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*Secrets For Staying Alive  
When Rules Don't Apply*

*How To Guarantee Yourself An  
Unfair Advantage Over Any Adversary*

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**Founder of The TFT Group**

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## FOREWORD

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**Welcome to this brand new collection of some of the most powerful material from my Target-Focus™ Training (TFT™) System.**

**With TFT I guarantee you'll not just survive an unavoidable violent confrontation with some sociopathic criminal... you'll learn to actually defeat him (more about that later).**

That's right... we teach you to beat him... at his own game.

Self defense or defensive-based martial arts may work fine in a social violence situation... but they're totally useless when your life's on the line. And that's what TFT is all about... handling the worst-case scenario you could ever imagine.

As I noted, I can't teach you the complete physical dynamics of my Life Preservation system in an ebook. For that you'll need actual training... either live or from videotape.

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But I can give you a deep understanding of the guiding principles that drive the entire system and how you apply them.

With that in mind, let me briefly describe what you'll find in this ebook:

1. **The First 12 Issues of my Original *Free Combat Training Principles* Award-Winning Newsletter:**

No longer available, these priceless issues offer insights into TFT available only to original newsletter subscribers. Some who attended my live training actually thought I “gave away too much information about my system” in these issues. But I feel it's critical you understand the thought process that underlies what we're doing. So rather than pull them forever, I'm making them available only through this ebook. This is now **the only place** where you can get all these classic issues in one place.

2. **A booklet for private TFT clients entitled “*The Two Key Principles Used To Win Every War, Battle And Street Fight... And How You Can Exploit Their Devastating Power Today.*”**

This booklet extensively reviews Cause-State™ and Effect-State™, the foundational concepts upon which TFT is built. Previously only available to private clients, this material enables you to apply these concepts even without fully understanding other parts of my System. This is an intense discussion and you may need to read it a couple times to make sure you understand all that we cover.

3. **The Brian Kay Interview**

Brian Kay is a very successful businessman from New Jersey. He attended two live training sessions I did in New York City (including one I did just 2 days prior to the 9-11 disaster in a building only blocks from ground-zero). Brian was so impressed with what he learned, he later called and interviewed

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me live for more than an hour, then transcribed this interview and distributed it to all his clients.

It's very long... yet totally riveting. And since this interview covered every aspect of my TFT system... as well as how Brian was able to put it to use personally... you'll truly understand what TFT is about after you finish reading it.

#### **4. My Special Knife-Fighting Article**

After the 9-11 attacks... once I heard how the terrorists had used small box-cutters to hold off passengers on each airline... I knew I needed to write an article about how easily the average person could deal with such instruments.

This is that article. While you'll learn that my TFT System is normally taught as a single, integrated system there was just no way I could not make available the principles behind handling situations like this.

Here's what the editors at one of the magazines that published it had to say about the article:

*"We don't publish many off-topic articles, but this one, written by an expert in the martial arts and military hand-to-hand, close-in combat training, really jumped out at us. Basically, it's about surviving a knife attack. In light of the recent terrorist attacks — assaults led by a handful of terrorists wielding little more than small knives — such an article seemed appropriate. After all, you've probably been asking yourself, "Could I have stopped them if I'd been on one of those planes?" Hopefully, you'll never have to find out, but if more people had been familiar with the information contained in this article, then some of the tragedy could have possibly been averted."*

#### **5. The Charles Staley Special Bonus Report**

If case you don't know Charles, he's one of the world's top trainers of competitive athletes, a man who's signed more confidentiality agreements than just about anyone around (none of these world-

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class athletes want others to know where they learn their “secrets” to success).

A sports performance specialist and director of Integrated Sport Solutions in Las Vegas, Nevada, Charles is a former martial arts competitor and trainer, and master’s level track and field competitor. He’s coached elite athletes from sports such as martial arts, luge, boxing, track & field, bobsledding, football, Olympic weightlifting, and bodybuilding. And he’s written hundreds of published articles, while lecturing extensively on human performance and sport training.

In short... they don’t get any better.

In “***The Last Man Standing: Intelligent Strength Solutions For Combat Disciplines***”, Charles put together special information just for TFT participants. He packs in cutting edge strategy that most trainers and coaches don’t even know about... and for sure don’t understand.



What you'll notice in reading this material is how much Charles stresses planning and efficiency in workouts. He'll have you done and back home while others are still loosening up. It's an awesome read.

Yes, it's a lot of material for you to go through.

But here's why you need to know it: 70% of those attending my training have been in some type of a violent conflict... and had NO idea what to do. Today it's not enough to live in a good neighborhood, work in a nice part of town and have nice friends. A criminal doesn't care. He doesn't care that you trained in a martial art or took a self-defense class. You must learn to deal with him on his terms... or you don't stand a chance. And that's what this ebook will help you to do. It'll give you that **unfair advantage you must have**.

Best Regards,

*Tim*  
Tim Larkin



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## Your Critical Decision

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*“The indispensable first step to getting the things you want out of life is this: decide what you want.”*

*-Ben Stein*

**There are many constants throughout life and the above quote truly defines one of the most critical steps in your pursuit of any endeavor. So before we even consider the principles of any good fighting system or martial art, you must first answer this question:**

“What is my goal for this training—to enhance my athletic competition skills or to learn to effectively deal with potentially lethal physical attacks from one or more thugs hell-bent on harming me and/or someone I love?”

It truly amazes me how many people just stumble into various martial arts or combat sports never hav-

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ing once considered the above question. Yet your answer to that question makes all the difference in determining whether you really get what you want from training.

Here's why.

If you answered “for competition”, then understand you'll find numerous martial arts and combat sports that provide excellent instruction and challenging forms of competition. There you can SAFELY match your skill level against another competitor, within agreed upon RULES and under the supervision of a judge or referee.

The combat sport athlete has my greatest respect, and you can certainly learn some very effective lessons in competitive strategy and tactics from these sports and disciplines. I know many of you may also enjoy the sometimes-extensive physical training these arts require in order to excel in competition.

Unfortunately, if “sport fighting” is your thing... if it’s your answer to my first question, well, you won't find this newsletter of much use. In fact, you may even want to unsubscribe and save your inbox clutter. No hard feelings. If you’d like, finish this issue, though, to understand a little more of the reasons "why".

Now, let's return to the question.

If you answered that your goal for training IS to learn to effectively deal with real life-and-death threats, then you've come to the right place.

You see, in upcoming issues I’ll throw some provocative stuff at you, give you insights you've likely never been exposed to, challenge other stuff you may hold as absolute.

It’s my goal with this newsletter to arm you with the necessary information to confidently seek out the most effective hand-to-hand combat training.

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But before we move on...

There's one more group I must address. In fact, it's these individuals that I really hope to reach with this first issue of my newsletter.

The group? Well, it's those of you who answered the question, "I want to train for BOTH athletic competition AND life and death attacks."

Why am I concerned?

It's simply this ... **YOU CAN'T DO IT!**  
That's right. And the reason is very simple: "You do what you train."

Let me repeat that – "You do what you train."

If you train in a combat sport or martial art that has rules restricting you for reasons of safety during competition, then you'll react to a violent criminal assault...



—Restricted By Those Very Same Rules!

But understand, those rules only apply to you.  
Not to your assailant. He has NO restrictions.

That's why you must to be extremely careful  
when physically training for self-protection.

You see, there's a coding process that gets  
'installed' when training—and it's this process that  
ultimately determines your responses under  
stress.

Examples? There are many.

But one of the more disturbing involved a major  
police department's firearms training program.

The range where this city's police officers per-  
formed their firearms training was run by a range-  
master more concerned about keeping his range  
clean...than keeping his officers alive!

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During practice with their revolvers, the officers were required to shoot all six rounds, then eject these spent cartridges into their hands and put them into their pockets.

This 'RULE' was enforced because the rangemaster didn't want his pristine range littered with empty cartridges.

