

Karate PDF eBooks Presents..

# **All About Martial Arts And How To Train For Fights That Happen Outside Of The Dojo!**

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## **Find Out The Best Kept Secrets Of Martial Arts In Non Dojo Life OR Death Fights & Combat Scenarios!**

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## **4 Killer Martial Arts Strategies Exposed!**

I'd like to pass on a few self-defense strategies I am sure are effective. As I spent years working as a bouncer and struggling to stay alive behind prison bars, I've discovered some findings that all martial arts students should use in conjunction with their martial art training and street fight studies. The following pointers and tips can mean life or death if you are struggling to fight off a rapist, or fighting off a mugger. Either way these strategies apply for street fighting, not martial arts in the dojo or in competitions like the UFC.

**Learn self defense tactics #1 - Don't hesitate to bite if you have the chance. You can bite someone's fingers if they are around your face; in other instances, you can bite your attacker's eyebrows, ears, eyes, lips, legs, kidneys, elbow, groin, arms or face, and will discover that clinch fighting became even more dangerous when you use street fighting moves like biting. Yeah, blood is a scary issue, but if your in the middle of a struggle after a bad guy decides its time to kill you, what exactly do you have to worry about? Biting works, and it works well.**

**Learn self defense tactics #2 - If you kick someone, kick only their groin, kneecaps or shins. You better know how to pick yourself up off the ground immediately if your side-kick is caught by your attacker. So, keep a steady balance and try to only kick low in order to prevent the attacker from getting any closer. By the way, if you are going to kick use the dirtiest street fighting kicks and moves you can muster up. If you can stomp his feet and kick him in the shins followed with a punch to the groin, you just did a valid sequence of self defense moves. You want to be able to pull off this kind of ruthless violence.**

**Learn self defense tactics #3 - It's important to practice self-defense that will help you in spontaneous situations. You will want to make the scenarios and response as realistic as possible, so practice techniques in a park or open space. Also try training in smaller restricted spaces like in a bedroom or hallway. When I had to fight behind prison walls, the hallways were only 5 feet wide in some areas, so learning how to fight in different atmospheres and terrain with different sized opponents is essential.**

**Learn self defense tactics #4 - Using an eye gouge is much more effective and harmful than a punch. If you can reach them, gouge your attacker's eye sockets, and then punch them afterwards. Your attacker will be less likely to think he can defeat you if he can't see what he's doing. Or if you can, rip his eyeball completely out. If he is trying to assault or kill you, by all means do what it takes to survive using any street fighting move you know!**

## ***Street Judo For Surviving A Life Or Death Attack!***

If you know anything about the various types of martial arts, you may not be sure that judo is an art that would be especially helpful in a street fight. From my own experience, I can assure you that it is and I can give several examples of how lives have been saved by the use of judo in self-defense situations such as fights at the bar or at the dojo. I will give you four strategies that should convince you that judo can be used successfully to help you survive on the streets.

**Street judo for survival #1 -** If you know Street Judo, you have an advantage right away because you know that most fights will end up with someone on the ground. Your knowledge of judo will give you the edge in these situations. Speed is essential in a street fight, and judo will have taught you how to throw an opponent headfirst to the ground, then get a choke hold on him, all within five seconds. You won't do it with the flashy kicks and punches of taekwondo or karate, but judo and jiu-jitsu have a practical advantage over them in clinch fighting and in putting someone down so he yields.

**Street judo for survival #2 -** Judo also teaches push and pull tactics that come in very handy in a street fight. When you can throw someone on his head on the sidewalk by tossing him off balance with your hip, you will emerge as the better fighter and the victor in the confrontation. I have used my extensive training in judo at my job as a bouncer for several years, and I can testify from my own experiences that street judo skills will let you control and end fights where someone has pushed or grabbed you.

**Street judo for survival #3 -** Training in judo at a nearby dojo will develop both your muscles and your muscle memory, giving you the ability to fend off an attacker right from the very first skills you learn in your first level as a white belt. Judo is a great starting point for your training, but I strongly suggest that you continue on and learn other martial arts such as taekwondo or karate so that you have a broader knowledge of self-defense and are a more adept fighter.

**Street judo for survival #4 -** Another important skill that you will learn in judo is how to fall properly. I have fallen off mountain bikes, I have been struck by cars, and I have had several other serious falling accidents in my life. But because I knew how to tuck and roll and how to land properly, techniques that street judo had taught me, I have not had serious injuries. I hope that these strategies I have given you will encourage you to start or continue training in martial arts and that they will help you to get the greatest benefit possible from that training.

# **Jeetkunedo Concepts Designed For Real Life!**

The philosophy of Jeetkunedo came to us from Bruce Lee. This philosophy transformed the world in general and the world of martial arts to an even greater extent. The workings of jeetkunedo and it's uses in both defensive and street-based fighting will be illustrated through this article.

**#1 Street jeet kune do moves: The Straight Blast, often underestimated, and how to employ it in fighting. In spite of it's effectiveness, this mover is often overlooked. Launching forward with a blast of kicks, punches and knee and elbow attacks frequently catches a person off guard. Reaction time is shortened considerably when an opponent is hurling toward, as well as through, you. Regardless of a fighter's skill level someone throwing multiple strikes at them will necessitate both blocking and backward motion. Damage causing strikes to the eyes and other facial parts during this attack is prudent.**

**#2 Street jeet kune do moves: Disguise your timing which breaks the timing of your opponent. The opportunity to attack immediately arises when the opponent pulls his arm back to throw a punch. When attack is imminent, do not hesitate. An opponent can caught completely unaware if you throw a blow simultaneously. Take each action one at a time, do not waste much time planning the follow-up to the attack. Misleading your opponent through a series of feints and other moves is an excellent strategy. This also can throw off his timing. Interruption of your opponent's rhythm and timing is essential. Ignore your opponent's flow and concentrate on continuing your attack before he had the opportunity to continue his.**

