keep moving until you can check his outer elbow and get behind him...OR... you will need to leave the area as soon as you get the chance.

Some fighters have successfully used t-shirts, jackets, or belts to counteract knife attacks. Don't use any of these maneuvers unless you have already practiced them thoroughly.

We will go into more detail later. But, for now, I just want you to understand that the first step should always be to avoid getting hit, by moving out and away, and "checking" the

weapon when possible.

### **If attacked with a gun or other projectile weapon:**

As discussed earlier, you would move your body (and the weapon) away from each other simultaneously, so that you're out of the line of fire. Remember, the "weapon" is not the real danger. It's the attacker who's holding it.

Here are two other scenarios with guns...

### **Gun from behind:**

...as you turn to move out and away from the weapon, your hand checks the weapon hand to help get you out of the line of fire. This can also be done if the weapon happens to be a knife.

(If you're not sure which way to turn, turn your head slightly to get a better look at what's going on behind you. If you still aren't sure, go ahead and make your move anyway - while his mind is busy or distracted - if that's your only choice at the time.)

The same technique applies with a gun to the side...

**Gun to side (escort style):**

...check weapon as you move out of the line of fire.

You would do the same thing if someone were to punch or kick you. Quickly move out of the way (it doesn't matter which side you move to, as long as you avoid the hit.) And, check the hand or leg that's acting as the weapon.

If someone were to rush towards you, with or without a weapon, you would simply move to the side (left or right) or diagonally in order to get out of the way. (Again, just imagine a bull is attacking you. Don't try to fight it or block it.)



Two important things happen when you do this:

- 1) you avoid getting hit and
- 2) you usually end up behind the attacker (a very advantageous place to be in, as you will soon find out.)

See below...

## Stepping Out of the Way

(Notice the position change in relation to the stationary red dot, and how the person being attacked ends up behind the attacker.)

## Blocking the Attack

Blocking an attack, by using force or strength, should be your last resort. Of course, there are times when you'll be surprised, or the attack will happen so quickly that you won't have time to move/jump out of the way. In those cases, you'll just have to block the attack using a triangular block.



In a nutshell, a triangular block is any blocking maneuver that forms the shape of a triangle. (The triangle is one of the strongest geometric shapes around which are why it's best to use triangular blocks against attacks.)

Here's a quick example of blocking a strike and/or swing using a triangular elbow block:

Notice how the attacker's punch to the face is being blocked using two triangular elbows.

You can also use triangular "body block" to defend yourself against kicks or even bats and sticks. And it's a fairly easy move. If your lower body is being attacked from the side, just lift your knee up in front of you and bring your foot

closer to your butt. It's similar to the face block position, except you're doing it with your leg, and forming a triangular shape once again.

If your torso area is being targeted, just drop your hand to your side (from the face block position) while still maintaining the triangular shape by keeping your elbows bent at the same angle.

Immediately after blocking the first strike, you must go into “attack mode” and start striking the attacker’s weakest points (eyes, nose, throat, etc.) If the attacker is really close to you, you can use your elbows to strike. Notice how this is done in the 3<sup>rd</sup> slide below:

That’s what we will discuss next... striking.

## Strike Your Targets

Immediately after you avoid getting hit and check the weapon, you have to deliver a lethal blow to the attacker’s weak area (and follow up with a strike to groin and/or knee if needed.)

See the illustrations below... where the person is striking the attacker’s throat, with her fingers (which can also turn into a knuckle strike or fist upon making contact with the throat.)

### Gun Attack...

As you raise your hand, one of the hands checks the weapon and you move enough to avoid the weapon discharge. Immediately after that, you follow up with a lethal strike to the attacker’s throat.

Immediately after you strike, remove/disarm the weapon. The strike will loosen and disorientate the attacker, which makes it easy for you to remove the weapon from him.



(Remember, do not fight or struggle for the weapon. Strike first and then remove weapon. Also, do not try to fire the attacker's gun on him, especially not before you strike him. The weapon may very likely be useless.)

