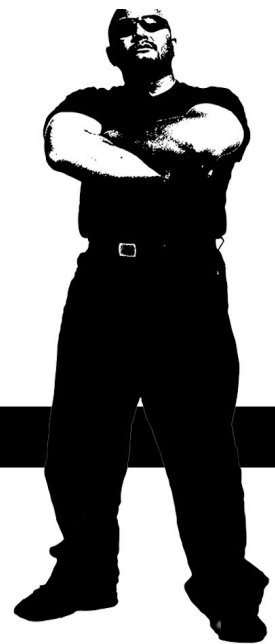


Cutting Edge Survival Strategies

CLOSE QUARTERS COMBAT



From The Battlefield To The Street!

In Module 1 Of 6:

**Developing A
"6th Sense" For
Avoiding Danger!**

**The #1 Secret
For Becoming
"Undefeatable"
In A Real
Street Attack**

**How To Show
NO FEAR In Combat!**

***First Strike:* The
Exact Moment You
Need To Attack!**

**Tactical Targeting -
A Roadmap For
Destruction!**

And Much More!



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CLOSE QUARTERS COMBAT

Take just a moment and imagine this possible scenario happening to you:

It's the middle of the night and you wake up, startled by strange noises somewhere in your house. Your heart pounds as you quietly move to your bedroom door and slowly open it... to see two large men quickly scouring your house for anything they can find. Just then, in the darkness of the hallway, you hear the faint, sleepy voice of your small daughter.

"Daddy? I hear a noise."

You glance back at the two men and realize that they've also heard her...and are headed your way. Now comes the single most important question you need to ask yourself: Would you trust the close quarters combat skills you now possess to handle this situation? You are the only thing standing between these two predators and your precious family.

If you hesitated for even a second in considering this troubling scenario, don't worry. You're not alone. Unless you live in a gang infested neighborhood with crack dealers on every corner, you've probably never even had to confront the possibility of *real* violence. If you continue to lead a clean life in a decent neighborhood, the chances are you won't have to deal with such a scenario and you'd be wasting your time learning how to defend against it... right?

Well, don't be too quick to take comfort in the fact that you don't live in the "hood," that you don't go looking for trouble in biker bars, or that you live in a nice, cozy little picket-fenced house in the suburbs, where the worst crimes are vandalism perpetrated by high school kids.

Even those who don't live in "troubled" neighborhoods, where cars sit on cement blocks, are at risk to become victims of home invasions or violent street attacks. In fact, we could argue that you're even more at risk in a nice neighborhood, because you've let your guard down, thinking you live in the "safety zone."

Catching you unaware and unprepared is what the average street criminal, the typical societal predator, hopes to do as he plies his "trade." He's practiced at

looking for victims who will give him little or no trouble... and when you're ripe to become a victim, he can spot you from a mile away.

Forget the worst-case nightmare scenario we've previously painted. Ask yourself: Do you ever go shopping at the mall? Do you ever go the movies? Do you stop at convenience stores late at night or early in the morning, to get gas or cigarettes or simply a pack of gum? Do you ever park your car in public parking lots or garages?

Violent crime occurs in all these places. Crimes aren't limited to random muggings, assaults, and rapes, either. In recent months there have been several high-profile public shootings in places like shopping malls and community centers. In each case, a gunman opened fire on innocent men, women, and even children, because of whatever personal demons he may have been fighting.

Rape, child molestation, gang fights, kidnappings, and, yes, even murder happen in every conceivable venue, in good neighborhoods and bad. Crimes have happened in many of the places you frequent. Simple probability is with you, in these cases; in most instances you aren't there when the crimes occur. But the law of averages says that sooner or later, you will be in the wrong places at the wrong time, and violent crime could touch your life. It can happen even in the most remote, rural, peaceful areas... places you would never expect to see a crime of any kind.

The sooner you realize the fact that violent crime can reach you, without warning, in any walk of life, the sooner you can begin to prepare for it... and thus the better your chances of survival will be. This isn't just about your own survival, either: In some cases, the stakes are the lives of your family. If taking the time to prepare for your own survival isn't compelling enough, consider the need to protect your spouse and your loved ones.

In this Close Quarters Combat module, we'll share with you hard-won and hardcore lessons in the realities of physical combat. These lessons are gleaned from work in the security profession, from military experience, and even from barroom brawling. Regardless of the source, however, each lesson of reality-based combat starts with an important subject, one with which you must familiarize yourself and one with which you likely have never had to deal before.

This subject is the first, crucial step in being able to quickly and efficiently destroy a hardened street criminal or loudmouth jerk who is twice your size, and understanding it will enable you to do this without even breaking a sweat. We're talking about a down and dirty lesson in *violence*, pure and simple.

We will assume the worst-case scenario in physical combat, and by this we mean that the person you face is likely bigger and stronger than you. It's simply a fact that people pick fights with those they believe they can beat. Someone who is bigger and stronger is much more likely to give you trouble than someone who is smaller.

In order for you to be fully prepared to defend yourself against a larger, stronger attacker, you must first have a deep, *deep* understanding of the nature of violence.

You need to stop and think hard about this...and whatever you do, do *not* skip past this section thinking you "already know that bad things happen." When we use the word "violence," we're not talking about high-school shoving matches over who was out at second base. The reality of violence is not even close to the most violent act you've ever seen in even the most horrifying movie you've watched in a theater.

Real street violence is something that can only be experienced first-hand. It requires your overactive imagination to think of the most horrible thing possible occurring... perhaps to yourself, perhaps to a spouse or child. It's the kind of violence that, hopefully, you will never truly have to experience lurking out there. The reality, however, is that it *is* out there, and it *could* find you. In such a situation, there really are no rules. There's no way for the average, law-abiding person to relate to the sight of massive amounts of blood gushing from a wound, or to the sight of missing body parts, or to the realization that you may never see your children ever again as a bullet burns past your left ear.

It's extremely important that you understand, when you are face to face with the reality of having to defend your family and yourself, that anything goes. No matter what you have to do, no matter whom you have to harm to keep your loved ones safe, when real violence is offered you, you have no choice. There are no limits, there are no rules of "polite" or "civilized" conduct, and there is no goal save for protecting your family and (if you can) getting out alive.

