

COMBAT FIGHTING – 1 DAY INTRODUCTION COURSE

The hidden secrets of how to destroy any threats to your life - By using little known, scientific proven methods used by Various Spec Ops Units in major countries - you can let the guy who attacks you, worry about self defense. (5hours), informative speech and hands on practice, with introduction to the following issues; **Price US\$ 399.-**

Hands on practice

- Correct stances to utilize maximum force in your techniques.
- How proper breathing may double your striking power.
- How the correct breathing principles will help protecting your body, if you get hit.
- How to increase your endurance instantly by using certain sounds.
- What to do in order to eliminate your fears.
- Increased awareness, how to spot an aggressor.
- Be Ready for All Situations - Standing... On the Ground... Weapons... Multiple Assailants... with the same set of techniques.
- How to break a big guys elbow, when he is reaching for you.
- How to take control of someone who tries to push you.
- How to spin an attacker around when he grabs or pushes you and choke him out.
- How bouncers and law enforcement personnel can pull a guy to the ground with ease when he's jamming himself in a doorway or resisting arrest.
- You would love for somebody to rush and grab you, after one of our courses.
- How to get out of a headlock, double nelson, bear hug etc.
- What to do when you end up on your back on the ground, with an attacker sitting on top of you.
- Why sport Grappling is terrible on the streets and why you must know the devastating strikes that quickly end a fight.
- How you can beat multiple attackers.
- Knockout strikes which require a minimum amount of force, "lights out Irene".
- How to get out of the classical arm bar positions and take control.
- How to restrain and control a big attacker.
- How to get a big guy to go where you want him to.
- How to hold a big guy on the ground with a minimum of force.
- Identify an attackers weak and vulnerable points, and hit them.
- How to Crush a Man's Throat with the Softest Part of Your Hand!
- Initiate your control of a big guy with two fingers.
- Train for situations instead of single attacks.
- Discover lesser known striking methods that will take your enemy off his guard and make you lethal at ANY range!
- The proper way to deliver effective strikes to the testicles.
- How to restrain an attacker without hurting him (if need be) while you wait for the police.
- How to make every new technique you learn an automatic reflex so you're never caught "thinking" about what to do. You will simply REACT.
- How to turn any bad situation into a positive.
- Restraining holds that any law enforcement person can use. They're painful as hell and you'll get the suspect to believe in the word "compliance."

Right now, ask yourself the following.

- Can you protect yourself against multiple armed assailants?
- Are you ready to fight in ANY environment?
- Can you defend yourself and your loved ones, even if you're not feeling 100%?
- Will you be able to execute the same techniques even when you are older or injured?
- Can you do it all with only a handful of instinctive techniques?

Honestly, can you answer YES to all the above - or any at all?

This is some of your body's reactions, when you fear for your life:

- Loss of bowel and bladder control
- Vasoconstriction - Blood leaving the extremities to go to major organs and the muscle groups. This will reduce bleeding from wounds to the extremities.

However, the result is:

- Loss of fine motor skills.
- Action like running and charging are at their highest level.
- Auditory Exclusion (you don't hear everything)
- Loss of near vision (You don't see everything)
- Loss of depth perception
- Loss of peripheral vision (tunnel vision)
- As you experience greater fear induced excitement you lose your complex motor skills (you can barely make a fist) and our cognitive processing deteriorates (you won't be able to speak let alone hold a conversation).

The why, how and when... What is happening in the mind of the attacker? What is their mental state? How can you penetrate them physically, mentally and emotionally. Throw them into state of chaos so you can manipulate them - and do with them what you want? **Then be in Total control.**

Principles of our system...

- It works regardless of your gender, size and athletic ability.
- It works when you are sick, tired or injured.
- It works when you are in unfriendly environments.
- It works when you are under stress in life or death combat situations.
- It is quickly learned and retained in your body/mind, without memorization.
- It is based on scientific principles and utilizes natural body movement.
- It works against multiple attackers and attackers with handheld weapons.

Traditionally people are told that it takes years or decades of diligent dedicated practice to achieve real advancement. This time can be reduced considerably by using a modern approach, which is correct when coupled with a systematic use of relevant proven reproducible theory.

This is what determines how we practice.

The aims are not only achieved but realized, so we can get a deeper understanding.

Unproven theories and misguided information lead to inefficient use of time.

The true essence of combat transcends culture, style or art.

Fighting is fighting - we draw from our experience of studying, analyzing and testing numerous fighting systems.

Whilst many people look at difference in approach, in order to justify their art - we look at similarities and see how each art or style contributes to the whole.

We aim to present the information in a clear precise manner through our courses.

Super learning...

Using modern education teaching skills so that information is used pedagogically, producing results in a minimum period of time. Super learning immersion training and personal experience are all essential tools to achieve our goals, regardless of the style or art that you practice. You will realize that the information we provide can be used as a template to improve and gain a better understanding of fighting and life.

What timeframes are we talking about...

The scientific system we use to train your mind and body to fight effectively with or without weapons, are actually coding into your body and mind the principles of fighting. So we will educate effective fighters in a matter of days... depending on your requirements.

Who can make use of this information...

Anybody being exposed to high risk scenarios. This is a much bigger group of people, from a much wider range of professions, than you first would believe. Of course you have military personnel belonging to units exposed to aggressors, from the regular entrance control unit to the spec ops units. The same applies for personnel working in the police departments, security guards, bouncers, rescue personnel, pilots etc., the list goes on and on.

This is an investment for life. NOBODY can take it away from you !!

I Do not Want to Mislead you into thinking this is some Magic Pill and that You don't have to practice in order to be successful - But, these methods, when practiced regularly, have been proven to work time and time again. **The More and the Harder You practice, The More Successful You will be - It's up to you.**

But because you are not training for thousands upon thousands of possibilities, **Your training time will be a Fraction of what you do Now. You will be able to focus your training on a handful of strategies rather than a head-full of "what ifs". This will allow you to work on other endeavours if you choose to.**

OUR COMBAT FIGHTING COURSES TEACHES YOU;

- To be pro-active and take action.
- To identify the kill zones on your opponents body.
- To use force vectors to control or kill your opponent.
- To effectively use your body weapons.
- To understand body dynamics.
- To increase your power and stamina.
- Multi fighting.
- Unarmed against guns, rifles, knives & clubs.
- Principles of killing with your bare hands.
- Compression fighting & killing.