### **Knife attack...**

Whenever possible, remove the weapon from him, immediately after you strike his weak area(s).

After you step to the side and check/disarm the weapon, you can also grab the attacker behind the neck (or hair) and push him towards the direction he's already moving in. (This works very well if the attacker is rushing towards you.)



### **See below:**

As you grab behind his neck/hair and push him forward (in the same direction he was going in,) the base of his neck will be exposed, which you can strike with your other hand (see above.) This is also a lethal blow that can take a person out immediately.

You can also strike his throat from the front, after you step aside, as shown below, which can be equally lethal. (If the attacker is too big, you probably shouldn't use this one.)

As you're striking the attacker, also be aware of what's going on around you. After you have also use executed your lethal strike (either from front or back,) you can the attacker's body as a shield, in case another attacker is coming for you with a knife or gun.

(Remember; always assume there is one more attacker. This is why we go straight for the lethal strike instead of "fighting" the attacker. There's no time for fighting or grappling.)



You may have to use the first attacker as a shield by either situating him - or yourself - so that the first attacker is between you and the next attacker.

Disarm his weapon before doing this, whenever possible. (More on this later.)  
If the second attacker happens to have a gun, your shield, i.e. your first attacker's body, will come in very handy.

You can also strike the first attacker and then push him towards the second attacker, which will give you a moment or two to plan your next move.

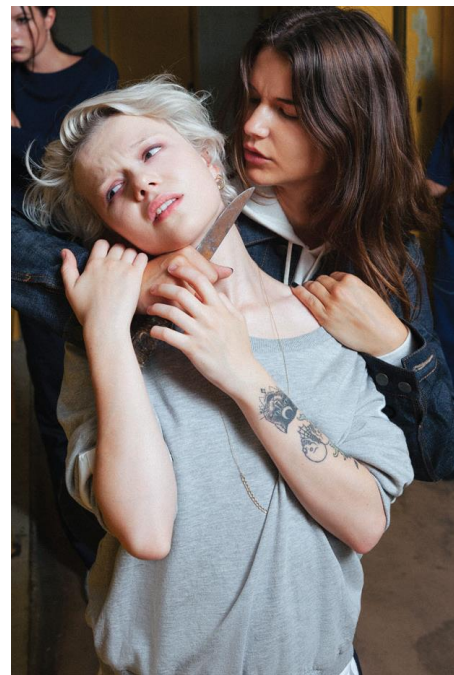
Here's yet another knife scenario...

### **Knife to throat (from behind):**

Notice how the woman first secures the blade by place her hand (firmly yet gently) on the attacker's armed hand (close to his wrist) and then pulls away as she ducks out from under his arm.

If she didn't check and secure the blade first, the attacker could have tried to slash her throat as she tried to escape the grasp.

After Figure 3 (above,) she can direct the knife into the attacker's torso. Or, she could continue her move (as shown below) and take the attacker's arm (and blade) behind him. From there, she could stab him in the back.



## Disappear

When you're certain you are not in danger any longer, leave the scene immediately!

You obviously do not want to hang around and wait for other attackers (friends or fellow gang members) to get to you.

And, you also do not want your previous attacker(s) to get back up and come at you for more.

As soon as you realize you're safe, and that there are no other attackers rushing towards you, leave the scene.

## Your Weapons of Choice

Let's quickly discuss the various parts of your body that you can use to strike the attacker, in order to protect yourself.

I won't show you 100 different weapons and strikes. Only a few that work best, and are quick and easy to execute.



These weapons work extremely well because they target the weakest areas of the

Attacker's body. So, you don't need much strength to take the attacker down, even if he happens to be bigger and stronger than you.



## Fingers / Knuckles

Fingers or knuckles can be used to strike the throat area. You can also poke the attacker in the eyes (to blind him temporarily) by using your fingertips. A thumb jab can also be used to strike either of these areas. All of these are lethal strikes that can cause severe pain and damage. (Throat strike) (Eye jab)



## Palm



Your palm can be used to strike below the jawline or throat area. You can also use the heel of the palm to strike the base of the neck.

