

HOWTOFIGHTANDWIN.COM PROUDLY PRESENTS...

"10 Battled Tested Street Fighting And Self Defense Techniques That Are Banned In The Mixed Martial Arts!"

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[Discover The Fighting Secrets That Are Banned In The Mixed Martial Arts! Click Here For Hardcore Fighting Secrets You Can't Find Anywhere Else..](#)

Welcome to issue #1 of The How To Fight Mini Course. Most of my subscribers have paid for a subscription but you got yours free for joining before the free subscription offer expired. Good job!

My name is Steve, and for my whole life I have been training in top martial arts like, Judo, Taekwondo, and Jeetkunedo. Today I will share with you a special technique on defending yourself on the street.

Let me tell you a little bit about myself first..

I have been in the martial arts for over 23 years and I have had my share of bloody battles on the street. I am a night club bouncer as well as hold 2 black belts in 2 different martial arts.

In my bouncing job, I deal with rowdy, drunk and dangerous people and I have had to use my martial arts abilities to defend myself and others against drunks, brawlers, coke-heads and even people with guns and knives.

Yes.. I know what I'm talking about and feel very confident in giving you my advice for defending yourself on the street.

So no matter what you're training or experience you will learn an amazing arsenal of moves that allow you

to win nearly any fight while defending yourself without getting hurt in this eZine!

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Feature Article:

The problem with most of the martial arts
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There is a big problem in the martial arts and self defense training courses currently being offered. You have to memorize complex moves and techniques that usually don't even work in real fights.

The more intense and complicated the techniques are, it makes learning them and using them in real fights even harder.

Another big problem with martial arts is that they require years to master and years to get to the really good stuff. Plus you have to memorize moves and weird postures you don't use in your every day life.

My self defense system only uses natural body movements and positions you can do right now. Techniques you use all the time anyways. All you've got to know to win a fight, is the moves, and when to use them!

You don't have to learn a whole new martial arts system or dedicate years of your life with this combat system.

That's exactly how I've trained over 500 people in various walks of life, and various different training and martial arts styles.

It's a fact, that the faster you end the fight the better your chances of surviving. The longer a fight takes, means you will be at more risk of being injured or killed.

If the fight lasts a long time you have a bigger chance of losing. You have to forget all the fancy flying kicks and Hollywood style moves you see on T.V.

Unlike martial arts and tournaments you're not going to be impressing your opponent, judges or an audience. Your #1 motive in a fight is to end it as safely as possible.

Black Belt Secrets Report #1:

[Discover The Hardcore Training Techniques Of Bruce Lee And Get The Same](#)

[Exact Speed, Strength, Conditioning And Fighting Skills As The Dragon Himself!](#)

Well, it's issue #1 of the Blackbelt Secrets eZine and I just want to thank you for staying subscribed to this eZine. I hope to bring you nothing but the best self defense moves for disabling any violent attacker that threatens yours or someone you love's life.

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How to do the face claw.
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In a previous issue of this newsletter I discussed the value of eye gouging your opponent. After all, if they can't see you, they can't fight you! This move is pretty similar and should be used to shock your attacker so you can run to safety or apply other techniques after using this move.

Today's power move is the, "face claw." Basically, since you are already prepared for battle anywhere, a good weapon to have is long nails. They don't have to be super long, but long enough to easily scratch.

With the face claw, you slide your hand up your attackers face and claw down, sliding your hand down his face while digging your fingers into it. A main target will be the eyes of course, but try to do as much damage as possible.

If you're not a woman it doesn't matter.

This move works great on stunning your attacker. So start growing out your finger nails, but not so long that they are dirty and unattractive. You only need an 1/6th of an inch of fingernail to slash up someone's face.

This move won't disable an attacker but it will shock him, and clawing his eyes will give you some time to escape, run for help, or finish him off with other moves.

BlackBelt Secrets Report #2

[Get The Exact Same Fighting Techniques Of The Soldiers In Iraq, And Discover Knife Fighting, Stick Fighting, Unarmed Combat And More Click Here!](#)

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How To Develop Your Own Style!

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Most martial arts can be studied world wide from a different variety of countries and cultures. It's a well known fact that martial arts can even increase your fitness and muscular endurance levels too. Depending on what art you choose, you may even learn some valuable self defense tips.

Currently, there has been big debates on whether martial arts are effective as most self defense courses and classes. In my experience, I recommend you study as many styles as you can and only use what works.

What I have found works well, is to take the different techniques from each martial art and design your own combat system based on your own personal skills and results based on real life fights you've been in.