THE "RULES" OF THE STREET

All of us, from a very young age, learned the "rules of fighting" from our parents and our friends. In this case our "self-defense training" started when we were just young children. That was when we were taught... or, perhaps more accurately, *programmed* to believe that there are certain rules, certain guidelines, for how we treat other people. Should we be forced to fight someone, we were taught that there were certain places a "real man" wouldn't strike, certain people a "real man" wouldn't hit, and certain strategies a "real man" wouldn't employ. Let's review some of these rules now, in the words of your parents:

"Don't bite your sister!"

"Quit pinching your brother!"

"Never let me see you hit Bobby with a stick again!"

"Now son...you want to make a strong fist and punch. NEVER slap like a girl."

"You just don't hit another boy in the testicles...EVER."

"Pulling hair is for sissies!"

"You never hit a guy with glasses."

You probably get the picture. The thug on the street first tried to fight by the same rules you and I grew up with. His mother and father told him it "wasn't nice" to poke someone in the eyes or to crash a chair over his brother's head. He set out in life with the same misconceptions about violence that you have been taught.

Then that thug fought someone who was more experienced than he was...and felt a chair come crashing down on his head right before he lost consciousness.

Well, guess what this guy did the next time he found himself in a fight with someone? Do you think he grabbed a chair, a bottle, a brick, or the person's hair to make sure that he didn't end up back in the emergency room? You bet he did.

He realized that it's better to leave the other guy bloody and unable to get up off the floor, by any means necessary, than it is to be passed out on the pavement while the opponent stands over your body pissing on you as his buddies laugh hysterically.

The unfortunate problem for you is that the common Joe-Schmoe with whom you may get into a scrap at a restaurant...even 95% of the low-life gang bangers walking the hoods...don't know just how fragile the human body actually *is*.

This is “your problem” because, while you may think that the average guy will show you mercy once he's clearly beaten you, hormones don't switch off that easily. Even when you're down and your attacker has no need to continue his assault, that DOESN'T mean he's going to stop.

To make matters worse, his brain isn't in control to the degree that he will even care WHERE he's attacking. When you're on the ground, he's just going to stomp all over your body, crushing your vulnerable bits and maiming, crippling, or blinding you.

During some real gang fights, participants have been so hyped up during the scuffle that they began stomping on the victim's head after they had already left that person dazed and defenseless on the ground. This is a potentially lethal move and one that will leave some child without a father... and someone spending the rest of his life in a cell with a big guy named Sue.

Craziness like this happens due to the extreme “adrenaline dump” that takes place in our bodies when faced with the “fight or flight” situation. Hormones take over and bring out the “animal” in us that's kept us alive since we were roasting woolly mammoth steaks over the fire pits inside our caves. The hormone that's kept us alive for thousands of years could easily be the mistaken cause of the one extra kick your skull couldn't withstand.

Given this, let's go over the only rule you need to know if you should find yourself facing a larger, stronger attacker in an inevitable physical showdown:

THERE ARE NO RULES ON THE STREET!

Yes...”real men” DO pull hair, grab another guy's testicles, kick, pinch, bite, and slap when they fight. They do absolutely whatever they have to do, no

matter how vicious or brutal or gratuitous it might seem, if this is necessary to win the fight during a life-or-death altercation.

There's a very good reason your father told you never to kick another boy in the groin. It hurts. It hurts *bad*.

Now, if you're at your family reunion and crazy Uncle Mortie has a few too many drinks and tells you you're a dumbass for bringing the bean dip when you know he's allergic to beans, you're not going to pulverize his manhood with your shin.

In a REAL fight, with a larger attacker, driving his balls up into his throat could be the one move that can make the difference between you being home in time to watch the late news...and you being the lead story ON the late news, as they film you being wheeled away on a gurney.

No one is ever going to fault you for grabbing a bottle and breaking it over a guy's head when he outweighs you by 200 lbs. Nobody is going to say you “fought like a girl” when you grabbed the hair of the knife-wielding thug you threatened you, or when you scratched out the eyes of the man who tried to grab your wife. No one is going to claim you “didn't really win” because you stuck your thumb in a guy's eye socket to the first knuckle, while he had his hands around your throat and was choking the last bit of air from your lungs.

Even if somebody did say something like that, what do you care? This is the reality of street violence, not a pissing contest and not some contest. It doesn't matter what anybody thinks, as long as your family is safe and you go home alive and intact at the end of the day — in that order of priority.

Street criminals, by definition, choose circumstances that favor them. They choose the time, the place, and the odds they think will best afford them success with a minimum amount of effort. This means that in every real-life self-defense scenario, you start out at a *disadvantage*. To bring the odds back under control and give yourself a chance of defeating even the most bad-assed criminal predators, you'll need to employ the dirtiest, sneakiest, nastiest tricks you can learn. That may be hard for some people, who simply aren't naturally wired to be vicious or brutal. But in dealing with real-life violence, it is *necessary*.

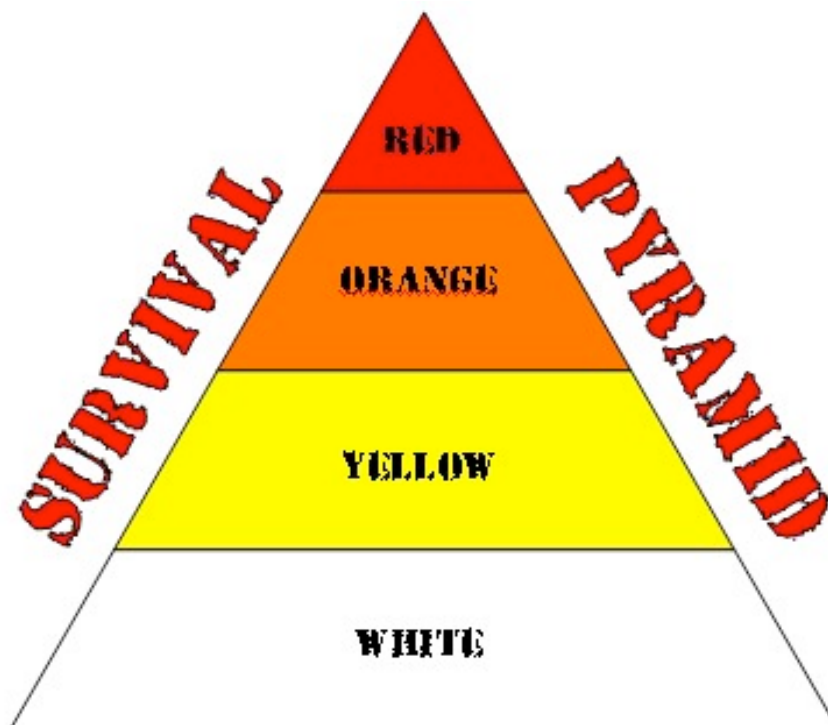
THE SURVIVAL PYRAMID

At any given time during the day, you fall into one of 4 “states of preparedness” in terms of surviving a street attack.