By cupping your hand (as you would do if you were to carry water in it), you can deliver a palm slap to the ear (to cause temporary ringing) or to the groin area (to cause some serious pain.)

You can also use the palm (and fingers) in an "open grab" motion (palm grab) to deliver a strike to the throat. (It will look like you're reaching up to grab the throat when in fact you're simply pushing against it with force.) This will cause temporary breathing problems for the attacker...or worse.

## Forehead or Top of Skull



If both your hands happen to be occupied or trapped, the forehead or top of head can be used to strike the attacker's face, at close range, usually hitting the nose area or temple. (These should only be used after the attacker's weapon has been checked and/or disarmed.) They are very effective and deadly strikes.

These can be used if the attacker has locked you into a "bear hug" either from the front or from behind.

Head Butt (Front Bear Hug)

Head Butt (Bear Hug from Behind)

## Foot / Heel / Knee



A groin kick can be delivered using the top of your foot (or your knee – if attacker is close enough.) A kick to his knee can be delivered (from the front or back) using the bottom (sole) of your foot (turned at an angle so that your toes are pointed outwards / to your side.).

It's like placing your foot on his knee (or behind it) and walking through it, only at high speed. You can also use the heel of your foot to either strike the knee

or stomp on the toes (if you're caught from behind.) (foot) (knee) (heel stomp)

Note: There are dozens of kicks, punches and strikes I could list here. But, I'm only showing you a handful of the most effective ones. That's always the best way to keep things simple – and to win a fight.

Your kicks never have to go above the attacker's waistline. That takes too long, and it requires more strength and flexibility. Also, the best targets to use your leg/foot on are below his belt.

## **Your Other Deadly Weapons**

Aside from using your body parts as defensive weapons, you can also add certain ordinary "legal" items to your arsenal. (Hey, if your attacker is going to come at you with a deadly weapon, you might as well try to even the score a little bit, right?)

As I said, these weapons are ordinary items which are legal right now, so you shouldn't get into any trouble by carrying these with you.

But, don't be fooled by these "ordinary items." They can be very deadly when you know how to use them. Let's go over them quickly...

## **The Pen Is Mightier Than The Sword**

An ordinary ball point pen, with a solid frame, can be very useful for self-defense. It can be used for stabbing the attacker's weak areas: throat, eyes, etc.

It can also be used to stab the back of the attacker's palm and/or in between his knuckles if he happens to grab your body with both hands. Simply pull out your pen and jam it into the hand that's exposed.



## Just A Phone Call Away

If you carry a cell phone, or happen to be talking on it while you get ambushed, you can use either the sharp end or the other to strike the attacker's throat.

## Just Charge It

If you carry a wallet, and the attacker happens to ask for it, take it out and as you reach out to give it to him, jam it into his throat. (Most wallets will have a bunch of credit/atm cards, which helps makes it a pretty solid weapon.)

## Keys to Freedom

Of course, there's the old standby: your keys. Keys tend to be pretty solid, with sharp and jagged edges. You can use one or several keys, to strike the attacker's weak areas. You can also use one of the larger keys as a mini blade, to cut through the attacker's grip or just about any other part of his body that has exposed skin.

## Your 'Secret' Weapon

One of the best things I learned during my Aikido training was to use a very relaxed (yet firm) touch and movement so that you're never going against the other person's energy flow. You never want to clash with the energy (i.e. strength) of the other person. (No, fighting, remember?)

Imagine a garden hose firming up when the water is flowing through it unhindered. When the water is flowing through it freely, the hose becomes a powerful rod instead of the usual limp and hollow tube.

It is this secret that can allow you to pull certain moves on your attacker without him realizing what you did, until it's too late (for him.)

Here's an example of how a weaker and smaller attacker can easily turn the attacker's weapon onto himself and cut him.

