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How To Win Any Fight In Under 3 Minutes!

SPECIAL, BRUTAL STREET FIGHTING TECHNIQUES HAVE BEEN SHOVED INSIDE THIS REPORT!

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5 Explosive Self Defense Secrets To Dominate & Destroy Anyone!

A Special FREE Report Brought to You By..

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Discover my ideas and personal perspective on how to win fights and conquer bad guys thru proper training & fundamental concepts that will improve your results with tips and techniques to prepare for an encounter.

I have extensive training in Judo, Jeetkunedo, Taekwondo, and self defense and street fighting. I've had to defend myself against armed felons with home made knives in a maximum security jail at the ripe age of 20 years old!

I have been a bouncer in a dangerous night club for over two years and have fought against armed men, gangsters, been mugged and have survived very real attacks on the streets.

What I teach you within this report is from the school of hard knocks and my experiences with violence. If you can give a bad guy your wallet to avoid a fight I encourage it. If you can run away from an attack I encourage it.

But when violence happens use it as a tool and discover the potent collection of tips in the following reports..

Steve G

How To Develop Your Own Martial Arts Style!

Having a mixture of martial arts styles from different countries and cultures will help

diversify your range of motion and skill for your body type. Increasing your fitness and muscular endurance while preparing you physically and psychology for the types of assaults and attacks. Depending on what art you choose you may even learn some good self defense drills and techniques.

Many people ask if the modern day black belt teaching martial arts is actually equipped with real experience for teaching self defense and martial arts from a street attack perspective. After all, martial arts are designed to defend ones self, and if you are being taught theory and rehearsed drills you will suffer badly in a real assault and defense.

You need to be able to incorporate the fight stress element, the real feel of pain and the ability to adapt to the stress levels and perform with set drills and tools to defend and cause damage with using various strikes, pressure points, street fighting kicks & punches fired off round after round while maintaining mental calm and breathing fully.

I recommend from personal experience that you incorporate different types of self defense and martial arts styles and design your own combat system based on your skill level, your body type, your size, your range of speed, your timing, your instincts, and your abilities acquired thru training.

Hone in on what works that requires ruthless aggression and meditate on being the aggressor in a real street fight and attack with reckless abandon. Be sure to cover up block and defend but also attack with fury, intelligently with a calm and relaxed mind. Utilize the best techniques that you can mentally absorb and memorize for easier deployment amongst the various styles you practice.

To make things flow easier grab the best techniques from every style thru taking classes, or absorbing them thru books, online videos and of course actual physical practice. Remember that in a street assault there is no such thing as hollywood style moves that work. Focus on what works keeping the fight on your feet with you as the dominant aggressor, no matter how badly the outlook may seem.

Remember to use common sense and judgment. Just the other day I had a thug bump into me on the subway system. He called me on to fight, I shrugged him off apologized and walked away from a possible situation. Thankfully I walked away because within a minute he had two thug friends appear out of nowhere I would have had to fight if I blew my cool and allowing myself to fight for a lame reason.

You want your depth of martial arts and self defense knowledge to be as full & complete as possible adding in new tested information and throwing away what doesn't work. Remember to only practice and use what works in real life hand to hand combat. Secondly do serious weight training and daily stretching and exercising to better physically condition yourself for any possible attacks.

I have put my 23 techniques I learned behind bars while I was locked up in a maximum security jail. I recommend this for people who want a quick school of hard knocks approach to face smashing domination and destruction against any punk that messes with you. [Click here for my dirty jail fighting secrets!](#)

Proper self defense blocking and destruction techniques revealed!

A very important and integral part of surviving and winning a real violent attack on the streets is by protecting yourself and the ones your with from injury. Or if avoiding injury is impossible, escaping with your life with as little physical damage as possible. If you can escape being injured by handing over your wallet you won.

However if you need to get physical with a bad guy remember that your primary motive is to escape. If you can't escape your next method is to attack with no compassion just balls to the wall anger and vengeance. You need to fight and attack at 100% of your capabilities. You will also need to protect yourself and ofcourse cause as much damage as possible.

The most fundamental areas you need to protect yourself is your head your mid section, your ribs, your kidney and your groin. In this report I would like to address using destruction methods to break your opponents tools or weapons such as his fists or feet. With this technique I'll show you how to possibly break someones knuckles while protecting your head and body in a boxing position.

When your attacker is swinging at your face with punches hook your arms and hold your hands about 2 inches away from your ears and tighten your elbows to create two natural triangles used for blocking, destroying and deflecting the incoming punches.

When he smashes his knuckles into the tip of one of your elbows you'll see his reaction go to extreme pain in which case you assault and attack with full on deadly force until you are able to escape after protecting yourself and whomever you are with.

To protect your groin be sure to keep your legs shoulder width apart and use your knees to block, deflect and destroy the shin or foot bone of the attacker. The main purpose of these attacks is to cause maximum damage while using the natural reaction of deflecting a punch or kick while blocking.

I recommend a good bread and butter military martial arts style used by the US Navy seals my friend is practically giving away! It encompasses armed and unarmed hand to hand combat using the military's methodical approach to martial arts training. You know this stuff is good because the American troops fighting in Iraq are armed with this style! [Click here to download now, because the only other way to learn this is by signing up the US Army!](#)

A house hold self defense weapon you can use to protect yourself in an attack on the streets!