We use a color code within what we call a “Survival Pyramid” to better illustrate how to avoid confrontation in the first place, but also how to know without a doubt whether you need to be ready to defend yourself or look for other solutions.

To truly be able to defend yourself, you must absolutely *master* your awareness of your own position within the following “Survival Pyramid” and be able to quickly, deliberately, and definitively move from one “zone” to the next at a moment's notice.

Let's take each of these sections and break down exactly what they mean to you — and how to use them in your defense.



THE WHITE ZONE

The white zone is where most people spend their lives...until they become victims. It's the zone where dwells the shopper with his arms full of groceries, heading to his car, oblivious of who is around him... the woman jogging down the back road with headphones on, unaware of the car following behind her... and any other citizens who wander through life without a clue as to their environments or the dangers with in them.

There is only one thing to do: *GET OUT OF THE WHITE ZONE!*

This is the zone of unawareness. It is a dangerous way to live your life, as you move along oblivious, vulnerable, and simply waiting to be come a victim.

Oblivious, vulnerable, and waiting to be a victim!

THE YELLOW ZONE

The yellow zone is the “foundation” state of awareness. It is your first step in avoiding becoming a victim.

Living in the yellow zone is like having your personal antenna on at all times, waiting to alert you of danger when it may be near.

It's very simple to reach this state of being. All you have to do is *PAY ATTENTION*. At home, you're aware of strange noises in the house or whether you left the lights on when you left home earlier.

In public, you're aware of who is around you, if the party at the other table is intoxicated and rowdy, if the vehicle in your rear-view mirror has been there for the past 30 minutes, and so on.

The yellow zone is NOT a state of paranoia. It is simply being watchful and aware of your surroundings, looking for things that are out of the ordinary. With practice, living in the yellow zone becomes a habit... and it's a habit that could save your life someday.

As you live in Condition Yellow, take inventory of your environment, wherever you are. When you enter a restaurant, look at the patrons. Look for anyone suspicious or rowdy, and keep track of their movements.

If you're walking down the street, remember who is walking behind you and notice if they're still there when you make a few turns. Do they stop when you stop? Are they watching you? Are they paralleling you?

THE ORANGE ZONE

The orange zone is where you go when your antenna sends you a signal that there's something "not quite right."

You're walking down the street and notice that someone is following you.

You and your family are heading to the car from the restaurant and there are three men drinking beer while leaning on your car.

You hear a noise in the night. Was it breaking glass, or just the furnace kicking on?

Danger may not be imminent, but you're ready for it should it quickly decide to slap you in the face. What you do, in condition orange, is start planning your actions should the situation become a true physical confrontation:

Where is your best exit? Can you retreat and get help? Where is your best position to confront the danger? Can you keep the car between you and the threat? What weapons are available? The list goes on. The point is that you're ready for action. Should you have to use force, you *will*, and you will be the victor... period.

That adrenaline rush you're now experiencing in condition orange? That's a good thing. Use it to your advantage. It will give you the strength, the fight-or-flight energy, that you need to do what must be done, no matter how brutal, no matter how vicious.

THE RED ZONE

In the red zone, danger is inevitable. You investigate that noise in the night... and discover that it's an intruder. The suspicious man near your car throws his beer to the ground and starts straight for you. The person you think may be following you

suddenly starts running, and he's looking right at you... and so on.

What do you do? When you enter the red zone, that's your call to action. It's time to ram the other guy's bad intentions back down his throat and leave him in a crumpled mess on the pavement, because the alternative is to allow your family to become victims. You can't afford to be nice. Nice guys really do finish last. You must adopt the mindset that you are *not* nice, that you are going to take the fight to the attacker and leave him choking on his own evil. No retreat, no surrender. You have to take him down and take him out.

"NICE GUY SYNDROME"

We're going to make an assumption here. We're going to guess that you're a "nice" person. You love your family and your friends. You pay your taxes. You open doors for people. You live by the motto that you give what you hope to get, and you lead your life as a law-abiding, polite, "nice" person. Right? You were taught to have proper manners and you use these as you conduct your daily life, trying not to be rude to those around you and generally expecting similar treatment in return.

These same positive attributes could be your downfall if the reality of violence comes reaching up to slap its cold, hard knuckles across your face. Self-defense requires you to be, well NOT NICE. You're going to do more than just be rude to someone; you're going to do more than just hurt their feelings. Real street violence requires you to be... well, really violent, and that means being *anything* but nice.

Let's say you and your wife or girlfriend are finally getting seated at the packed restaurant one evening and, on your way through the crowded bar, you accidentally bump into some guy who is sitting with his date. He ends up spilling his drink all over her dress.

The guy has now lost face in front of his new conquest and has to find some way of making her realize that he's not the sort of "wuss" who would let other guys "harm" her and get away with it.

Now, 99% of the time you (depending on which type of establishment you're frequenting) will be

fortunate enough to bump into another “nice guy,” who realizes that it truly was a mistake and, while he may be disturbed by your clumsiness, won't cross the lines drawn by polite conduct in civil society.

But what if he's not a nice guy?

Any time the human body receives outside stimuli, it sends a signal to the brain to make an immediate and subconscious “survival assessment.” This was encoded in our DNA since the spawn of man to allow us to be alert to potential danger. It allows us to react quickly enough to escape or destroy the “threat.”