The woman uses a quick, firm yet supple touch to move the attacker's hand so that it cuts across his other hand.

This is also how you can easily move a gun pointed at your head (or body) up and away so that you're not in the line of fire...before the attacker realizes and tightens up (as illustrated in an earlier section of the manual.)

The key is a quick but supple move. Don't grab or jerk because that will wake his hand (and muscles) up.



Here's another situation where you can easily get the knife away from your vital area (neck) and use it to hurt your attacker.

Notice how the woman is able to place her hand (firmly yet gently) on the attacker's armed hand (close to his wrist) and pull away as she ducks out of his grab and ends up stabbing him in the back.

This would not be possible if she tried to grab and fight with the attacker's hand. Only a firm but supple move will do the trick.

Important: When doing these moves, keep your elbows low and tucked to your body (as shown above) so that they form one unit and move in harmony. This will give your supple moves added power, without tensing up the attacker's arm.

I realize that this maneuver may not make sense to some people. It is not a commonly-known concept. But... this is how the human body operates.

Have you ever had a baby grab one of your fingers? Clearly the baby is not stronger than you are. Yet, that relaxed but firm grip creates unexplainable power that is often hard to pull away. That is very similar to what we're talking about above.

Practice this with a partner. (But, don't tell him/her what you're doing. If you tell them, they may tense up on purpose, which is what you don't want.) Just have them hold a fake knife or toy gun on you like they normally would.

Once you get the hang of this, you'll be amazed at how easily you can move another person's arms (and body) around – even if he/she is much bigger and stronger than you are.

## **Your Most Powerful Weapon**

In the previous report, I also told you that your mind is your most powerful weapon.

Most trained fighters lose the fight because they do not train their mind enough, if at all.

Take the mindsets and concepts discussed in this report and adopt them – make them your own.

Learn to be relaxed! Learn to understand that as soon as someone becomes a threat, you have to start attacking them! Turn the tables on them quickly.

If you don't train your mind, no weapon or technique will matter. You will lose the fight.



With the proper mental training and mindset, every technique and weapon you have will become 10 times as effective! This is a fact.

Most of us have been conditioned since birth to not be violent and aggressive. And that's a good thing.

But, you must learn to turn that part of yourself ON when you or your family are

facing physical danger. And, the only way to turn it on, at will, is through training, rehearsal, and conditioning.

You also learned, in the first report, that the quickest and most effective way to "wake up" the fighter inside you is to imagine that the person you love most is in danger. And, you're the only one standing between this person and the attacker.

It's scary to even think about this kind of stuff, but it's absolutely necessary to do so, especially when your own life is in danger. By doing so, you will instantly awaken that part of you that's needed to keep you alive.

Most of us are conditioned to not fight back, even when we know that our lives may be in danger.

But, the thought of losing a child or a loved one is enough to get any warm-blooded creature riled up and ready for a fight.

You may have even seen animals do this. The most harmless animal, who would normally run off scared at the first sound of danger, would fight to death to protect their young.

This hidden force is already inside you. And, now you know how to wake it up instantly. It's an untamed, unstoppable, animalistic, survival-at-all-cost, adrenaline rush!

Well, guess what? Instead of spending months trying to turn you into a warrior, we can simply use this inherent human motivator that already exists within you!



When summoned, you will simply explode, turn your fear into rage, and do whatever it takes to protect your loved one (even if that loved one is not really there in front of the attacker.)

Understand this now: Your attacker has no right to cause you (or your loved ones) any harm. No one has that right. And, if they try, they will pay the price. Obviously, you don't want to walk around in this "switched on" Warrior mode all the time. That's no way to go through life. You won't be able to enjoy much of anything.

That's why it's important to learn how to shift from one mental (and emotional) state to another - at will. You have to practice turning your "Warrior" on and off as needed.



Yes, it's very possible that you may have some crazy dreams for the first few days, after you start practicing some of the stuff taught in this report. That's just your mind's way of dealing with the new information and mindsets. It's good. Most people never go through this type of mental/ physical/ emotional training. (All three are important!) And, many have to pay the price for it.