Problem was—in a REAL life-and-death gunfight, an officer must reload his or her weapon as fast as possible. And to do that with a revolver, you obviously just dump the empty cartridges on the ground while quickly reloading with your free hand.

But surely these highly trained police officers would not let their training impact them negatively in a real situation, right?

Unfortunately, it wasn't until 2 officers were shot dead in a gunfight that the facts were revealed...

—“You do what you train.”

Both dead officers were found with empty cartridges in their hands, EXACTLY as they trained on the range, even though they faced a life-or-death situation where those extra seconds may have been the difference.

So return to my initial question, and make your decision: “What is your goal for training?”





## **Almost Every Conflict is Won— or Lost— With This One Weapon**

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*“Its not the size of the dog in the fight, its the size of the fight in the dog.”*

*- Mark Twain*

**To truly prepare yourself for life and death confrontations you must take inventory of those weapons readily available to you.**

When my trainers ask new clients to list the “weapons” at their disposal, they give a variety of answers. Most tend to focus on either the actual weapons they carry on their person or objects they use on a day-to-day basis that might be utilized as improvised weapons (briefcase, umbrella, pen, etc.).

This response is not confined to the “unsophisticated” trainee, either. Extremely competent, well-

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trained military commandos and special law enforcement personnel I train give the exact same answers!

The difference is these operators usually categorize the weapons available to them as primary (rifle or submachine gun) and secondary (side arm, knives, etc).

In both cases, however, the highly trained operator and the uninitiated almost ALWAYS fail to list their most powerful weapon.

That weapon is...Their MIND!

Unfortunately today, very little effort is made to properly train your mind for violent confrontation. In fact most martial arts and combat sports go out of their way to actually negate this “primary weapon system” by focusing on defensive-based training. Their programs revolve around REACTING

to your attacker's actions rather than focusing your actions on DEFEATING the threat.

This defensive thinking causes you to hesitate as your mind tries to figure out what is happening rather than focusing on “targets” of opportunity.

By constantly drilling on blocks and on counters to attacks, and through being told never to initiate action, your mind habitually attempts to protect you by reacting to what is happening – rather than helping you to defeat your attacker.

Correct training of your mind is the CRITICAL component that unleashes your ability to take advantage of all the other weapons available to you.

Give your mind the wrong command ... and you hesitate; hesitation causes fear; and fear causes you to freeze, leading to an often-disastrous result in a true life-and-death struggle with a violent thug.

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Many people give lip service to offensive or aggressive thought training.

But in my 20-plus years of training clients, I've seen a mere handful of instructors who can competently instruct offensive/aggressive thought training coupled with effective hand-to-hand and hand-to-weapon training.

I hope the industry changes in the future – but I'm not holding my breath.

Occasionally, I do get clients who come to me with naturally aggressive or offensive thought processes.

For example, I recently trained a female CEO who had fought off an attack in Paris.

She was traveling in a car with her husband through the busy streets of that city when they were assaulted by criminals on a motorcycle. The



guy on the back of the motorcycle jumped off at a stop, broke into the back seat of their car and attempted to steal her laptop.

She immediately attacked the first target she saw—which just happened to be his helmet chinstrap. She grabbed it and repeatedly slammed his head into the door. He dropped the laptop as her husband sped off.

She sought out my services not because she had failed but because she was annoyed she couldn't think of a BETTER target to attack!

With that mindset, 50% of my work was done. She excelled in training and is now more prepared to use her already-perfect mindset to summons better targets and weapons.

As in the Mark Twain quote above, by focusing first on correctly training your most important “weapons system”—your MIND—you significantly

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increase your ability to take out anyone threaten-  
ing you or your loved ones.



## **The One Little-used Training Principle That'll Leapfrog Your Combat Fighting Progress**

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*“The way to avoid what is strong is to strike what is weak.”*

*- Sun Tzu*

**When most people think of martial arts training they envision a class arranged in rows going through various punching and kicking drills.**

Form is emphasized to an incredible degree. I remember early on in my martial arts training being told by a master that until I had performed a movement 1,000 times (in this case it was a traditional reverse punch) I would not be able to understand, nor properly use, this strike.

So for much of my youth I would spend hour after hour performing the various punches, kicks, and

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techniques I'd been taught, until I acquired 'proficiency' in my performance of these movements.

Often QUANTITY was emphasized over QUALITY. In fact looking back on these training experiences I believe the main goal was FATIGUE.

This often produced humorous results. Whenever I was able to sneak a glance around the room, I'd notice the agony on the faces of my fellow students as they executed say, a high roundhouse kick, for the umpty-umth time— a kick that now barely rose above knee level!

The instructors were very SPECIFIC when it came to form. Everything had to look just so— and you were judged by your ability to reproduce this look. You were instructed in use of your natural body weapons but the emphasis was on form rather than function.

The subject of whether or not this particular strike was effective or even biomechanically correct was never addressed. Any such questions were dismissed with some vague reference to the art being this way for 1000's of years, blah, blah and blah...

Here were just some of the questions I had about those methods:

1. What was the purpose of these drills? To make me a better fighter? And if so, how?
2. What was the point of doing a drill to fatigue? What did I learn from that? Did it make me better at that drill?
3. How did the movements I learned work under the stress of a real fight?
4. Why are some of the ways you're teaching me to use my body seemingly more prone to hurting me than my attacker?

Unfortunately I got nowhere asking these and other similar questions. It took me many years of

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WRONG training to find out how to correctly train my skills for maximum fighting effectiveness under stress.

The different is dramatic... as are the results.

When you train with me, especially those of you with extensive martial arts training, you'll be amazed how little I correct you on 'form'. I'll rarely have you performing 'drills'. And I never instruct you to 'memorize' a technique.

But I am very strict on whether or not you are using your body weapons to correctly strike the targets on your attacker. I am also a 'stickler' on the proper biomechanical use of those body weapons you use to execute your strikes.

Why?

Because the **ONLY** thing that matters when you are in a real fight is that you—**HIT YOUR TARGETS!**

The focus is not “how you look” when you execute a one-knuckle punch to your attacker's temple, but...

#### DID YOU HIT THE TEMPLE?

How you look when you strike is a very minor concern. I do address how you look in training but in a very specific manner. One that helps you to more effectively hit your targets while generating the MAXIMUM amount of force with each of your strikes.

Still, one of the most difficult things for me to ‘unlearn’ from a trained martial artist or fighter is the formatic drills their prior training inculcated in them.

Often I’ll watch as a highly trained individual executes a picture-perfect kick or punch during a training session, a blow that rightfully sends the partner reeling backwards due to the force. Then, however, I watch them stand in place (again, often in a pic-

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ture-perfect stance) rather than DYNAMICALLY moving with their attacker.

With my training you won't make the same mistake. Focus on what your goal is— DESTROYING your attacker. In order to do that you need to insure you hit your targets.

If you can focus on that FIRST, I'll help you look good doing it later.





## Your Roadmap to Destroying Your Attacker

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*“Hit quickly, hit hard and keep right on hitting. Give the enemy no rest, no opportunity to consolidate his forces and hit back at you. This is the shortest road to victory”*

*-General Holland M. 'Howlin' Mad Smith,  
USMC*

**Most instructors don't advocate 'hitting first' and following the above quote's advice. They get enmeshed in self-defense laws, spiritual, and social morays surrounding the issue of such a seemingly aggressive approach.**

We have already established that fighting is not something that is entered into for any reason other than to stop an attacker whom otherwise would do you serious, life-threatening physical harm.

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Let's take a brief look at this 'hit first' principle.

In a violent confrontation you have 2 choices:

1. You may CAUSE your attacker to respond to your action or,
2. You may REACT to the action of your attacker.

If you choose the latter you are taking a defensive and potentially, a very dangerous method of self-protection.

It requires that you watch your attacker initiate the attack, quickly figure out what is happening and then be able to effectively COUNTER that attack.