Even the little bump in the bar is enough to send a quick signal to the brain and start the whole “survival assessment” process in motion. Let's turn the tables in the previous scenario. Now it's you who gets bumped in the bar, and it's you who spills his drink on your date.

YOUR brain will also make an immediate “survival assessment” and, as you turn around, let's say that you find yourself staring into the bellybutton of a seven-foot mammoth who looks like he just broke out of prison.

Most of us would feel our testicles shrivel up to the size of raisins. The signal to the brain would be to try and play it down and hope the guy doesn't get angry. Most of us would just say, “Excuse me,” and hope the other fellow will keep walking. We'd also hope our dates would understand.

The other guy has his own “survival assessment” process. He may well perceive that there's no way you can beat him. He feels *social pressure* to prove that he's the tough guy, and his status as a not-so-nice guy, as a societal predator, will push him onward to prove that. He'll be thinking that everyone's watching him, and he must save face by making you pay for his mistake. He may just insult you... but this could very easily escalate into a shoving match and then to a physical altercation.

ALWAYS BE PREPARED FOR THE WORST... AND BE READY TO FIGHT!

Let's return to our original scenario. As soon as you realize you've bumped into someone and it

resulted in a wet female lap, you're IMMEDIATELY in the orange zone. You assess the threat, make your emphatic apology, and pay close attention to everyone around you, especially the guy you just bumped.

What does the look on his face tell you?

Is he simply “inconvenienced.”..or is he downright pissed off? Did he set his drink on the bar or table and turn to face you? Is he breathing harder? Do you see his fists, arms, neck, and shoulders getting tense? Is he gritting his teeth?

These are all “signs” of a potential attack and you MUST NOT assume that he's going to back down.

You have no idea whether this guy and his companion were just having an argument. You have no idea what his mental state might be. Maybe he just found out she was cheating on him with his best friend... and you've just had the worst timing in the world.

You have to quickly start working on an “attack plan” and be ready to use it. Does he have a chair behind him that you could push him over? Do YOU have a chair behind you that you'll trip over if you try to back up? Is YOUR companion in harm's way? Where are the exits? Are there potential weapons to hand?

You get the picture, right?

Ok, so we're at the point of potential “survival..” Now what?

YOUR WORST ENEMY IN A PHYSICAL CONFRONTATION

The following is a true story.

At a nightclub, a young fellow was dancing and having a few drinks with his girlfriend. There was another fellow there who'd had a few too many and started making suggestive comments to the woman.

Full of pride and the feeling of obligation to protect his girlfriend's reputation, the young man got into a fight in the bar area. There was no damage to either guy, just a few bumps and some torn clothing. The bouncers were able to break it up and escort both

men and the girlfriend out of the club and to their respective cars.

Once the young man and his girlfriend were seated in their car, and security was back in the club, the drunk guy started yelling at them from about seven cars away, calling them every name in the book and telling them both in graphic detail what he'd like to do to the girlfriend.

The young man was so enraged that he stopped his car, jumped out of the driver's seat even though his girl was begging him not to, and started toward his tormentor, chest puffed up with eagerness to throw down once more.

What our young hero didn't realize was that the guy he'd fought actually had friends inside the club. They were waiting on the sides of the other cards, armed with baseball bats and tire irons.

It was too late for the young man to get back to his car. He was beaten to the ground in seconds. The beating didn't stop there. When his girlfriend tried to stop it from happening, she was thrown against one of the cars.

In the end, security returned and broke up the beating before it turned fatal. The girlfriend wasn't terribly brutalized, though she very well could have been. The young man spent a few days in the hospital, but all in all, it could have been much worse. The young man could have died. His girl could have been raped.

It all happened because of the young man's worst enemy. That enemy was his own EGO.

Whether they're mild-mannered office monkeys or young punks walking the streets with their gangs, all men have one thing in common. They *hate* to be made to feel that they are lower than someone else. This applies to women too, sure, but it's particularly an issue for every red-blooded, testosterone-fueled man who walks the planet or ever did walk the planet. Every man has an ego with which he must contend.

Each man has a different ego threshold, a different number of shots to his ego that he can withstand before his manhood demands that he do something about the line in the sand that has just been crossed. Once it has

you in its grip, however, the male ego is a dangerous thing.

DON'T fall victim to your pride!

Even if you think that you're stronger or more skilled at fighting someone, there's always the unknown. The weapon concealed in the hand, the lucky punch, the friends waiting unseen to help beat you down, the innocent bystander who gets involved because he thinks you're the assailant and therefore the bad guy... anything can happen in a real fight, and none of it is good. You must account for the unexpected. Don't let your pride go before your fall.

Let's once more go back to our bar scenario. You've mistakenly bumped into another fellow who fancies himself a societal predator. He must come to terms with the facts that...

1. He has a girlfriend with a wet lap because of you
2. He doesn't want to "lose face" in front of bystanders
3. He wants to prove that he wouldn't let another man "harm" his companion and get away with it
4. He's afraid that other people are watching him and judging him as "less of a man" if he doesn't stick up for his companion.

Hopefully, you've gone from the yellow zone of preparedness to orange zone, as this threat presents itself. Your next step in defeating this fellow is to try and defuse the situation before it gets ugly.

You might have thought the next step was to employ some deadly killer move and leave the other guy bleeding on the floor of the bar... but no reasonable person gets physical if a few well-chosen words can defuse the fight before it begins. We're getting closer to physical violence, but we're not there yet. It's not quite time to employ the Secret Navy SEAL Five Finger Death Touch.

Whatever anyone may tell you, size and strength DO play an important role in who comes out the winner in a fight, so your first move is to do everything you can on the front end to stop the fight from happening in the first place. These same moves are

ALSO what's going to save your ass on the legal end if it does come to blows and you end up seriously hurting this guy. Witnesses will report that you did everything possible to try and stop things from getting physical, and that will work in your favor. It will make any physical actions you are forced to take that much more legitimate in the eyes of those who will judge you after the fact.

DIFFUSING THE PHYSICAL CONFRONTATION

First, as soon as the assailant begins making hostile gestures (which can be as simple as a stern look of disgust), you want to put your hands up in a non-threatening manner. This instantly connects with his brain by providing visual cues for his subconscious “survival assessment.” In other words, in most people, it will tell his hormonal “fight-or-flight” triggers to slow down and take it easy... there’s no threat here.