So, allow your mind some adjustment periods as you learn and absorb the material shared in this manual.

## The Importance of Training & Practice

Unfortunately, simply knowing (i.e. reading) about these techniques is not enough.



As is true for any worthwhile skill, the more you practice, the better you will become. The more you train your body and mind to respond in a certain way, the easier it will be for you to do so during a real-life-threatening situation. The good news is that the strategies I've shared with you above are a LOT easier and quicker to learn – more so than most martial arts or self-defense programs out there. (After all, that is one of the main goals of this manual.)

The most important thing is to become comfortable with someone trying to attack you, and learn to react in the correct way.

Most people ball up, cower, cringe and/or and move back when we realize we're being attacked.

Instead, we need to learn to move handle, and move along with, another body moving towards us. Go over all the techniques and mindsets shared in this report and start using them to handle another person coming at you, or pulling a weapon on you.

Practice with one partner first. Then, try it with two partners (both attacking you.) Try it with (fake) weapons held to different parts of your body. Practice getting out of situations with two guns, two knives, or whatever... and use the above strategies and mindset to get out of them.

Start out by doing the moves slowly so that your mind/body thoroughly understands what's being done. Then, continue to speed things up after you have learned to do them correctly.

Remember, when dealing with multiple attackers, quickly move aside, check the weapons (if possible,) and then take the first guy to use as a shield against the other attacker(s.)

And, keep safety in mind when practicing with a partner. Use protective gear, and do not execute your strikes with full force. These strikes are deadly and you do not want to put your friend in the hospital – or worse.

To get the feel of “real hitting,” you can practice on a heavy punching bag (at home or at the gym.) This will also help your posture and stance (for balance) while you're hitting, kicking, moving around, etc.

Believe it or not, what you have learned in this manual puts you in a very advantageous position against most attackers and criminals. It has taken me many years to distill this knowledge into a simplified, easily teachable program.

Train your body and mind for at least 15 to 30 minutes per day. And do it consistently, every single day, for at least the first 2 to 3 weeks. Once you're comfortable with the execution, you can maintain your skills by doing them about 2 to 3 times per week, and then as needed.

## **Prepare For The Unexpected**

Of course, being prepared for an attack before it actually happens is always the best policy. That's the purpose of this manual, to train your mind, body, and emotional state beforehand. The more you practice and prepare, the better your chances of survival will be against a violent attacker.

However, in life, nothing ever goes exactly as planned. You can never prepare for every single situation. And, even if you think you're ready, something unexpected can always happen.

For that very reason, the more prepared you are, the better your chances of survival will be.



So, prepare as best as you can. And, then be ready for the unexpected! Realize right now that something unexpected could always happen. Get rid of the fear of that thought and accept it as fact. When you do that, you empower yourself and are better able to deal with any surprises or unknowns.

The more you practice your mind, body, and emotional states, the more confident you will become of your abilities to protect yourself.

But... never become arrogant about your new-found skills. Because, again, you will never be 100% prepared for these types of situations.

When people become arrogant, they drop their guard. And, that's when they get hurt.

Fear is a good thing. Fear will protect you. Fear is what keeps people from jumping off a cliff or jumping into a fire. The trick is to channel your fear into taking down your attacker.

Remind yourself that he has no right to cause you (or your loved ones) any harm. No one has that right.

Finally, take what you've learned above and use it responsibly.

Please do not use these strategies for fun or show. What I've taught you here is deadly. It can easily cause permanent injury, and even death. (Please keep that in mind while practicing them with a live partner. Use proper safety gear and do not actually strike your partner.)

Do not use these unless you (or your loved ones) are being threatened with physical harm. I hope you never have to use these strategies. But... if you ever do get caught in that situation, you now know exactly how to survive it.

I wish you and yours a safe and violence-free life.  
Use what you've learned here **AT YOUR OWN RISK.**