

Learn Martial Arts From Home Presents..

Street Martial Arts Exposed!

By www.blackbeltsecrets.com

Discover how to apply what you know from martial arts training and apply it to street self defense!

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4 The Very Best Self Defense Moves You Need!

If you have any formal practice or experience in the martial arts or if you have just started, I have some things you will want to know. I will also show you some information and training tactics that I think are the best self defense moves currently available for street based defense. Many of the traditional arts don't have the stuff you need to survive in a life or death battle on the street. In reality, you probably won't fight off someone with a sword, but chances are you might face someone with pepper spray attacking you. Either way here are some of the best self defense moves you can use starting with:

Best self defense moves #1: Don't let your battle go onto the ground, ever. If you find yourself on the ground, your best home is to attempt an arm bar on your opponent, but it's more likely that your opponent has backup coming to help him in his fight, and that being smacked into the hard ground will break your bones or possibly knock you unconscious, so being on the ground can be fatal. This position makes it easier for your opponent to pull a knife and stab you. If the fight goes to the ground, do whatever you can to get back up on your feet. Do whatever it takes to get up, if that means biting or whatever. Don't get stuck on the ground in fight. I've seen a guy get knocked out with a baton while executing a perfect arm bar on buddy with the baton's friend.

Best self defense moves #2: If a fight is inevitable, strike first. Your initial attack probably won't be a knockout blow. You want to channel the full power of your rage when you tear into the opponent. There's no such thing as a fair fight, so use every painful thing that you know to make your opponent hurt and prevent him from hurting you back. Even if that means scratching your opponent's face with your long nails or using your car keys and stabbing the bad guy in the face with them. Anything works. Remember when Mike Tyson bit off a chunk of that guy's ear? Well if you can bite your attacker it might end the fight.

Best self defense moves #3: Even blackbelts can lose fights in bars and nightclubs. Why does this happen? The wild nature of actual fighting isn't addressed by techniques learned in the dojo. Focus your mind and react quickly, don't be afraid of getting hurt, and don't hesitate to be as violent as you need to be to save yourself. When you are in training at the dojo, practice the moves you are learning to the best of your ability. Learn how to make them automatic so you don't need time to think about using them. Make it auto pilot.

These are the best self defense moves you can possibly know!

Street Fighting Tactics For Beginners Explained!

Have you ever found yourself thinking what you would have to do if you found yourself in a fight, and are aware of the fact you don't have any experience in fighting? Luckily, you actually have a definite chance of winning with several innovative methods that are provided within this article, and with my help you can be sure of winning whatever type of altercation you might find yourself in no matter how over-matched you might be.

Learn how to street fight well: You will always want to be as aware as possible of your surroundings. No matter where you happen to be, whether it's a park, a parking lot, or an empty street, if you're not paying attention to what's going on around you, or not using your sense of hearing by wearing headphones, you are leaving yourself open to a possible attack. An attacker will recognize your inability to hear them coming and take that opportunity to strike.

Learn how to street fight well: If you'll remember the majority of people who do these types of attacks are male, just knowing that will definitely give you an advantage. Since it will most likely be a man that attacks you, make sure you go for the groin area first. Making use of arms, legs, or whatever appendage available, and hit the groin hard. Irregardless of what method you choose, use of this strategy means you can hurt them fast and hard.

Learn how to street fight well: Learning the art of eye gouging is another terrific technique you can use as with that option you're able to strike quickly to immobilize your attacker without a lot of effort. All it takes is using your fingers to either stab or gouge the attacker's eye(s) and he will be immediately unable to see. The pain that results from this technique will create enough damage to definitely disable him!

Learn how to street fight well: Another weak spot on your attacker will be the throat, and going for it is an excellent way to defend yourself. When you go for the throat you'll be attacking their ability to stay on their feet and keep breathing, as taking a hit in the throat does cause excruciating pain. It doesn't matter who you are, you'll be able to attack in this manner with efficiency and it's effective.

Even though these tips will certainly help you if you find yourself needing to defend yourself, your chances of defeating an attacker will be much better if you sign up for a self defense class that teaches martial arts. Another important component is that you're in good physical shape, so make sure to improve your own physical condition with cardio workouts and lifting weights.

7 Things You Need To Know About Self Defense!

Here are some very important street fighting tips, which I am adamant about, that I wish to bring to your attention. Keep reading to learn some great new techniques to truly broaden your martial arts horizons.