For some guys with just too much testosterone floating through their blood streams, this could also send them in the other direction. “No threat” could trigger THEIR brains to puff up their chests and make them more aggressive, because you're obviously a “safe target.” He can do what he wants without fear of you being a problem. It's a GREAT opportunity to make him feel better about himself (ego-booster) as well as show everyone around him that he's a “big man.”

Once you've shown that you're no threat and you've given him the opportunity to gracefully exit the situation with his pride intact, if he continues to show aggression, you know that you're now in the red zone. You must act accordingly.

Your next move is one that will not only protect you from a legal perspective, but will also take advantage of the “Achilles Heel” of every larger attacker...their overconfidence. You must state VERY loudly, so EVERYONE around you hears:

“I DON'T want to fight you!”

This calls attention to the situation and, once the predator in front of you realizes that all eyes are on him as the “hostile” party in the situation, it may be enough to back him down. Most people hate to be the center

of that kind of attention and have a very strong “flight” response to being a public spectacle.

This also accomplishes another crucial component of your defense plan. If the assailant does continue to be aggressive and makes a move toward you, after you've left him writhing in pain 5 seconds later YOU will be the one spectators say was attacked. They'll say that you “did everything possible to try to get the other guy to back down.”

This compares very favorably to a situation in which you cripple a guy in seconds only to be seen, by the spectators, as the aggressor. Even if they're not sure, you'll be hauled down to the police station. You're much better off convincing everyone before the fact that you're the victim. It fits the templates through which the bystanders will view the altercation, and their memories will replay the incident accordingly.

All right: You've publicly stated you don't want to fight. Your assailant still has a decision to make. Does he attack you, or does he back down? He's left himself open to a debilitating attack if you know the right tactics. His overconfidence has opened the door; you've opened him up even more with your reassurance that you aren't really a threat.

As you'll notice, there's a hormonal shift that has been building in your body as you crossed the zones of the Survival Pyramid. The adrenaline surge that's taking over is your natural response to the fear of the altercation looming. You'll need to harness the power that lies deep within you, the power made accessible by that adrenaline dump, if you're to beat this predator at his own game.

It's time to become someone who's not nice.

REMAINING CALM IN THE FACE OF DANGER... AND EXPLODING WITH SUPER-HUMAN POWER AT WILL

All of us have experienced the adrenaline surge. It's the chemical change that happens whenever we're made to feel afraid or anxious.

There are certain signs of the adrenaline dump:

- Shortness of breath
- Tense muscles
- Sweating
- Tunnel vision
- Dry mouth
- The sensation of your testicles crawling into your abdomen

The kind of adrenaline “dump” you'll be dealing with when facing an assailant in a physical altercation is more powerful than any you've felt before. It will leave you a trembling mess if you let it. This is why grown men sometimes wet themselves during the stress of a terrifying encounter.

Approached correctly, however, the adrenaline dump can be your greatest ally in any physical encounter. Adrenaline is the hormone that lets a middle-aged woman lift a car off her child. It's also the antidote that soldiers used to get their hearts pumping again if they're exposed to nerve agents. In harnessing the adrenaline dump, you must learn two things:

1. How to NOT show fear in the face of your attacker
2. How to “trigger” the super human strength this powerful chemical has the potential of providing

Let's start with how to avoid showing all of the signs of fear that come with fear and adrenaline, because there's nothing better than besting someone in an altercation... unless it's doing so while looking like you never broke a sweat.

COMBAT BREATHING

“Combat Breathing” is essentially controlled breathing to reverse, as much as possible, the physical effects of adrenaline surge. It's used extensively by law enforcement personnel, who find themselves in situations where they have to deal with fear and danger.

Here's how it's done:

Basically, you'll be using your diaphragm to breath, rather than your upper chest/shoulder area (which ends up being utilized due to the natural

shortness of breath and limited oxygen you'll be experiencing).

Under stress, we tend to hold our breath, which causes fixation and tunnel vision or quick, short breaths that lead to even greater anxiety and loss of control (possibly leading to panic).

Combat breathing is simply breathing OUT for a slow 4-count...staying empty of air for a 2-count... smoothly breathing in for a 4-count... and holding the air in for another 2-count.

Remember, use your diaphragm to breathe deeply in and out. You want the oxygen to reach the very depths of your lungs, but don't make it obvious to your attacker that you're doing it.

The best way to make it a habit is to use it the next time you feel nervous about something...anything. When you practice, use an internal mental cue by saying to yourself, “Breathe,” so that when you get into the mess at the bar we're using as an example, saying “breathe” to yourself will automatically trigger your conscious use of this fear-fighting tactic.

This cycle goes on and really only requires about 4-5 repetitions to help you calm down and get your head in the game. Remember...adrenaline can also be a GOOD thing, right? Here, then, is how to take advantage of its powerful attributes.

TRIGGERING SUPER-HUMAN STRENGTH

Adrenaline lies in wait at all times, to be immediately called on when you're in danger. There's not much need to call it up for use when it's time to launch your attack, but here's a trick you can use. It's a quick trigger-reversal of combat breathing.

Just when you've decided that it's time to launch your attack, simultaneously take a quick, short, super-powerful breath through your nose (with your mouth closed and lips tensed into a mean “sneer”) as your force your muscles to tense up with your first strike.

With that one breath and muscle tension, you send the hotline dispatch to your adrenal glands that it's “action time” and you need a flood of backup NOW.

It's also very easy to practice this technique. Simply stand in a room (where you have lots of space to maneuver) and close your eyes. Use your combat breathing to bring yourself to a state of complete calmness. When you're ready, crank up the adrenaline by taking your powerful breath through your nose and then quickly breathe in and out in very short powerful breaths with as much intensity as you can.

At the same time, imagine that you're staring up into the eyes of a giant gang-banger surrounded by his "homies." Punch repeatedly into the air as you run forward, as if you were running right down his throat.