To make things easier, grab the best techniques from every style you try and use them when you are practicing. Unfortunately, on the street you won't be able to do a full technique and crazy Hollywood style moves. That's why it's best to try different techniques and martial arts.

Martial arts should be about self defense and using what works in real life hand to hand combat. Another thing you should practice while training martial arts and self defense is of course weight training and doing exercise on a daily basis, to better prepare yourself for any forms of attack.

Get Private X's, "Army Fighting Secrets" Course Completely Risk Free For 60 Days!

Get 37 Bone Busting Techniques To Smash In Any Violent Criminal That Might Pose A Threat To Your Safety – 100% FREE!

A knife attack self defense technique I would like to reveal today, uses a part of your clothing, you probably wear already. But it can be used as a great tool in gathering leverage, providing distance from the attacker as well as ways to disarm him.

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"Leverage, Distance, And Control In Knife Attacks!"

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I mentioned in the intro of this eZine issue, that I would like to show you how to gain control and get less injuries than you typically would, in a knife attack!

There are probably millions of videos, dvd's and every thing else in the martial arts market, that either teaches you knife fighting, or how to defend against knife attacks.

Most of them are completely wrong and get many people even more injuries from their training received from these so called, knife fighting "Gurus."

If at any time you are approached by someone with a knife, get as much distance away from him as you can.

Remember, if you are ever approached by someone with a knife, the best thing to do is run away or get as much distance as possible, while screaming to draw attention.

If you don't have any way of gaining space between you and the blade, or you can't run away, use your belt or your shirt as a shield. It works!

BlackBelt Secrets Report #4

[Discover Bruce Lee's Fighting Secrets, Training Techniques And The Exact Same Things He Did To Become A Deadly Fighter Click Here!](#)

I would like to discuss the pro's and cons of using a pepper spray or mace as a self defense weapon you can carry and conceal. Are they good or bad? Read this free report and I'll show you the nitty gritty truth!

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Feature Article:

"The truth behind pepper spray and mace: Good or Bad?"

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So are pepper and mace self defense sprays a worthy and powerful enough weapon to stop anyone? Even a 300lb drug addict trying to rob you?

This report will reveal exactly what you need to know.

For starters, pepper sprays and mace are small hand held devices that spray pepper and mace liquids designed to attack the eyesight of your would be attacker.

Yes they can be very handy. They can cause severe pain in the eyes of someone that gets a shot in the face of it. The eyes will swell up, tear up, sting, and throb in pain.

Pretty useful overall, but now I would like to outline one of the main negative results experienced with these spray can assassins.

Unfortunately when you are encountered in a violent attack, or get in a fight, you will need enough time to pull the can of spray out of your pocket or purse.

Then you have to actually aim the can at the attacker, and not get it in your own face. If you practice pulling out the spray, aiming and firing, you'll have better results in real life! :-)

Not in good enough shape to last in a real fight?

Discover Bruce Lee's training, dieting, and conditioning program he used to get in such KILLER SHAPE in my new manual that shows you how to become a WRECKING CREW in under 3 weeks:

<http://www.bruceleesecrets.com>

BlackBelt Secrets Report #5

Get 23 No Holds Barred Reality Based Self Defense Techniques That Will Permanently Disable Any Opponent You Face In A Life Or Death Battle On The Street!

In today's issue I would like to discuss two techniques for getting out of chokes. Getting choked, stinks and it can be very scary and make you feel defenseless.

Don't worry, here's my top 2 techniques I use for getting of chokes and deadly situations.

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Feature Article:

How to escape being choked out!

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So you find yourself in the middle of a deadly encounter and all of a sudden you have the bad guys arm around your throat and you can't breathe huh? Don't worry!

The first thing to do when you are being choked is to

completely relax and use as little oxygen as possible. Secondly, start trying to stomp on your attackers feet or toes with the heal of your foot.

Secondly, use your hands and reach for his eyes and stab your fingers into his eyesockets and he will usually let go, in an extreme amount of pain.

Another technique is to pull one of his fingers backwards with one of your free hands. If you don't break his finger you will atleast get out of the choke.

You can get the exact same **COMMANDO FIGHTING SECRETS** of the boys fighting in Iraq and become a DEADLY & EFFICIENT fighter ready to do battle with anyone no matter what their size or experience:

<http://www.armyfightingsecrets.com/>

BlackBelt Secrets Report #6

Read The Report Written By A Former Marine Who Quit The Army And Put Together The Deadliest Fighting System Currently Available Online!

In today's issue of this eZine, I would like to show you how to overpower someone, even if they are a 100 pounds bigger then you, or even more skilled.