Best street self defense method number one is **NEVER** take anyone for granted! Be mindful of your surroundings, and everyone in them, all the time! If you must go down an alleyway at night, be extremely careful. See, hear, and even smell everything you possibly can, and trust your instincts.

Best street self defense method number two is to train regularly to overcome your fear of taking a punch. Without routine training, you could freak out and even be unable to move, but regular training can prevent this. Find a good self defense instructor that incorporates sparring.

Best street self defense method number three is get yourself physically conditioned with regular strength training with weights, and everyday exercise to build up endurance for the necessary stamina you will **NEED** to survive an attack. Watching the Ultimate Fighting Championships should be a good indication that you **MUST** be in peak physical shape to withstand such a barrage of punches and kicks (much like you will endure in a **REAL** fight). Lugging around the weight of excess fat can be remedied, starting **TODAY** by weightlifting and regular exercise. Much of surviving an assault depend **LARGELY** on your physical condition.

Best street self defense method number four is keep things simple, and be **TERRIFYING** rather than **TERRIFIED**! The easy-to-do methods usually work best to **TOTALLY ANNIHILATE** your adversary and completely catch him off guard. Hard and fast moves like temple strikes, groin kicks, eye gouges, and throat strikes are all highly effective to devastate and terrify a would-be mugger!

Best street self defense method number five is to always keep a cool head, and look for the "opt out" method whenever possible. Don't be a "Bruce Lee" when your **BEST** option may clearly be to walk away! Avoiding confrontations whenever you can, and defusing situations as they arise, is something you'll need to incorporate a little common sense into. Can you put a price on your life? Is your Rolex, or even thousands of dollars in cold hard cash **REALLY** worth dying for? Of course not!

Best street self defense method number six is to keep some type of self defense weapon on you at all times. Many different types of these are available, but check with state and local regulations and strictly adhere to the law.

Best street self defense method number seven is to put together all the good techniques you have learned and realize just how incredibly powerful and effective some of the simplest moves really are. You really don't have to **ACCEPT** that you are "just a victim" - **DEFEND YOURSELF!** And don't just keep getting "beat on" until help arrives. **YOU** may be the only "help" you're gonna get! Even though the police may be late in responding, **ALWAYS** report every assault and give a detailed description of your attacker.

How To Choose The Best Self Defense Instructor Anywhere!

Although you may not realize it, there are numerous unqualified blackbelts and self defense teachers offering advice and disseminating information which could get you killed. Even worse, none of these people have ever been party to a life or death fight and therefore do not have credible or real experience with regard to fighting.

How to choose the best self defense instructor #1 - You ought to interview any martial arts or fighting teacher any time that you are considering taking a membership in the dojo. The process that you want to follow in talking to them should have as its purpose to discover what qualifies them to instruct you. Should their blackbelt in taekwondo have been obtained when they were fifteen and their experience is solely composed of sparring, then give them a pass.

How to choose the best self defense instructor #2 - Be certain that the class you are considering incorporates full contact sparring. It is important that you feel the pain when hit and become accustomed to the conditions when real fists and feet are trying to take you down. That is, you must obtain genuine experience in real combat conditions.

How to choose the best self defense instructor #3 - Some mixed martial arts instructors do not comprehend the fact that there is a difference between being in the octagon and being on the streets. Should they indicate that their jiu-jitsu will protect you when you are on the ground, they are simply wrong. This is because you never want to go to the ground during a street fight. You would likely get stomped, stabbed or smashed either by your adversary or his friends.

How to choose the best self defense instructor #4 - Any respectable self defense instructor ought to be certified and to have received his training from a recognized expert of the art. You surely do not need for him to be some self-pronounced expert. Also, his instruction ought to be in fighting that is based in the real world. You do not want to get from his instruction just mere tactics for the "common attack" and no techniques that are founded in reality based fighting.

How to choose the best self defense instructor #5 - If he likes to be addressed as master, or alleges to be a family member of some group of master self defense instructors or martial arts experts, he is full of it. The majority of dojos are out to make money and should they fill their sales pitch with a bunch of hype, then you must understand that he simply wants your money and his instruction is no doubt worthless.

Selecting the correct self defense instructor is basic to your training and success in a real life fight. What you need is an instructor with battle tested experiences and techniques that have been proven to work. What you do not want is stale information or instruction which has no reality on which it is built.

And please do not believe that aligning yourself with the highest priced dojo will protect you in a street attack either. Interview you potential teacher before you sign up!

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