Bring yourself back down to complete calmness with your combat breathing again, then repeat the process. By bringing yourself in and out of states of calmness and adrenaline dump, you'll quickly learn how to use both of these techniques to give you an unfair advantage over the next predator who crosses your path.

WHEN TO LAUNCH YOUR ATTACK

So when do you actually launch your physical attack? Do you take the first strike? How do you know when to throw it? This can all be answered in a single sentence:

Hesitation will get you killed!

Let's go back to our bar scene, in which you were about to get "taught a lesson" by the angry boyfriend. He makes his way toward you, enraged at your "stupidity" and shouting and cussing all the way.

You've tried to calm him down and even offered to pay for the dry cleaning for his girlfriends studded leather mini-skirt. You've told him you don't want to fight him. You've made it clear you're not a threat. He doesn't care. He tells you that maybe he should show YOU what it feels like to get bumped, and he does so with his muscles tense and his fists clenched.

You don't have time for a lot of what-ifs in this scenario. You don't have the luxury of asking, "Well, *what if* he's just upset? *What if* he's just trying to scare me? What if he doesn't really mean it?"

You don't know him and you don't have the time to get to know him. He's offering you the credible threat of physical violence. Don't hesitate. STRIKE

FIRST. Do it preemptively. Is it a tough call? Sure it is, but the bottom line is that if you're not sure if he's going to hit you but he's acting like he will, once he's close enough to take that shot, *you* take it!

This is hard for some people to grasp. The concept of preemptive self-defense feels contradictory to some, who don't realize that taking the first shot is not the same thing as starting a fight. He started the fight, and he made it clear he was bringing violence to you. It's not your problem if you then had to take him down before he could make good on the threats he was making. When the cops ask you what happened, you tell them you were genuinely in fear for your life and that he was initiating an assault on you. That's the reality of it. That's why you take the first strike and you put him down.

Consider the many real fights you may have seen in bars and other public places, which always seem to start with two people in each other's faces. This sort of standoff almost always ends in a fight... and the person who gets in the first shot almost always wins.

That first strike is usually thrown by the person who instigated the standoff in the first place, because it's harder to back down if you started the altercation. What you need to do, as the defender, is make sure it's you who gets in that first strike. He started the fight. All you have to do is begin and end the physical portion of it.

Provided you can show, legally, that the other party communicated a real and credible threat to you and that he was advancing on you, that's sufficient to demonstrate that you felt you were being physically attacked. In other words, you were justified in taking the fight to the assailant... and if you've done your job properly as we've described it here, bystanders will back you up and say that you were the victim.

Don't forget, you made your apologies for all to hear. You did your best to prevent the fight. You didn't want to fight, and you said so. The rest was up to him. The old adage, "Better safe than sorry" has never been more true. People have died from taking a single lucky punch; you can't afford to give your attacker the advantage of that first blow. Don't make the mistake of playing it safe when your life may be in danger.

The news is filled with “victims” who mistakenly asked someone else's girl to dance, mistakenly took someone's parking space, mistakenly rear-ended someone's car on the highway, mistakenly cut someone off in traffic, mistakenly bumped into someone in the mall, etc....and ended up shot, stabbed, or beaten as a result. There is an old saying in law enforcement, “I'd rather be judged by 12 (a jury), than be carried by 6 (pallbearers)!”

All right, you've done everything in your power to avoid a physical altercation, and to defuse an incident before it can begin. Once you've reached the point of no return and it's time to start, well, hitting someone, we must ask ourselves: *Where* do we hit them?

WHERE TO STRIKE ANY ATTACKER TO QUICKLY END A FIGHT

Especially if we are facing a bigger, stronger attacker, we tend to engage in subconscious over-analysis of the threat we face. The subconscious thought process immediately sees that the larger and stronger an attacker is, the more likely you are to suffer pain and injury. You see size, muscle, and brute strength and immediately compare it to your own physical attributes and... well, they just don't compare, right?

This is the same thought process that we spoke about earlier that your attacker goes through also. He assesses (on a conscious and subconscious level) your own stature and determines whether you are a threat or not.

As we've discussed, this is where you start to gain an advantage over attacker. In fact, the bigger he is, the *greater* your advantage! You're not really perceived as a threat, which means your attacker is overconfident. He couldn't be more wrong, and you're going to strike him and teach him a very important lesson about his error.

You see, WHERE you strike your attacker has a lot to do with the CONSCIOUS analysis in which we're about to engage. In your mind, you may feel fear because, in the movie that plays in your head, you just can't see overpowering your assailant by slugging away at his head or stomach with your fists.

Especially if he's a much bigger guy, it just doesn't seem like something you can visualize. But you do have an advantage. Your attacker's presumably greater size and strength, coupled with your submissive attempt to avoid the fight and communicate that you are not a threat, leave him wide open to the crippling blows you're about to learn.

It's really not a matter of how you strike the attacker. It's a question of where. You see, your assailant is thinking the way everyone else thinks. Even if he has street fighting experience, his immediate response reduces his choices to wildly thrown punches to the head, plain and simple. Check out any “street fight” video online and you'll see just this sort of behavior. You can't afford to trade blows of this kind, and if you can't end the fight in seconds, you're going to have to deal with any friends this guy might have lurking around.