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Feature Article:

How to beat someone that is bigger or more skilled!
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So you find yourself in a dangerous encounter ready to fight, but there is a problem. The guy ready to mash your face in, is bigger and stronger? No big deal!

The very first thing you want to do is to try and get to safety, either running away or calling for help. If this fails, try this easy and destructive technique..

Find something you can use as a weapon immediately.

Rocks are good for packing your fists with, to cause more damage and destruction when punching. But other things work well too, it's up to you, to be aware of your environment, and what is available as a weapon.

I want you to start readily looking for objects you

can use as a weapon. This is an actual training tip of ninjutsu.

So from now, until the rest of your life, I want you to be aware and look for things you could use as a weapon if you were ever attacked. It works well!

Discover my full 20 techniques for causing maximum damage to any violent attacker, and end all physical encounters alive and in under 3 minutes! By visiting:

<http://www.howtofightandwin.com/secrets.htm>

BlackBelt Secrets Report #7

[Get 37 Hardcore Fighting Lessons Exactly Like These, eMailed To You Once A Week Turning You Into A Deadly And Powerful Fighter Capable Of Defending Yourself And Your Family – 100% FREE Click Here!](#)

In today's issue of this eZine, I would like to discuss the best and most tactical, defensive position and posture you should have your body in, when you are in a situation where you now violence will erupt!

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Feature Article:

The proper stance to use when being attacked!

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When you feel the hair on the back of your neck stand up, or you feel threatened, or get a gut instinct that you are about to be attacked or assaulted, Listen up!

I would like to show you the proper stance you must use when you are ready to fight. Basically it's alot like martial arts, and gives you a better range of motion.

Stand with your dominant leg facing your opponent with your legs shoulder width apart and your midsection facing your attacker.

Secondly you want to have your hands up guarding your face and body at all times. If you ever lead with a punch, always have a hand available to guard your face.

You don't want to get knocked out, so always guard your head, and don't be afraid to use any moves you know, no matter how cheap or cruel, use what works to win fights!

BlackBelt Secrets eZine Report #8

Discover The Hardcore Training Techniques Of Bruce Lee And Get The Same Exact Speed, Strength, Conditioning And Fighting Skills As The Dragon Himself!

Blocking is very efficient and an essential aspect of surviving a hostile encounter.

Other than that, I have big plans for my paid students who got my guide, and I'm getting great comments on, "How To Win Any Fight In Under 3 Minutes" and my members only eZine!

"Just wanted to let you know that you were right I couldn't have afforded not to invest in your book I look forward to more from you." G.L. - Ontario, Canada.

Become a full student now by visiting:

<http://www.howtofightandwin.com/secrets.htm>

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Feature Article:

Proper Blocking And Destruction Techniques

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A very integral aspect of surviving a real violent attack is protecting yourself from getting injured. Your primary concern, should be to escape. If you can't escape, your next idea is to attack all out, but you'll need to protect yourself too!

I think the most important part of protecting yourself is ofcourse, your head, your midsection, your kidneys, your ribs, and your groin. In today's article I'll explain how to do it!

A very effective technique for protecting your head and face is to hold both your arms in a boxing position in front of your face.

When your attacker comes in and attacks with a punch, put both your hands about 2 inches away from your ears and tighten your elbows to create 2 natural triangles, used for blocking strikes.

Once he pulls his arm back drop your hands out of the

guard position and attack full force. When your using an open stance, in a boxing position, be sure to keep your elbows in protecting your ribs, stomach and your hands up to protect your face.

To protect your groin, be sure to keep your legs shoulder width apart and use your knees to block kicks. Secondly, use your feet and block your attackers lead leg, at his shin with your foot. This will keep him from advancing or kicking you.

Always be ready to attack and be sure you block as much as you can. Remember, practice this with a partner!

BlackBelt Secrets Report #9

[Get The Internet's Most Brutal And Deadly Fighting Secrets Written By The Guy That Wrote This Guide Right Now And Become Deadlier Than A Shotgun Blast To The Face -- Click Here!](#)

Today's article is going to be a short one, but I would like to show you how to react if you get punched in the face and get rocked by it. It's hard to take a shot to the head, since it's very painful, but even worse is the fact that it can knock you out.

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Feature Article:

What to do if your stunned by a punch to the face
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So you find yourself in a violent situation and suddenly you get rocked by a punch to the face.

Your back is against the wall and you're starting to get scared.. In this article I will address a pretty simple move, to get your vision and senses cleared up so you don't end up taking any more blows to the head.

Immediately after you get punched, lunge in at your attacker and hook your arms under and through his arm pits, creating a "clinch."