Essentially with this choice, you allow the attacker to control the fight and then attempt to wrest control after the fact.

There are some very interesting options when using this ‘counter’ strategy but any way you look at this it is a defensive approach.

An educated fighter, however, understands that if he is the first to strike his target then he will control the situation.

So even though the attacker moves first to say, throw a punch to the face, the fighter keys off of the movement and kicks the attacker’s bladder before the punch even get halfway to the face.

As the attacker reacts to the blow, the fighter delivers yet another strike to a specific target, then another— until the attacker is no longer a threat.

What gives this fighter the confidence to IGNORE the attack and focus on his target of choice?

That confidence is a result of a specific understanding of the human body’s nervous system and

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how to manipulate the spinal reflex reactions designed to protect the body.

The same reactions that automatically pull your hand off a hot surface can be triggered to destroy your attacker and completely shut down his ability to fight.

This literally becomes your 'roadmap to destroying your attacker'. The specific methods used to maximize this knowledge go beyond the scope of this newsletter.

Suffice it to say that a competent instructor can give you a tremendous advantage by utilizing this knowledge. With it you can make rapid progress in your ability to control a violent confrontation.

This knowledge breeds confidence that in turn, breeds your desire to 'hit first'. I can't say it any better than Howlin' Smith but I'll add that learning

about spinal reflex reactions is your shortest road to victory in a life and death fight.





## Is It Necessary To Know How To Kill?

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*“Violence is not always the answer, but when  
it is the answer, it’s the ONLY answer.”*

*-Author Unknown*

**NOTE: I realize the subject of this issue is highly controversial but urge you to read through this entire issue before forming an opinion. I will revisit this subject more in the future.**

Lets start with a couple of questions:

1. In this day and age, what could possibly be the reason to teach someone how to kill another human with his or her bare hands?
2. Do I actually advocate instructing clients in this very specific, lethal material?

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The answer to the first question is that there are MANY reasons why it is essential one get this lethal knowledge. The answer to the second question is: not only do I advocate teaching it, I ABSOLUTELY teach it to all my clients.

So, what are my reasons for taking this very controversial position?

First off, I've carefully laid out the principles behind the training I advocate for life and death situations. You have read in previous newsletters about the disastrous effects of training with rules against attackers who don't observe those same rules.

It is very clear that using violence is appropriate in very few situations. To use violence for any reason other than hurting an attacker who would otherwise harm you is extremely risky.



You see, with proper knowledge of the nervous system of the human body one can effectively attack any assailant, regardless of size, strength or athletic ability.

So it is inconceivable that one could train a client for self-protection yet ignore the subject of killing.

If faced with a life and death struggle you need clear, concise information on how to systematically shut down your attacker's central nervous system (CNS).

This is especially true for male-on-female violence, which females **MUST** treat as a lethal situation. Also any fighter facing a potentially lethal attack by a larger, stronger or faster attacker must be able to immediately shut down that attacker's CNS.

Still, very few instructors directly teach this knowledge. Why? It has been my experience few actually have the skill and expertise to do so. To

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hide this deficiency they state legal issues and spiritual reasons for not teaching such principles.

Yet many of the techniques they show will directly result in potentially lethal outcomes—**SOMETHING THAT IS NEVER POINTED OUT TO THE CLIENT!**

In fact, most clients go through training with no clear knowledge of which strikes and techniques **ARE** lethal and what the impact is on the human body from these blows and manipulations.

I find it far more dangerous not to know how to kill when you consider the flip side of that knowledge; the fact that any time you put your hands on another human being to inflict violence you have no idea whatsoever how that person will response to the blow.

A person built like Arnold Schwarzenegger may have a bad heart and your punch to the solar

plexus to ‘teach him a lesson’ may, in fact, kill him. That is why I stress the difference between EGO THREAT situations and LIFE-AND-DEATH THREAT situations.

Recently in Massachusetts, you probably heard about the ‘Hockey Dad’ trial. A man ended up going to jail for manslaughter over an argument with his son’s hockey coach. By all accounts the smaller coach was a real jerk and made the kids do some useless and dangerous training on the ice.

This ‘Hockey Dad’ voiced his concern and the verbal exchange led to a fight. ‘Hockey Dad’ ended up killing the smaller coach by repeated blows to the head.

It was not intentional, both were wrong. But the one common factor here was this: neither had any idea of the effects of those strikes upon the other! Both families lost their dads that day— one was killed, the other is in jail.

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It is my goal with a client to give you ALL the lethal knowledge necessary so you can make the decision on whether or not it is worth the potential legal hassles to fight over an EGO THREAT or to instantly be able to destroy an attacker's CNS in a LIFE AND DEATH THREAT.

I can't tell you how many testimonials I get from clients who have easily avoided the 'Hockey Dad' scenarios by having the clear knowledge of the appropriate use of violence. I value those testimonials as highly as the ones received from those who used the very same knowledge to save their lives in a life and death scenario.

Truly knowing how to kill another human places total responsibility on the trained individual, makes you a far better citizen and, in my experience, far less likely to use violence as an answer to any situation that is not life threatening.



## What Is The Ultimate Motivation In A Life-Or-Death Fight?

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*“We must be eager to kill, to inflict on the enemy—the hated enemy— wounds, death, and destruction. If we die killing, well and good, but if we fight hard enough, viciously enough, we will kill and live. Live to return home to our family and our girl as conquering heroes— men of Mars.”*

*-General George Patton*

**By this time you probably detect a theme in my newsletters about the focus you need when faced by a real life-and-death confrontation.**

It’s simply this: when faced with a life-and-death violent confrontation where using violence is your only option:

1. Don't hesitate.

2. Find your target and strike your target.
3. Keep striking targets until you have destroyed your attacker.

Many clients come to me from other 'self-defense' training where they are forced to deal with simulated attacks. I'll pass on the quality of that training approach and instead focus on the 'motivation' these systems use to keep the client from freezing under attack.

These 'motivators' revolve around fighting for your life, fighting to go home to loved ones, fighting to protect loved ones, or some variation of those themes.

But if you take a good look at those reasons they all fall short for one critical reason: They are NOT what truly gets the job done to focus yourself like a laser in order to destroy your attacker. At best, they are byproducts of the "ultimate motivation"

So what IS the ultimate motivation in a life-and-

death struggle?

AN ABSOLUTE FOCUS ON INFLICTING AS MUCH  
DAMAGE AS POSSIBLE TO YOU ATTACKER!

Pretty simple.

What allows you to go home to your loved ones,  
to protect them or yourself during a violent attack  
is—injuring your attacker.

Imagine this scenario: A mugger puts a knife to  
your throat.

Now, two totally different responses...

The person motivated to 'protect' himself/her-  
self grabs the wrist and tries to wrest control of the  
knife.

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The person motivated to hurt his/her attacker shifts their torso, penetrates forward and delivers a closed fist punch to the attacker's Adam's apple.

Two totally different responses, with totally different results...

The former runs the risk of losing control of the knife and getting seriously injured or killed.

The latter, by focusing on hurting the attacker, neutralizes the knife by punching the Adam's apple and starts to shut down the attacker's Central Nervous System.

The byproduct of the latter action is he/she gets to go home, protect the vulnerable loved one with them, or whatever other motivation they thought was the reason they hurt the attacker in the first place.



The General Patton quote is pretty rough, but the context was motivating his troops for war...literally the same as what you're facing in a true life-and-death struggle. He wanted each and every one of them to come home, and he knew the best chance they had was if they focused on inflicting as much damage as possible to their enemy.

You'll notice... he didn't urge them to think of their loved ones as a motivation to fight.

He told them that if they fought to inflict as much damage as possible on the enemy, they'd return home to them.

Take a second to re-read that quote. I think you'll probably see it in a much different content.