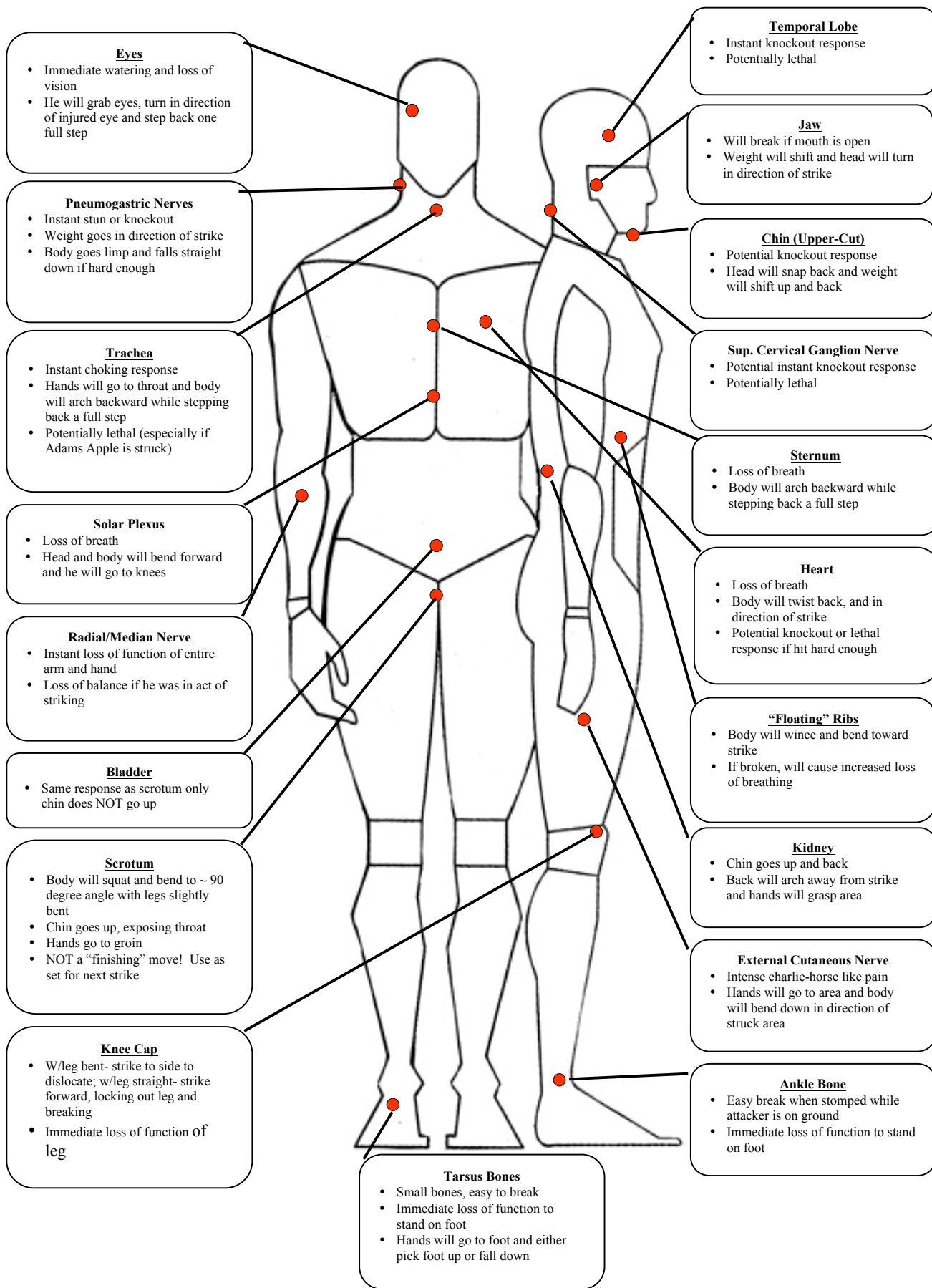
What you must do, therefore, is take the opponent out in a way that he will never expect, quickly enough and overwhelmingly enough so that he never has the chance to counter. On every attacker, no matter how big or how strong, there are certain vulnerable points, and these points do not change.

Even a man who can bench press hundreds of pounds cannot work out his testicles, his eyes, or his kneecaps. He can't make these parts of his body any stronger no matter how hard he tries.

The entire time your assailant has been feeling his ego swell, feeling his pride grow at being able to back you down from the fight and show everyone what a man he is, you have been reducing him to the small targets of opportunity that will give you an advantage in any altercation. You'll be able to spot several of these targets in just a split second, given practice. That's all there is to reducing him to the victim he wants you to become.

TARGETING ANY ATTACKER

When facing ANY fight, but especially one against a larger attacker, “efficiency” is the name of the game. As we've said, you want to be able to take out an attacker in under, say, 15 seconds...at the MOST! Now, doing the math, that really only amounts to about 10 strikes at best. That's it...just 10 STRIKES!



Now, if you were to take your attacker head on, with him swinging away as well, about 8 of those blows would either completely miss the mark and do no damage at all, or they would be so wimpy that they would just bounce off the person's body without any harm done.

This means you have 2 of your 10 blows left, right? And you know that striking away at the head isn't the best choice even though it's the most popular. Well the reality is that you could have ended the fight by starting off with just those 2 strikes by targeting the areas that your opponent never even knew he should have been protecting. You see, he'd NEVER think he needed to defend his KNEE CAP of all places, would he?

Would you?

Yet it only takes a SPLIT SECOND to take the instep of your foot and smash it into the inside of one of his knees, completely ripping apart the tendons and ligaments around the knee cap, potentially even breaking his leg and seeing bone come through the skin.

Now, keep in mind that we're not talking about pain. Different attackers may or may not feel pain, especially if they're on various substances. It doesn't matter if the man can't feel pain, if he can't *walk* on that damaged leg.

Your attacker, and even YOU for that matter, won't be feeling a lot of pain due to the flood of adrenaline that's pumping through your veins, so DON'T count on this guy giving in because of pain.

If you strike his windpipe or Adam's Apple, his throat will start to close up and he WON'T be able to get enough oxygen to supply his energy needs to fight you. It won't matter if it's painful or not; he simply won't be able to *breathe*.

We're talking about taking away his bodily functions and FORCING his nervous system to take away any ability he has to be a threat any longer. To help you with figuring out some of those valuable "targets of opportunity" that can have a devastating effect on even the LARGEST of attackers, we've included a diagram on the previous page. Examine it and remember it. These targets could save your life.

THE MARTIAL ARTS MYTH

This is going to upset a lot of people who read this, but we absolutely have to say it. All over the world, there are men and women discovering the cold, hard truth about learning how to protect themselves. That cold, hard truth is that...

Karate and other traditional martial arts don't work when it comes to a real street attack.

Not only don't they work, they simply can't. They're too complex. Their techniques are too complicated to be workable in the adrenaline dump and split-second reality of a violent street encounter. That's not a crack at anybody's martial art; it's simply the facts of reality.

By now you already know that when you're faced with a REAL fight "in the street," your body's hormonal system goes haywire and, as it was programmed to respond since we were living in caves sharpening our spears, dumps a load of adrenaline into your system. This allows you either to run away faster than a monkey on waffles, or kill the "threat" bearing down on you.