As you may have recognized by now my stance on self defense and martial arts training is to make sure it counts by causing as much extreme pain and damage to your attacker using whatever works including improvised weapons and self defense tools.

Unfortunately many of the main stream self defense weapons you can find on the internet are banned or if you use them on a bad guy you can get charged with assault with a deadly weapon -- Even if you are only protecting yourself!

This is why I find it mandatory to always carry a home made improvised tool or weapon on your person when you are out and vulnerable to attacks. Now I always recommend you stay mentally alert and prepared for any attack but having a weapon will obviously help you win in a fight.

Within this report I would like to show blunt impact weapons and how to use them. The first weapon I would like to show you is a roll of quarters. You can use it within your fist to make your punches even deadlier and they pack more force and cause a greater impact.

You can use this same technique with a lighter or a roll of pennies if your hands are smaller, I also believe in using weapons that cannot be turned on you by the attacker, and a roll of pennies or quarters or a lighter is easily concealed within your hand or on your person.

Before you feel that physical violence will occur have the roll of pennies in your hand and squeeze them while making a fist to create a deadlier blow with very real knockout power. You will realize within seconds the added power you have just utilized that causes 50% more power and pain in a fight.

I never recommend edged weapons like knives because they are very gruesome and the law looks heavily against the use of knives. Another reason being that you can be over powered, disarmed and then have the knife used on you ending your life. If the outcome is opposite and you take the life of a bad guy, you could wind up behind bars which isn't good.

Download all 11 of my home made self defense weapons with easy to understand directions and ways to attack using this list I made myself! Use my knowledge of improvised weaponry from fighting behind bars to [protect yourself now click here!](#)

Personal safety: Always be aware to stay safe!

I see so many people walking around the city streets of where I live as if they are on an auto-pilot, walking around consumed by whatever thoughts that are in their minds, completely oblivious to their surroundings, possible bad guys & criminals that may target them, and the potentially unsafe places they roam.

If you don't do this already when you are out and about in your daily life I want you to constantly be aware of who is around you and what is going on around you. Now don't get me wrong I'm not trying to get you paranoid, but I want you

to be aware at all times of your environment, people and things going on.

If you can avoid taking shortcuts on your daily routes that have bad lighting or are known for assaults, robberies or have a low popularity with people then avoid those types of places. Another thing to do is use the reflection of store and car windows to see what is behind you and around you.

Six old ladies got attacked on the subway near where I live within one night of a crack junkie robbing them for money for his crack habit and he is now doing 7 years in prison. Three of the old women have extensive head trauma and fear. This may sound cruel, but if they were more aware, they could have avoided being targeted in the first place.

Another thing I would like to point out in general with awareness and to reinforce is, if you must be listening to an mp3 player that you keep the music at half sound so you can utilize your hearing better to listen to the sounds. You can easily hear somebody sneaking up on you when you don't have head phones over your ears blasting music. Get my point?

Discover the techniques of *Hardcore Krav Maga* and learn the amazing martial arts secrets that law enforcement and the military uses to train soldiers and police officers. Get an amazing edge against any attacker and explode your fighting abilities [with this amazing collection of military martial arts – Click Here!](#)

Why you should always be ready to defend and fight at any given moment!

As a martial artist you must always be aware and ready to defend against an incoming attack whether it be by surprise or completely random. Most martial artists have this void in their psychological make-up, where they are only ready mentally to fight and defend during their scheduled dojo training sessions.

You must realize and remember that all the different styles of martial arts are all different forms of combat and having the right techniques honed into your subconscious mind where you get the point where you instinctually react with the correct movement no matter where or when is primal for victory while defending yourself during a street attack.

I recommend intensive sparring wearing head safety gear, safety gloves, and safety mouth pieces. You want the importance of performance stress and conditioning your reaction to in your face violence from retreat into a natural full on assault and attacking. Using full safety gear you can use full force and speed and feel the pain of getting hit & building up a tolerance to the highly demanding combat psychological stress.

Being able to absorb pain to your fore arms or having a bigger attacker throwing fists at you while you stay in zone and fire punches back instinctively and using the stuff I teach you with intensive sparring drills will greatly enhance your ability to perform the stuff you have memorized in a real assault.

Having your combat reactions ingrained in your subconscious fighting make up will

give you the practice you need and the experience that is mandatory for being able to take punches without being rocked. You need to build up your aggression and full on sparring builds the competitive combat edge you need to win a fight or end a violent encounter as safely as possible.

If you feel that your martial arts training that you have had previously doesn't and would not work in a real fight with an ex convict who wants to rob you then you have to upgrade your knowledge and skills [by doing something about it!](#) Face it you would not want to be annihilated and torn apart by an angry thug when you realize those martial arts classes were crap for real violence!

But being prepared and adaptable to survive, defend and attack in a violent attack prepares you for the real outcome and gives you much better results when you need to use violence to end violence as the tool it is. Be ready for violence at all times & have the skill set to be ready for combat at any time with anyone anywhere.

Get the US Military fighting lethal and un lethal combat and training methods by visiting this website. You get over a 121 pages of combat and self defense also including knife combat, stick fighting, deadly pressure points, chokes, grappling and more by [visiting this link and reading about these army fighting secrets!](#)

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