

Learn Karate At Home PDF Presents..

Learn Karate From Home And Be Deadlier A Nuclear Bomb!

By www.blackbeltsecrets.com

Get Advice That Will Protect Yourself And The Ones You Love At All Times!

This report may be reprinted, copied and given away in any way you see fit. Please share this report with anyone who would like to learn self defense or martial arts. It may just save their life. The author of this report takes no legal liability in what you do with this report. What you do with the information contained within this report is of your own doing. By reading further, reading or distributing this file you acknowledge this warning.

Know of anyone interested in protecting themselves or learning more about self defense and martial arts? Send them this report! It is free to give away!

Recommended Martial Arts Training Courses Below:

Do you have A Punching Bag? Within This Link Is An Excellent Kickboxing Training Program You Can Easily Master At Home By Yourself With A Punching Bag In Under 2 Weeks! Click Here Now To Begin Training!

Download Israeli Military Krav Maga Fighting Secrets To Easily Rip Apart Other Inmates That May Start Problems With You! Become Deadlier Than A Shotgun Blast To The Face When Using Dirty Combat Secrets! (Click Here!)

Learn Military Street Jiujitsu Here! - When Your Life Is On The Line In A Barfight Or A Home Invasion, These Military Combat BJJ Techniques Will Save You And The Ones You Love!

**Click Here For Even More FREE Martial Arts And Self Defense eBooks Just Like This One
Click Here Now!**

4 Killer Martial Arts Strategies Exposed!

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 Fight Much Bigger Opponents And Win!

Have you been thinking lately about what you might do in the event that you had to get into a fight, especially since you don't have any fighting experience? Fortunately, you can definitely win through several innovative methods, especially with the help this article provides; with my assistance, you'll be sure to win against whatever altercation you may find yourself in, no matter how overmatched.

How to fight someone bigger - Try to be as aware of your surroundings as you possibly can. Regardless of your surroundings, be it an empty street, park, or a parking lot, you leave yourself open to attack if you don't pay attention to the things around you and actively distract your sense of hearing with headphones. Your attackers will prey upon your inability to hear them and strike!

How to fight someone bigger - Following that, you have to remember that most people who are going to attack you will be men, which can provide you with an advantage. Since a man will be attacking you, be sure to go for the groin first. Using whatever limb or appendage you can, hit the groin. Regardless of your methods, you can make them hurt immensely if you choose this strategy.

How to fight someone bigger - eye gouging would be another great technique to learn; with these methods, you can perform quick strikes and immobilize your opponent without that much work. Just use your fingers to gouge or stab at the eye of the attacker, and you will render him sightless. The pain that this causes will cause him further discomfort and disable him!

How to fight someone bigger - One more weak spot that your attacker will have is the throat, and you can defend yourself by attacking that. You'll be attacking their ability to breathe and hold themselves up, causing a lot of pain when you hit them in the throat. No matter who you are, you can pull off this attack with effectiveness and efficiency.

Even though you can learn a lot from these tips when it comes time to defend yourself, you'll have a much better likelihood of defeating your attacker if you take a martial arts or self defense class. Being in shape is also an important component, so be sure to lift weights or do cardio, so you can better y

Street Martial Arts Techniques To Beat A Scumbag!

Within this guide are four different viable ways to defend yourself and help save your life. These tips haven't been designed in a dojo or martial arts school, but I have had to learn them as a bouncer as well as fighting for my life in prison. The street martial arts moves I'm about to teach you will take your self defense training to whole new levels, so enjoy and utilize the following tips:

Street Martial Arts Moves #1 : Trapping. The definition of trapping is to subdue the aggressor by not permitting him to use his hands, feet, or even forehead, to attack you. To successfully trap an aggressor, you must immobilize one of his arms and hit him as many times as possible with your free hand while he is subdued. So for every strike he tries hitting you with, you want to trap his limb at the joint and pin it against him. So if he tries throwing a punch at you, block his arm from reaching you by pinning it against his chest.