Remember...when your body is charged up and the adrenaline is flowing, your mouth gets dry, your muscles twitch nervously, your breathing becomes quicker and more shallow, you don't feel pain, your hearing and vision sensitivity decrease, and most of all for this discussion...

You lose ALL "fine motor skill movements"!

Basically, that means that you can no longer perform actions that require precise aim.

The fact is that since 90% of the techniques being learned in local martial "art" schools require precise movements and weeks, months, or even YEARS of hard practice to perfect, they all crumble to pieces under the adrenaline-charged stress of a real attack.

The other problem is that Karate and other traditional systems are highly *contextual*.

In a traditional setting, techniques and "routines" are taught in a very structured way, with total

compliance from your “friend-enemy” training partner. This is done so that you can easily learn the proper movements.

The problem is that real bad guys don’t move in slow motion. They don’t just go along with the techniques offered. They are very unpredictable.

If the “bad guy” doesn’t approach you in a certain way, the technique won’t work. It becomes a virtual game of, “You attacked me wrong!” Countless times in martial arts schools, you will see partners stop halfway through a technique because the attacker didn’t respond or initiate the way he or she was supposed to do.

***There are no time-outs or “do-overs”
in real street violence!***

In fact, even one wasted move that appeared effective against a compliant training partner could be enough to give your attacker the tactical advantage that could lead to your injury... or worse... your death.

To survive a violent street attack, you need to know what the hardened criminal knows...that traditional martial arts are for sports and movies, not for reality.

While YOU are busy practicing with friends in the relaxed atmosphere of the local martial arts school (if you're practicing at all), violent criminals are bloodying their knuckles in real street combat, gaining the real-world experience of victimizing other human beings. They’re desensitizing themselves and they’re becoming very accustomed to actually hurting other human beings. This is what separates them from you in most cases. This is what you must learn to deal with if you are to survive real violence.

When your life is on the line, you learn REAL QUICK that at the end of the fight, it doesn't matter how you looked or what you did to win it. All that matters is that the other guy is lying on the ground and YOU are the one walking away.

So now that you know what NOT to do, let's take a look at some lessons from the street that WILL help you protect yourself and your family.

You see, there's a new revolution in the self defense world that focuses on hardcore street-based

tactics that will truly work when your only option is to defend yourself.

You may know this type of training as “reality-based self-defense,” “close quarters combat,” or even by the term “street fighting.”

The lessons learned in this type of training are based on lessons learned on the battlefields, in the roughest bars, in gang fights, in back alley bare-fisted “title fights,” in prisons, as law enforcement...you name it.

The dark side of this trend is that, more and more, there are “experts” coming out of the woodwork to claim they have the very latest super secret system that was banned by the U.S. Government because it was just TOO DEADLY to be put into the hands of clueless civilians.

This is the unfortunate part of our industry, which has succumbed to hyped up marketing to try and re-package what amounts to basic Karate 101 in combat boots.

The fact is, there are SEVERAL instructors who stand out as the most respected men on the planet in an area that few men have ever ventured...survivalists who truly understand what it is like to face death in a real street fight, and to walk away the victor because they held the knowledge to defeat attackers who were bigger, stronger, and maybe even more experienced than they were. You can learn to cope with violence as these men have.

First, however, you must understand that learning how to defend yourself and your loved ones in a true violent encounter is much MORE than learning a few targets and “how to punch.”

In fact, if you look at this entire report you'll find that really, what we’re dealing with is not so much technique as it is KNOWLEDGE.

Because most guys are walking around clueless about what it REALLY takes to survive a violent attack, just exposing you to the scenarios we've discussed and forcing you to think outside your snugly warm couch and “safe” existence is one step closer to preparing you for real violence.

If you're truly committed to NEVER becoming a victim when you're slapped in the face with reality at a club, restaurant, parking lot, convenience store, ATM, or wherever...then it's time for you to make a choice.

If you've made it this far, it means you have more than just a passing interest in being a survivor. Congratulations!

But if you just skimmed through the info and ended up just looking for “super moves” you could learn for killing a grown man, then I'm sorry to say that all the techniques in the world won't do you a damn bit of good. Your mind is nowhere even CLOSE to comprehending the unfortunate lesson you're going to find yourself learning some day.

You see, “street fighting” is about survival... and to survive, you must begin looking at the world in a new way, a way that isn't so rosy and filled with puppy dogs and rainbows.

The hard truth is that there ARE bad people out there. No matter how you live your life, EVERYONE can find themselves on the wrong end of a baseball bat at any given time, even as the result of something as simple as a “stolen” parking spot or a fender-bender.

Tomorrow could be the day that you accidentally bump your car into some 250 lb guy's old lady because you were talking on your cell phone as you were backing out of a parking spot at the local department store.

We tell you this not to scare you (although you may need it). No, we tell you this because we'd rather you understand NOW what you're dealing with in hopes that at least SOME of what we've shared with you will stick.

It could be the thing that helps YOU protect yourself and a loved one from becoming victims.

Whatever you do, whatever you take from this training module, TRAIN. It doesn't matter where... just train. Get your mind out of the white zone and into the yellow zone, prepared for the danger zones that come after.

Training will make the difference between being a victim... and being a victor. In a life-or-death situation, with your family on the line, you have no choice. It's truly all or nothing, and you are all that stands between the predators and your loved ones. Choose now, and choose well.

Coming Up In Module 2: How To Survive A **KNIFE FIGHT!**

The most common weapon you'll face on the street is a knife! They're easy to get...easy to carry...and easy to use. In the next training module, we'll show you not only how to defend against an attacker armed with an edged weapon...

...we'll show you **how to use your own blade** to slice and dice your way to survival!

- How to spot a “**knife fighter**”...**BEFORE** he attacks you!
- **Your FIRST MOVE** when you find yourself **UNARMED** against a blade!
- **Carrying a knife** for self-protection on the street! (What's legal...and what's **PRACTICAL?**)
- **Becoming a “Blade Master”**: Cutting edge tactics for using a knife in a real fight!
- How to safely **test your knife...AND your skills!**

And Much, Much More!