This will keep him from punching you further and the time you will use while he is struggling to free his arms will give you more recovery time, so you don't get stunned and receive more brutal blows to the face or head.

I've done this in plenty of fights and yes when I get punched, sometimes it rocks me too. The clinch is an excellent strategy for combating the dizziness and pain you will experience enough to recover.

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I look forward to sending you even more tips and ideas for winning fights and defending yourself on the street. Keep on reading this newsletter. I send it every 5 days to your inbox, so keep reading and stay safe!

BlackBelt Secrets Report #10

[Get Hardcore Fighting Secrets The Army Uses To Train Our Troops To Kick The Living Shit Out Of Terrorists Around The World!](#)

In today's article I would like to discuss a proven weapon you can use. It's sort of like brass knuckles, but completely legal to possess. This home made weapon is very small and compact, and can give you amazing knockout power with any strike you use!

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Another household weapon you can use!

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Well, as you probably have learned from reading my eZine over the past few months, I'm an extremely "dirty fighter." In today's article I would like to show you the value of rolled pennies and how to use them as a weapon with insane knockout power.

Basically, you'll want to get a roll of pennies and you can get them at a local bank for only 50 cents and they make awesome re-inforcement for your punching hand.

I believe in using weapons that cannot be turned on you by the attacker, and a roll of pennies can easily be hidden within your hand or on your person.

Basically, before you feel that you are in a violent situation, grab the roll of pennies from your pocket and hold them in your striking hand and make a fist.

You'll probably realize within seconds, the added power you have just added to your regular punches. Yes, it is a very powerful tool and will make your strikes atleast 50% more painful on your attacker.

Be warned, it is considered a weapon and if you get in trouble for using it, you never learned it from me ;)

Blackbelt Secrets Report #11

[Read All 37 Of These Special Reports For Free By Joining My Free Newsletter! Click Here To Sign Up!](#)

It's issue #11 of the How To Fight Course and today I will show you a vital area to target while fending off a violent attacker. Let's put it this way, with this technique, it will make it impossible for your attacker to see.

If you can't fight you can't see and that's what today's article is all about!

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Feature Article:

Are you feeling a void in your training?

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Many martial artists start feeling a void in their practices and participation in martial arts. This is partly due to the fact that a well rounded fighter must be skilled in ground fighting and striking.

In self defense, and street fighting a fight can go anywhere, without any refs, coaches or padded mats to save you.

In order to be a well rounded fighter you will need a variety of different skills from respected martial arts and their teachers.

One of my favourite style's that I use in real life fights is Bruce Lee's, JKD.

JKD of course, stands for Jeetkunedo, a hybrid fighting style you can apply to any kind of

martial art you are training in.

Whats great about Jeetkunedo is the fact that it is "Street Based." Most of the techniques in this style, involve strikes, low kicks and eye gouges, stick fighting and blocking.

A majority of the techniques that you will learn in my eBook, "How To Win Any Fight In Under 3 Minutes" will train you with the skills and deadly techniques of JKD.

You will also discover some moves you can find in ninjutsu, ultimate fighting, pit fighting as well as the more hardcore martial arts.

Blackbelt Secrets Report #12

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Feature Article:

The groin kick - the most effective move?
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So, you probably already know this move but it is very effective and extremely easy to implement on any male attacker. In today's article I would like to discuss this technique and the different variations you can do to use it.

When being kicked in the male organ area it is extremely painful. A sudden wave of pain rides over your body and stuns you. It will usually drop you to your knees on the floor utterly useless and unable to fight back.

Many people think the only way to implement this attack is winding up and using a solid kick. There are many different variations of injuring the groin you can use and here are some ideas:

1. - Kick to the groin - You want to kick upwards so you plant your foot in the base of his male organ hitting his testicles which causes the most pain.
2. - When grappling don't be afraid to grab his organ, pull it or hit it with your hands. In self defense anything that works is effective so try to strike or grab and squeeze.

In jail I've proudly used this technique when in battle with a thug with a knife. I grappled with him and grabbed his organ and pulled. He fell to his knees and I finished him off before the guards pulled me off him.

Remember, whatever works on the street is completely OK to use. Don't be afraid of being labeled, a "cheap" fighter. There is no such thing as being cheap when it comes to, life or death hand to hand combat.

HARDCORE FIGHTING SECRETS REVEALED..



[How To Win Any Fight In Under 3 Minutes!](#)

Discover the most brutal techniques in a collection of over 200 pages of street fighting secrets in one simple download!

Read the free report that shows you how to unlock the martial arts greatest fighting moves, perfect for self defense on today's cruel streets:

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