# The Difference Between A Weapons Fighter and Fighting With Weapons

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*"Men have become the tool of their tools"*  
- Henry David Thoreau

**Fighting with weapons is a subject that has generated volumes of writing in the combat arts world. What is interesting to note is that for the most part weapons training is treated as requiring a completely different set of training principles as opposed to 'empty hand' fighting.**

In fact, there are whole martial arts devoted to just training with a weapon. All this leads to tremendous confusion from the client's point of view.

Basically, you end up with 2 totally different sets of principles in response to violent attacks:

1. One response for a hand-to-hand assault, and
2. A completely different response to a weapons attack

Now, on the surface you may think this is a very logical way to view two, seemingly different, attacks.

But let's go back to my earlier point in Newsletter #2. Remember what we talked about?

Your brain is your primary weapon; your body is your secondary weapon.

If that works for you, as the fighter, then it is equally true for your attacker... he just may not know it!

Given this, what is your weapon-wielding attacker most likely focusing on?

You got it... HIS OWN PHYSICAL WEAPON!

That's right. He's likely banking on the fact that the intimidation factor of his weapon alone is enabling him to do whatever he wants because you are going to fear his weapon.

And if you are trained to believe there are different rules when fighting against weapons versus hand-to-hand... then he is probably correct.

That attacker is a good example of a 'Weapons Fighter'.

The definition of a 'weapons fighter' is a person who is solely empowered by his weapon in a confrontation.

His whole plan of attack revolves around the use of the weapon. If the weapon is lost to him during the conflict then he needs to change his fighting principles to handle his prey.

In fact, without the use of the weapon, he may quit the assault altogether and retreat.

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This is not the way I train my clients.

Your fighting principles **MUST** be the same with or without a weapon.

Fighting is fighting regardless of whether you have a weapon, are facing a weapon, are on the ground, or are assaulted by more than one attacker.

When you truly understand that your brain is your primary weapon, your body your secondary weapon, and **EVERYTHING** else (read: knife, club, or weapon of choice) is ancillary, you then become a person that knows how to **FIGHT WITH A WEAPON...** rather than being a 'weapons fighter'.

The former gives you unlimited options; the latter limits you to the weapon in hand.

My clients achieve the former because they are taught consistent principles that don't change

whether they fight with a weapon or against a weapon.

They understand how to properly use all weapons yet remain focused on the fact whatever they hold in their hands is just one of many weapons they command.

By understanding how to fight with weapons they also understand how to defeat the ‘weapons fighter’. This significantly improves their odds when attacked without the use of an ancillary weapon.

So what will you train to be— a ‘Weapons Fighter’ or a person who knows how to FIGHT WITH WEAPONS?







## Questions From You...

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*“You can tell whether a man is clever by his answers. You can tell whether a man is wise by his questions.”*

*-Naguib, Mahfouz*

**The response to this newsletter has been overwhelming and I can't tell you how much I appreciate your feedback. I thought this issue would be a good place to stop and take time to answer some of the many questions I've received from subscribers.**

Please understand that I can't possibly answer each question that is submitted to our site. Just handling questions from my inner-circle training clients is more than a full time job. So what I've done is tried to pick some of the reoccurring questions. So lets begin...

David from San Diego writes: “I am looking for a real deal hand-to-hand combat school. I am not

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interested in the sport fighting. How can I tell the frauds from the real in terms of h2h combat?"

Tough one, frankly there are very few quality instructors in hand-to-hand combat. There is so much back-biting in the business that you can't go by what others say but rather what they do for you. Do they answer your questions? Do their methods work for you? It'll take some work on your part to seek out good instruction. Part of the reason I write this newsletter is to give you some insights as to what to look for when choosing an instructor.

Obviously I consider my live training the finest available. Our June 2002 bootcamp, a 3-day event here in Las Vegas, was probably the best yet. With 3 instructors, there was lots of hands-on time, and we videotaped every minute from 2 camera angles. These tapes will be available sometime later this year (it's a daunting task editing almost 50 hours of videotape).

Also note: I'm announcing 2 fall training events within the week. Both will again have multiple instructors. Watch for notices soon.

Joe from Montreal writes:

"I have really enjoyed your newsletters and feel that you are "right on the money" in your philosophy; can you recommend some specific techniques that an individual can practice alone or with a partner that you have found successful? I have trained in martial arts for many years and have narrowed my list of "effective techniques" down to the following: palm heel to the chin, elbow strike to chin, chop to the neck, single or double slap to the ears, finger stab to the eyes, low kicks to the knee, and knee kick to the groin or stomach; do you feel these are effective or do you have any additional suggestions?"

A lot of you have sent me this question along with your favorite targets or techniques. Now don't get me wrong, Joe listed some very effective tar-

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gets and techniques but the thought process is way off.

Don't limit yourself to 'favorites'; there are approximately 170 specific targets on the human body that can maim, cripple, or kill.

Which one is the 'best'? The one I can easily strike with my body weapon of choice. Then I continue to hit targets until I have destroyed my attacker. Simple as that. Any other way of thinking limits you.

Bill from New York writes:

"I enjoy receiving the newsletters. I would like to see you archive them on your website so that I may share them with others who have not subscribed from the beginning. I would also like to see you write on some of the target areas to shut down the CNS in a non-lethal way. I would not want to kill someone when not intending to do so.

Thank you for your valuable advice. I hope to one day take your course. Do you teach in New York?”

Good suggestion on the archiving. I'll forward that to our Webmaster. Non-lethal attacks on the CNS? I think you'd have to check your reason for getting into the altercation. I write about life-or-death application when using violence as a response. That is very clear-cut. You take action or you die.

‘Teaching someone a lesson’ by attacking the CNS is risky at best. I do instruct my clients on non-lethal targeting but point out immediately that any time you strike someone you never know their true physical health. Any trauma visited on the human body can trigger an unwanted response. What if the loudmouth you just hit to the solar plexus had a genetic heart condition that your strike triggers? Was it worth the ego satisfaction to cause the legal problems and live have to with that? I try to instruct my clients to think beyond the immediate.

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And New York? Yes, I am scheduling a live training session there for October. Again, watch for the announcement within the week, as this course will fill very quickly.

Well, just 3 questions and I'm way over my limit trying to keep these issues brief. Periodically I'll do these, so keep sending in your questions and again, thanks for your time.



## The Importance of Mind Games

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*“Everything I ever really need to know I  
learned in Kindergarten.”*

*- Robert Fulghum*

**One of the most revealing training exercises I ever conducted occurred while working with a law enforcement unit assigned to protect a high profile politician from another country.**

In this particular country assassination was a very real threat for this politician. The law enforcement unit was comprised of some very sharp ex-military spec ops members that had outstanding training and real-world credentials as part of an aggressive counter-terrorist unit.

The problem we had with this unit was their inability to properly anticipate ambushes or potential assassination attempts in the exercises we designed.

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We knew it wasn't a lack of intelligence, training, or ability. So what was the problem???

What we finally determined was...

They had adopted a defensive state of mind!

Yeah, I know - by this issue you probably already guessed that was the case.

But I mention it because my staff and I had gone into the training assuming mindset wouldn't be an issue. In fact some of my guys had worked with members of this group when they were in the military and were shocked by this change.

How did we fix it?

We basically got them to do a role reversal. We actively encouraged them to think like assassins. The actual methods were more detailed and elabo-



rate but the concept was essentially just a change in how they looked at the problem.

This resulted in an amazing increase in the unit's ability to anticipate and counter assassination attempts long before the politician was ever in danger.

In debriefing this unit we learned they felt that since they were now in a unit designed to "protect someone" that somehow they now needed to be defensive.

In fact even the name of the unit affected this change.

Using English language for illustration purposes, their old military unit was a 'counter-terror' unit whereas the law enforcement unit was an 'anti-terrorist' unit.

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In simple terms a counter-terrorist unit mission is to 'hunt' down terrorists while an anti-terrorist unit is designed to 'defend' against a terror assault.

It was very enlightening for me to once again see the power 'words' can have on performance. Even very seasoned operators fall prey to that trap.