Street Martial Arts Moves #2 : When you are trying to apply and land kicks in a scuffle with an aggressor, do not let him get a one up on you by pushing you to the ground or upsetting your balance. Kicks to the head are often ineffective and dangerous. An easy alternative is a quick leg snap to the groin area, lower leg, or knee. These kicks can easily subdue an attacker. You don't want to try any UFC style head kicks, because you can fall, and have the fight turned on you.

Street Martial Arts Moves #3: Finding the "Sweet Spot" You may have to use some dirty tactics like biting, hitting the groin area, or going straight for the eyes, but if you escape with your life any dirty tactic will be worth it. The number one rule with street fights is that no rules apply. If you know some nasty fighting techniques that aren't allowed in the UFC or in the dojo you go too, by all means use them in a life or death battle. A lot of martial arts being taught today don't have any valid use in real street fights. Remember this!

Street Martial Arts Moves #4: Always keep your distance and don't waste your energy fending off attacks that are not close to you. Dodge off target attacks and block only the ones that are definitely going to make contact with your body. Don't reach forward to block a punch or kick that isn't a threat to your safety, keep distance and master timing.

Womens Self Defense Tactics For Urban Survival!

In the last article, I talked about why eye gouging is an effective method for taking down an opponent. In today's women's self defense article, I am going to talk about some tips when dealing with a mugger or rapist. The eye gouge is a move that all woman should know. If a bad guy is unable to see you, he can't really harm you, right?

Today's womens self defense technique is somewhat similar to eye gouging and can be used to stun the attacker so you can either run to safety or execute another self defense move. I like to call this move the, "face claw." Having long nails is a great weapon because they are always with you, allowing you to be prepared for battle at any time. You're nails don't have to be very long, but they should be able to easily scratch an opponent.

The face claw technique is very simple. All you have to do is move your hand up the side of the attacker's face and claw down, digging your fingers into his skin. The eyes are your primary target, but you should just try to do as much damage as you can. Keep scratching as much as possible. While you are clawing at him, try other moves such as punching, biting, eye gouging, elbowing him, and kicking his groin.

Using womens self defense techniques is relatively simple and it is all you need to survive an attack. Use the techniques that have been already mentioned and you will have no trouble. Do not just use one move to escape an attack. You need to go all out and inflict as much pain as you can on the attacker so you can escape and get help.

It doesn't matter if you're a woman either.

If you need to stun an attacker, these womens self defense techniques will work wonders. Grow your finger nails long enough to be able to scratch a person easily. However, they shouldn't be so long that they become dirty and unattractive. Your fingernails only need to be 1/6th of an inch to really do some damage to a person's face. By using this technique, you will shock the attacker, giving you enough time to escape, get help, or use other womens self defense techniques to finish him off.

I also recommend that you continue to establish physical and cardio training to be better prepared to fight someone off!

DOWNLOAD OTHER MARTIAL ARTS EBOOKS:

[Discover How To Get Into Killer Shape By Burning Off Excess Fat And Building Lean Solid Muscle Mass Easily! Click Here For A Training System That Will Make You Look Like Your On Steroids... Only It's Completely Natural!](#)

[Do you have A Punching Bag? Within This Link Is An Excellent Kickboxing Training Program You Can Easily Master At Home By Yourself With A Punching Bag In Under 2 Weeks! Click Here Now To Begin Training!](#)

[Click Here For Even More FREE Martial Arts And Self Defense eBooks Just Like This One! Click Here Now!](#)

[learn martial arts at home](#) [learn fighting moves](#) [learn combat training](#) [learning self defense](#) [martial arts books](#) [street fighting course](#) [martial arts PDF ebooks](#) [self defense tips](#) [Krav Maga Military Combatives System!](#) [FREE Self Defense PDF eBook](#) [Martial Arts PDF book](#) [Military Street Jiujutsu Self Defense PDF book](#) [Have Punching Bag? Learn Kickboxing Here!](#) [Martial Arts Book](#)