**#2 Street jeet kune do moves: Another lesson brought to us by Bruce Lee is perpetually training our physical and mental selves. The lessons he used to achieve and maintain his physique did not perish with him and teach us still. You can acquire many of the books he authored on Street Jeetkunedo.**

**Street Jeetkunedo can be very beneficial to you regardless of any defensive training you already have. The great ideology known as Jeetkunedo can be utilized with training in Kung Fu or Judo.**

**Always remember that Jeet Kune Do is the philosophy of Bruce Lee, incorporating fluid motion and efficiency with every aspect of combat.**

**I also highly suggest you get the book, "Tao of Jeet Kune Do" by Bruce Lee. You can learn so many things about fighting and combat that you can apply to the training you already have!**

# **Learn Karate And How It Applies To Survival!**

**Are you ready to learn some valuable karate martial arts techniques to help you survive a REAL ASSAULT? If so, here are some critical things to consider compiled from some various types of martial arts to help you with your skills.**

**First, trapping is a very effective karate martial arts technique. To "trap" an adversary simply means you do just that - you basically holds his arms or legs in a manner that does not allow him to kick or punch. A method of achieving this can be done by locking up both your attackers arms with one of your own, then landing as many quick strikes as possible with your other hand or elbow.**

**Here's a karate martial arts technique that you should REFRAIN from using - high kick! They LOOK awesome in the movies, and may add some benefit to your tournament routine. In a REAL FIGHT, however, they can get you SERIOUSLY INJURED! Not only do they exhaust greater energy due to exerting more effort to perform them, they allow you to have your center of gravity totally thrown off by your attacker. It's just a fact. Conserve your energy, maintain your balance, and place your kicks LOWER, to more vital areas where they will do the most good - groin, knees, and shins.**

**Striking and kicking weaker areas of the body is another great karate martial arts technique, because landing blows to such vulnerable areas cause your assailant greater pain, and make him or her think twice about continuing the assault. Keep in mind that a "good clean fight" DOESN'T exist on out the streets! Your very SURVIVAL (or that of a loved one) is at stake here, so NEVER pull any punches! So, if an opportunity arises for digging at an eye, biting a hand, crushing a throat, or kicking a groin - in order to get this attacker to stop - THEN DO IT! You may only get ONE chance to save your life - so make it count! Don't feel as though you need to feel sorry for this slime-ball. If you want to feel bad for your attacker, do it LATER - but NOT while you are defending you LIFE!**

**The age-old philosophy of "keeping things simple" is an excellent karate martial arts technique. Why attempt some ridiculous "spinning wheel kick" when straightforward boot to the groin gets highly effective and immediate results? Keep your enemy in close, to deliver some powerful blows. A common reaction may be to put as much distance as possible between you and your attacker. But if you are not landing some good, solid hits, your enemy IS going to keep coming! Rather than back away, you should concentrate on a powerful block/strike combos to maximize your efforts.**

**And use ALL your fighting knowledge to your advantage. Focus specifically on executing techniques that you have trained on extensively in the past, and have proven themselves effective. It is highly recommended that you start learning MORE THAN ONE form of martial art. To successfully walk away from a street fight, you will need a much wider range of understanding regarding street fighting methods.**

# **Mixed Martial Arts And How They Apply To Self Defense Revealed!**

Picking up numerous different fighting concepts is an area that I have always benefited from as I experienced real life situations in clubs, bars, prisons, and working as a bouncer. A number of benefits can be had in studying mixed fighting events like the Ultimate Fighting Championships. In reading the current article, you will discover a few truly real and powerful means of defending yourself in an actual confrontation.

**Mixed Martial Arts Self Defense Training Idea #1 - The ability to keep up your strength in a fight for a good 20 minute time frame is among the most potent features of the combination martial practitioner. Cardiovascular training, and not just strength training, either practiced in the gym, at home, or in both places, must be kept up on a daily, regular routine. Regardless of if you are going through daily ab crunches and push ups or powering through two hour exercise routines three times per week at the local gym, this constant training for endurance is critical to stay in the best possible shape in case you get into a real street fight.**

**Mixed Martial Arts Self Defense Training Idea #2 - The key is in being consistent. Training, preparing yourself for an attack, and practicing sparring on a consistent basis is essential in making victory in a fight certain. You will not be ready should the moment arrive when you have to defend yourself against an actual assailant, unless you suit up in pads and gear and constantly spar other opponents. Real combination fighters train by FIGHTING on a daily basis! Although watching the UFC offers several benefits, just looking at the television set by itself does not help you at all. Go out of your house, register for a martial arts training or self defense class, and get physically fit.**

**Mixed Martial Arts Self Defense Training Idea #3 - Daily physical combat practice is necessary for you to triumph. Buy yourself a good set of sparring equipment (you can even split it with a friend), or get involved in a local martial arts dojo which really concentrates on (and actually practices on a regular basis) hands on fighting tactics which involve true to life defense scenarios. You should have to fight, in order to really become the greatest fighter you possibly can be. You will feel greater confidence, if you have to fend off a violent attacker, through routine practice and greater training to fight experience.**

**Build on these three combined martial arts tactics that I have just demonstrated for you. Remember that UFC moves actually can be helpful in a real fight on the streets. A great number of their practices are truly efficient, and you ought to work them into your fighting techniques.**

**Keeping yourself in top physical shape, along with putting the three techniques I discussed to work for yourself, will enable you to be secure and to become a much more intimidating opponent if you are attacked in the real world.**

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