So how does this relate to your day-to-day mindset? I talk about the Positive Aggressive Mindset but still I find many of my clients go through a day with a "defensive reactive" mindset.

Why?

Because you get caught in the trap that to be a law abiding citizen you have to wait for something to happen before you can take action. This results in a very poor use of your 'primary' weapon. You'll always be one step behind the aggressor.

It's easy for me to get my clients that hunt to understand this. That's because when they're out in the woods hunting their prey, they have NO fear. In fact, there is eager anticipation as they try to find where the prey may be hiding. Using this thinking, it's easy for me to get them to adopt the Positive Aggressive Mindset.

For those of you that don't hunt, think about when you were a child, playing hide and seek. When you were looking for the 'hiders', there was NO fear in you.

You were actively engaged in your environment to seek out and capture these 'hiders'. In fact, if you were good at the game, you found yourself role playing, asking yourself where you'd be hiding if it were your turn.

Well, that same mindset you learned in Kindergarten is now a key tactic in controlling your fear and hesitation in life. You can actively engage your surroundings during the day without affecting your

daily business.

Role reverse and play the criminal in your mind. Rather than wonder, “Who’s around that corner?” just ask yourself how you’d attack. Try this and see the difference in the way you feel.



## Generating Maximum Power

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*"Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit."*

*-Aristotle (384 BC - 322 BC)*

**I was watching the Bruce Lee classic, "Enter The Dragon", with my young son the other night. He loves the choreography of the fight scenes and the rapid rate that the fighters deliver the strikes.**

I have to admit those movies are fun to watch. We also enjoy watching "The Three Stooges" for the same reason— the speed of the strikes, although the "Stooges" do it for comic effect.

I remember for much of my youth my martial arts training revolved around speed. I was always trying to punch and kick faster. Often you were judged on how many strikes you could deliver in a given amount of time.

In this newsletter, we've already discussed the importance of striking a specific target on your attacker's body, so lets talk about speed. Where does it factor in when you fight?

First a little physics is in order—  $\text{Speed} \times \text{Mass} = \text{Power}$ . Most instructors in the combat sport and martial arts world focus on just one aspect of the equation... Speed.

Why?

Because most of those disciplines are taught in what TFT<sup>®</sup> terms the **Effect-State<sup>®</sup>**. The **Effect-State** revolves around you reacting to an event that has already occurred. In fact, it can be argued that

most of society operates in this defensive state of mind. That subject would require a separate newsletter altogether.

In a fight it is natural that if you operate in an **Effect-State** you will try to compensate for your waiting to see what your attacker is doing— with speed.

Problem is... speed without mass is only half the equation, and even if your targeting is accurate, you strike with static force. In fighting, a static-force strike would be a punch using only your arm speed to strike rather than putting your entire bodyweight behind the punch.

Essentially, in the context of fighting, a speed-only response equals FEAR. I'm not saying it can't be effective sometimes, just that you are counting on ALWAYS being able to be faster than your attacker. I don't like those odds.

TFT® was developed with the idea that you may not be faster or stronger than your attackers but you compensate for those realities by operating in the Cause-State®, striking with kinetic rather than static force.

I've touched on operating in the Cause-State in earlier newsletters so lets explore using kinetic force.

Kinetic force allows you to strike with the full power equation, putting your bodyweight behind each strike to maximize damage and minimize the length of the conflict.

The key to generating kinetic force is understanding how to properly lock your body and transfer your body weight into each strike. This can be accomplished quickly with some basic exercises and on-the-mat training at a Target-Focus® Training seminar.



Although it is beyond the scope of this newsletter to try to instruct this method, I will say that one way to start the process is to SLOW DOWN your free-fight sessions, hit your targets, and leave your body weapon on the target until your opponent MOVES AWAY from your body weapon.

Most people strike and quickly take their body weapon off the target. This does not allow for the force of the blow to penetrate the attacker's body. It is the attacker that should move from the force if you want to generate maximum power. This also gives you feedback as to whether you are in balance when you strike.

You may do this at slow speeds and get the feedback without injuring your training partner. Quickly, you and your training partner can increase your speed AND deliver maximum power.

So let Hollywood entertain you with SPEED but make sure you TRAIN for POWER.





## More Of Your Questions

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*"The real object of education is to have a man in the condition of continually asking questions."*

*-Bishop Creighton*

**Thanks to every one of you who stepped up and made the effort to attend my last Target-Focus® Training seminar. This newsletter was designed to reach those people who I'd probably never be able to instruct. Yet some of you decide to ignore that fact.**

I'm constantly amazed by the persistence some individuals demonstrate when they decide to seek out my services. It was a pleasure to train you.

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As for the rest of you I have another set of questions my staff has assembled for me to answer generated by this e-zine of mine, so here it goes:

David from Auckland, NZ writes:

*I've read all your issues to date and want to know when you're actually going to give some instruction? Your subjects are great but you don't specifically instruct on how to use your methods? Is this leading up to a sale? Videos? Training? If so get on with it...*

Well David speaks for that small percentage of you out there that think there is no free lunch. So hear you go:

1. Do I sell videos?  
Yes.
2. Do I conduct live training?  
Yes.
3. Would I like you to buy from me?  
Absolutely, I like making money.

4. Is this newsletter designed to instruct you in hand-to-hand combat?  
NO!

It's designed to make you THINK... to get you to ask questions and demand from any instructor that you receive the absolute best from him if you choose to invest your valuable time and train.

I'd love to train each and every one of you but it's not possible. So the next best option for me is to pass on some principles and methods you need to be familiar with in order to get what you need from such training.

Dakota from Encino writes:  
*How can you get such incredible results in such a short amount of time when most people need years of training to become proficient?*

That can be answered by this analogy. Learning to ride and train a horse for competition takes years and you need an instructor to teach you the

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method. If you stick with it you can get very good at riding a horse. That is how most martial arts approach self-protection training.

Whereas if your main goal is transportation— learning to drive a car is far more efficient. TFT® is like learning to drive a car.

It takes much less time to learn and will beat even the most accomplished racehorse. Most people don't have to be able to build a car in order to drive and operate it.

My instructors are all master mechanics that can design and build the car for you. They've put in the years so you can get the critical principles in mere hours.

Will in Detroit writes:

*I saw you said in an interview that working out on a heavy bag is counter-productive. Why?*

Going back to the first issue you find that I stated you do what you train. Bags have very limited use in Target-Focus Training. Any training aid I use needs to replicate the human body.

The cylindrical shapes of heavy bags are not shaped like humans therefore you code incorrect information in your brain regarding targeting.

Also most people kick or punch a bag repeatedly standing in the same place whereas if you inflicted that type of trauma on a human the human would react and move and you'd have to dynamically move with the attacker to strike them again effectively. A bag does not provide for dynamic movement. Those are just 2 reasons but you get the idea.

Kevin from NYC writes:

*I live in a really bad neighborhood and am constantly getting attacked. I was wondering if you could give me a few tips on how to beat these guys up?*

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This is a question I get a lot from people and I have to go back to the reason I write this newsletter: to discuss the principles that make up a great combat fighting system. It would be irresponsible of me to try and give you some tips on how to beat someone up.

I do sell videos and give live training seminars. That is a far better format for you to get specific information on how to learn my system. I'll leave it to other less responsible 'instructors' to dole out a couple of 'tips' and send you back to the street.

Again, great questions everyone—see you next issue and keep them coming.





## Courtesy Comes From A Position of True Power

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*"Learning is not compulsory... neither is survival."*

*-W. Edwards Deming*

**I was watching an Instructor Class the other night with one of my great friends from the fighting world and we discussed how difficult it is to talk about fighting to most people.**

This difficulty lies in the fact that my definition of fighting is very different from most "fighters". When someone tells me they know how to fight, that triggers in my mind numerous examples of specific methods of inflicting trauma on the human body with the goal being the destruction of my attackers.

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In the rare instance when I decide to speak about fighting in a social situation, I usually regret doing so. Quickly I see that most people are uncomfortable with my very calm descriptions of the effective use of violence.

Most people get caught up in the surreal aspects of violence that permeate society today (the WWF or video game fake violence) as opposed to learning how to methodically deliver systematic strikes to vulnerable parts of the human body with the goal being the total destruction of your attacker.

People always comment on how friendly and approachable I am— as well as my instructors. They are confused, I'd guess, because most of the martial arts and combat sport world is dominated by aloof personalities who seem more concerned you recognize their 'rank' rather than answer your questions.

I tell clients all the time that the more trained you are to deal with real violence, the more emotionally relaxed life you live... and the more you get to enjoy life experiences and people.

There's much less need to use false aggression in your demeanor to give off that 'I'm intimidating' message. That is an Effect-state protection mechanism that is mildly effective but takes a huge emotional toll to pull off.

This is yet another reason to seek out competent training in hand-to-hand combat. By facing the fact violence exists and learning how to effectively use violence, you truly free yourself from unnecessary fear in your day-to-day living.





ADDENDUM A

**"The Two Key  
Principles Used  
To Win Every  
War, Battle And  
Street Fight...  
And How You  
Can Exploit Their  
Devastating  
Power Today."**

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**From an interview conducted for private clients  
on October 9, 2002 in Prague, the Czech Republic**

*"All will charge forward to the assault and will  
penetrate as deeply as possible, without pay-  
ing concern to the flanks or the rear."*

*- Israeli Brigadier-General Tal  
final briefing of his Officers before launching  
the Six-Day War*

**In any violent conflict it's easy to get caught up  
in the techniques that achieve victory, but we often  
completely miss the overriding principles required  
to generate those results.**

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To help us understand just what these 'universal' principles are, we're fortunate to have with us today, Tim Larkin, creator of the **Target-Focus™ Training** system, a program designed solely to handle unavoidable violent confrontation, and his lead Master Instructor, Torin Hill.

Gentlemen, welcome to the program today. Let's jump right into this.

Is it really possible that the victor in every war, battle and street fight totally understood the principles required to defeat the other guy?

**Larkin:** Absolutely. While they may have not understood the principles as we are going to lay them out today they instinctively knew what side of the equation they wanted to be on, meaning they understood that it was much better to have the other person, army, whatever... in a reactive state rather than waiting to see what the other person was doing. And that really boils down to what we

talk about all the time: The principles of Cause-State™ and Effect-State™.

Cause-State is the situation where you are taking a specific action that is causing a specific effect. If you understand that overriding principle... you will be able to see that those two concepts are the overriding factors in victory in every one of those types of conflicts.

That is kind of the beauty of it. It is a very simple, straightforward concept: if you are the Cause-if you are causing an effect, meaning whoever your target is, you are taking action that causes them to react to whatever you action is-then you are keeping yourself in a Cause-State. That principle really will allow victory over any attacker. That is what allows armies victories over other armies; it's what allows countries victories over other countries in war-time. When you look at or evaluate any one of these situations, even down to a simple street fight, you can point to one time where one side was the cause, where one side started being the cause, and

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continued being the cause until they achieved total victory. That's what we are talking about today.

**Hill:** An interesting fact is that when you see that switch occur, it very rarely tends to switch back. People who get the advantage of being in the **Cause-State** and thrusting the other guy into the **Effect-State**, you very rarely see them pause and then wait to see if they actually have the advantage. They tend to exploit the advantage they have gained, kind of like you have never heard of a prison inmate "waiting to see what the other guy has got." He doesn't stab him with an ice pick and see if he is stuck. He proceeds to continue his battle and that is why they usually end up murdering people in prison.

**Larkin:** Lets talk a little about **Cause-State** in there. One overriding characteristic in a **Cause-State** is you are not concerned with what your potential attacker (or enemy or whom ever you are facing) is doing. The other guy really doesn't mat-



ter to you; you are only focused on what you want to do. You don't take into consideration, "I may get hurt doing this, maybe it is better for me to sit back and see what this person is going to do and then I will react to what they are doing." You sit there and decide, "This is what I want and this is how I want to do it and this is how I am going to do it."

So, it is just a question of who takes action?

**Larkin:** Yes, but... nothing happens until you cause results. There is a great quote from Ben Franklin, "Never confuse motion for action." That is absolutely true, meaning a lot of time people get caught up with planning, with preparing, getting ready to do something. They confuse that with actually doing something, actually being in what we are defining as the **Cause-State**. Nothing happens until you take an action that causes an effect, until whomever you are taking action against is in the **Effect-State**. Nothing has happened, you are only prepping, planning, or doing whatever.

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**Hill:** They say that science starts when measurement begins. If you can't measure a situation, there is really no change occurring, no one is in the **Effect-State**. There really is no Cause in the environment. So if you're standing around looking to see what's going on, you are probably not the Cause.

**Larkin:** I think specifically getting down to the world of fighting, we see time and time again guys practicing, using blocking motions (preparing basically not to be hit) rather than figuring out what they want to do to the other person. Their whole premise seems to be based around the **Effect-State**. Meaning, "I am going to react to what ever this individual is going to do to me," rather than saying "What specifically do I want, and what effect do I want to cause?"

How will they know the action they took is actually a **Cause-State** action? What effects are they able to gauge. I think that is just it. A lot of people

talk about being aggressive, talk about an aggressive mindset and offensive mind. There is all sorts of talk about that, but really the only way you can gauge effectiveness is whether or not you have a result. That's the greatest thing about **Cause-State**, which is why it is so pure. Either there is an effect being caused or there is not, and you can't sugar coat it, you can't positively think it, you can't do anything. You have to sit there and say, "I took action, this action resulted in this specific effect and I continue to take action until I controlled and I was victorious in the situation."

**Hill:** Let's talk about the Germans in World War II.

**Larkin:** If you look at warfare you probably see one of the best examples of this with the Germans and their Blitzkrieg approach. See, after World War I a lot of the countries in Europe prepared defensive perimeters around their countries. The French used the Maginot Line, which was a series of very strong fortified defenses that were supposed to

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repeat an attacker. The Germans absolutely ignored that and they went right in and said, "What do we want to do; where is our army strongest; what are our abilities; where can we strike; where is it going to do the most damage?" They absolutely went around all these defenses that the French had set up and they absolutely ran over Eastern Europe and Western Europe in very short fashion. They were constantly in Cause-State, constantly causing Effect, keeping their opponents on their heels, and quickly able to control large parts of Europe.

**Hill:** Of course, then they waited.

**Larkin:** That's just it, that's the interesting part, even though that was highly effective for them, they then went in and did exactly what the French did. They started getting more defensive and setting up and trying to hold on to large tracks of land that they really didn't need... in our terminology they went into the Effect-State. They were primed

for the allies who quickly learned it is better to be in the **Cause-State** and marshaled their troops and went after them. The Germans again gave up their greatest advantage, which was their **Cause-State** mentality.

**Hill:** That applies to a street fight, too.

**Larkin:** One guy decides to hit the other guy; that's what basically happens. If you want to sit there you can say all of sorts of things, but what really happens is: there are two people that are going to get in a fight and one guy decides, "You know what, I am just going to do it. I see it." It might be the Adams apple, it might be the bladder, it is some target he sees on the other human body and he just says, "I want it" and he steps in and takes it.

The other guy is probably trying to figure out what the other individual is going to do so he is in the **Effect-State** and he is trying to react to something that has already been done. He is at an extreme disadvantage because instead of focusing

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on what he wants to do to the individual he is trying to figure what that individual is going to do to him and how he is going to counter it. If you're the person that is in the **Cause-State** and you step in and strike a target and cause impact on that target—that is, enough trauma on that body that he has to physically react to that strike—and you keep striking targets not allowing the person to recover, then you are constantly keeping the other person in the **Effect-State**. That person, by virtue of being in the **Cause-State**, wins the fight. He can be physically inferior, his athletic ability can be inferior, his fighting ability—true fighting ability as far as gauging it from looking at somebody—he can be a terrible fighter, but the person who understands that, "Hey, here's a target. I want it, I took it, and I am going to keep striking until I win." That alone is enough to gain victory over skill.

**Hill:** Some people like to believe there is an opportunity for the concept of counter-attack. But when you are really in the **Effect-State** your pri-

mary concern is defending yourself-as opposed to the Cause-State where your only interest is injury to the other person. So that ability to step in and hurt somebody versus being hurt makes you constantly recoil and constantly get hurt. You only have a certain time slice, and you are not going to be able to have an opportunity to get hurt and them turn around and hurt the other guy. So the guy that starts off with the Cause tends to stay the cause, and the guy who is in the Effect tends to get stuck in the effect.

**Larkin:** And that goes for everybody in the combat sport or martial arts world where they are constantly practicing-and most of them, if not 99% of them-are training for the Effect-State. They train mostly for competition or self-defense purposes. Still, when you look at that situation and then you go and look at our prisons, they are full of people who have absolutely murdered people yet very few of these criminals have what we would call any sort of professional martial arts training or combat sport training. They are just highly effective in

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what they were able to do. Why? Because they were in the **Cause-State**. They decided they wanted to do something... they decided they wanted to inflict violence on somebody... and they did it.

This quickly shows you do not need to be highly skilled to understand the effectiveness of the **Cause-State**. You just have to be willing to do it.

The quicker you understand that concept-being in the **Cause-State**, taking action, then continuing to take action-the faster you understand how much more advantageous it is than the **Effect-State**.

Learning to counter, learning to block, learning all these situations requires somebody else to do something to you... somebody else that is in the **Cause-State**! You have to react to what they are doing and then try and use the **Effect-State** to control them and then possibly get yourself in the **Cause-State**. It is a very inefficient way of dealing with a potentially violent situation.



**Hill:** Let's go back to the initial question again. They may not know the principles, they may not have said to themselves, "Before I perform this armed robbery I am in the Cause-State", but they went in and did it anyway. If you look at the physics models of what is going on, one guy is the Cause and the other guy is the Effect. Thanks to the justice system, they end up in prison... but no one required them to practice 4,000 hours of a martial art for them to get a cheap .38 and knock off the store.

While all this makes sense it seems a bit too 'simple.'

**Larkin:** It's like a lot of things... very simple to understand... but to live the Cause-State-to actually be in the Cause-State-requires a lot of vigilance.

Now, it's easy for somebody who is in a situation like, say, prison to live the Cause-State because the Cause-State is the optimum way to ensure survival. That type of situation really warrants it. Just like in

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a wartime example or a battle, people found out it was far better to be aggressive. We gave the example of the German Blitzkrieg model, where they just sent their forces to weak spots to totally overrun areas, and constantly kept people in the Effect-State the whole time.

There are a lot of examples in the military. There was a young tank commander in the late 70's. He was involved in an exercise where they were training against the Soviets, and it involved all these defensive movements. You would look at the enemy but you wouldn't engage because you were more interested in getting into a posture where you were better protected, meaning your tank was better protected. Then whoever decided to take the attack, it would be harder for them to hit you rather than you just taking everyone out.

Well, this one young tank commander got so frustrated that he said, "You know, I bet if I just charged and attacked, I know I can get at least 3 or

4 of these guys before they can get me." Well, it actually turned out that he had an 18 to 1 kill ratio. When he did this he caused everybody to rethink tactics and ask, "What made the difference? How was this one tank able to kill 18 tanks before they were able to get him?"

Why was he successful? Because he was in the Cause-State... going right back to what the Germans found out, when you aggressively attack and go in and seek targets and constantly engage. Those on the defensive or in the Effect-State have a hard time reacting to that, have a hard time controlling that. Why? Because they are not doing the same thing, they are trying to guess what the attacker or the person in the Cause-State is doing and that is a very difficult thing to do.

**Hill:** Very similar in, let's say, a handgun situation where they say, "We'll seek cover and engage in a firefight." In this situation where there are two other guys, and you are busy seeking cover, they get to shoot at you. Whereas if you shoot both

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those guys there is no one left to shoot at you. So seeking cover becomes somewhat like a secondary, maybe even a tertiary, action.

**Larkin:** That is like the situation in World War II with Sergeant York where he basically went around to the flank, where two sides were engaged, both were in trenches, both trying to hide, he went off to the side and engaged the Germans and he was actually able to kill everybody in the opposing trench. It made a huge impact on warfare at the time because they had been deadlocked for days.

Same thing with Audi Murphy. He got to the point where he literally just grabbed a machine gun and charged people and ended up saving a lot of folks and taking out an awful lot of Germans. It was noted in those two wars, in those two acts right there, that these guys were seen as being incredibly brave-which obviously they were-but what were they really? Two guys that understood the Cause-State. It was better to take action, it was bet-

ter to do what you could do, what you could control. The results usually turned incredibly in their favor.

**Hill:** Just like your Granddad's advice, "Fight a fight you can win." Actually, I think that might have been Sun Tzu.

**Larkin:** That's just it, even in relationships... there are those in the **Cause-State** and those in the **Effect-State**.

If you are in the **Effect-State** in a relationship you are constantly the one trying to react to what others are doing rather than being in the **Cause-State** and deciding what you want out of a relationship and engaging it that way. With the idea that you are going to wait for something to happen-maybe you are waiting for a business call, waiting for someone to respond to something you have done-that's effect. Instead of you waiting for it, you initiate the call to find out what is going on. Or instead of reacting to a competitor's marketing, you decide what

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part of the market you want, go after the products you want to sell and you absolutely focus on delivering that message. That is being in the **Cause-State**. It's not just for wartime. It's not just for street fighting. It's effective in daily use.

**Hill:** As you said earlier, planning is not the **Cause-State**. So if we are sitting around, essentially, and really think, "Well, I wonder how what they're doing in their marketing campaign is going to affect my marketing campaign," rather than focusing on your marketing campaign, you are really not grasping the **Cause-State** just yet.

**Larkin:** The easiest way to understand the **Cause-State** -this is why it is so effective in our training-is we put you in a life-or-death application. Meaning if you choose the **Effect-State** you have got a huge chance of quickly making the wrong choice in a life-or-death application. You quickly see that it is much better to be in the **Cause-State** causing an effect against somebody that is trying

to do something to you. Instead of reacting to what he is trying to do to you, you decide what you want to do, you decide where you want to inflict trauma and you continue to inflict trauma until you have left him in a nonfunctioning state. It is a very effective mode.

But then if I can teach that to you in a life-or-death application, how much easier is it to see in something that is non-life threatening? A business environment, a relationship environment, daily interactions. How many times do you catch yourself in the **Effect-State**?

And that is the most effective way to start acting in the **Cause-State**-to catch yourself in the **Effect-State**. You just go through the day and see how many times you spend reacting, not in a life-or-death situation, but in normal situations. How many times are you reacting to a phone call that you really weren't going to take? Or somebody comes over to your house when you are in the middle of doing something and you stop whatever you

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were doing to engage them. That is all part of the **Effect-State**.

**Hill:** It seems kind of bizarre that we would be over here talking about, "Well, you need to learn violent fighting first to be able to improve your business". But if you understand it, there are a lot of benefits to gaining ownership over the principles. If you really know what we are talking about, it is very easy to see-from a life-or-death situation-it is very easy to see exactly how that applies in much less serious situations.

**Larkin:** Torin, we were talking about how planning is not the **Cause-State** it is really just you thinking, "Hey, I could do this or I could do that", but you are still in the **Effect-State** because nothing is happening. Nothing is happening when you sit there and say, "Well, I could punch the Adams apple, I could kick him in the groin or I could do this", that is not the **Cause-State** either. That is just planning. Until something has actually been done...



a target has been engaged, I have a result and there is an effect from engaging that target... nothing has happened.

**Hill:** Every Effect means that there was a Cause; but you are not in the Cause-State unless there was an effect. Does that make sense?

**Larkin:** Why don't you give a couple of examples about people getting in to fighting stances, some examples along those lines?

**Hill:** Let's say if I get into a fighting stance it shows essentially that I am ready fight, correct? The only problem is... I'm not actually fighting, I'm not actually hurting somebody, and I'm not actually causing a change in my environment. So by definition I am not the Cause, which essentially means I must be the Effect. If I am dropping into a fighting stance, I am announcing the opportunity for other people to shoot me. If you are the cause and I get into a fighting stance, you may not know how to fight using my martial art, but if you do happen to

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know how to shoot people, well then I have just announced that I am available to be shot and you can take that advantage. Like, if I have a knife in my hand, the only thing I need to do is walk up and kill you. But the reverse is: you are going to be over there worrying how I might stab you and that is the **Effect-State**. As soon as I get you being concerned about yourself... once you are interested in reacting to me... I have the advantage. I am in the **Cause-State**.

**Larkin:** It's counterintuitive... I mean it's unnatural for people to ignore those types of threats but actually your greatest chance to achieve victory is through absolutely doing just that, ignoring the threat and deciding what you want to do. And I think that is the biggest caveat. We can talk about effective punches, kicking and fighting, there are lots of people out there that will show you techniques, there are lots of people that will tell you, "Hey, this is the ultimate way to punch somebody."

But it's absolutely useless if you are in the wrong state.

If you use all that information but you use in it an Effect-State-format, you are going to be highly ineffective. Not necessarily every time-maybe the other person appears to be in the Cause-State but it may not be an effective Cause-State and you get lucky in the Effect-State. But to actively train that way... to actively not engage the Cause-State and understand it... you are going to loose out on a tremendous advantage.

Yet very few people spend any time talking about this. They are far more concerned about, "Is my leg high enough when I do my roundhouse kick." Things like that again are what you call your 'planning' or something. It is really nothing. Who cares how high your kick is. Rather the question is, "Did I hit a target and did I cause an effect when I hit that target?" It's a far better question to ask yourself than, "Am I technically proficient with this particular kick or punch?" Those are useless questions.

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Those are really planning and not really useful in engaging somebody in any sort of violent physical combat.

**Hill:** Any sort of situation where you are looking at it and thinking about the method-it pretty much points out that you are not in the **Cause-State**. So for the most part we want you to be looking at creating results. The **Cause-State** always generates results. It always generates an effect. Without results, all the motion in the world isn't good for anything. If you are a Fireperson, and you show up at the call, and you wave your hose around, and water comes out the end, and you go up the ladder maybe, and ring the bells-you are not putting out a fire. You actually need to get that result. You need to put out the fire. In any sort of situation where you are wondering, "Did I ring the bell enough? Is my hose rolled out enough? Did I carry enough ladders?" Those sorts of things get Firepeople killed. It is very important that you recognize the difference

between actually creating change and just waving your arms around.

**Larkin:** That goes back to the fighting world, and why we never waste time instructing our clients in any defensive or blocking types of movements. Why don't you go into that a little bit, Torin? Why isn't blocking and a lot of what is out there in the martial art and combat world, why is that specifically not **Cause-State**, and how can it effect you?

**Hill:** First, let's go ahead and really state exactly what the **Cause-State** means.

When I am in the **Cause-State** the other guy is in the **Effect-State**. I can never control what somebody else is doing unless I injure them; by injuring them I get an effect. This is in a violent situation; obviously I am not talking about smacking your boss. In a violent situation, the only way I can make someone do something, the only way I can dictate someone's behavior, is to take control of them-violently. When I do that, when I actually take control

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of the other person, I am in the **Cause-State** and they are in the **Effect-State**. If I knock the punch out of the way, I am basically protecting myself. Obviously the answer there is about **Myself**... I haven't created a net change in **Them**. I am not injuring them; I can't hurt them while protecting myself. The two just don't work together. So what I need to be focused on is taking the guy off balance, hurting him. Doing all sorts of things that blocking, quite simply, doesn't do for me. Instead what I want to do is I want to step in and hit the guy and if that is my concern I just go ahead and do that. I don't wait to see if he is going to throw a punch that I can then block. I just walk up and do whatever it is I am going to do, whatever technique I chose to do.

Larkin: And ignore whatever he is trying to do to you because you are more focused on what you want to do to him, and you've already picked your targets and you've already decided where you are going to go.

Listening to all of this, one might think you guys advocate violence at all cost. Is that really the case?

Larkin: No, not at all. One statement that we use throughout training, that we always remind our clients about is: "Violence is rarely the answer. But when it is the answer, it is the only answer."

We said in one of our last trainings-essentially the information that we give you is rarely going to be useful to you, we hope. We hope that that is the situation. But should you ever need this type of information, you could never have paid enough for it. And that is the caveat with it. What we are giving you right now and the overall crux of the situation is the **Cause-State**. When you understand the difference between **Cause-State** and **Effect-State** and why you want to be in the **Cause-State** , you have the first true understanding of what combat fighting... what true fighting... is all about.

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When you understand this, together with our three methodologies that support the **Cause-State** and the **Effect-State**, you maximize your results. We can talk little about these later. But really, what we are giving you right now is something that... listen, we recognize that violence is not useful 99.9% of the time. In social situations... in many situations, it's just not. But when you are faced with a true, unavoidable violent situation that you have to take action on, this is exactly what you need and it will put you in absolutely the best position to be the victor in a truly life-threatening confrontation.

Hill: I would like to clarify "the unavoidable violent situation." A lot of people think that we are proponents of violence whenever violence 'seems' like it may be the answer. That is a horrible place to be. If you are in a bar or a parking lot, you don't necessarily want to kill everybody around you. That's not a good lifestyle. If there are situations that can be resolved by buying the person a beer or apologizing-those are the kind of situations that



can be resolved socially-then we recommend, by all means, resolving them socially.

But when you are in a parking lot and the door slides open on the panel van next to you and four guys dressed in black step out with duct tape... at that point in time, apologizing or trying to buy those guys a beer really isn't going to work. And for the most part, neither is any martial art you can find on the market. And that's really the problem here. When those sorts of situations occur, violence is absolutely the only answer and you need to know how to operate in the **Cause-State**.

Larkin: That is a point we note all the time: if you are not operating in the **Cause-State** and if, when you are training, you are not in the **Cause-State**, then when that situation happens, when the panel door opens and the guys in black get out with the duct tape and weapons, you know what you are going to do? You are going to sit there and go, "Oh my god, this is for real." You are not going to immediately recognize the situation and immediately

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start picking your targets and go immediately into **Cause-State**. Because you didn't train that way.

Hill: Normally the first thing people do in that situation is, they talk to these guys and ask them, "What do you want", and try to interact in a social manner. It is just not the time for that.

Larkin: That is just it, if you train only techniques and you sit there and say, "Well, I have to do self-defense technique #5 on this guy," it's just not going to be there for you. You've got to understand **Cause-State**, you've got to understand taking action, and you've got to understand where your true advantage lies. And the only way you get that is through constantly training in this type of methodology, in this type of environment. This is really what we provide in the **TFT** format. This is what differentiates us. Yes, we can teach you how to punch, kick, to do all these things to the maximum. But the idea behind it is: without **Cause-State** , without **Target Focus**, it's all worthless.

Hill: Every single technique you could possibly do, just doesn't matter if you are not in the Cause-State. And conversely, any single technique that you choose to do while in the Cause-State you will make effective.

You've focused on the principles of Cause-State and Effect-State but obviously there have to be techniques or something in the doing of this. Can you explain a little bit about these 'techniques'?

Larkin: Here is the analogy we like to give. There are a lot of people that are into firearms. If you are going to use a firearm to protect yourself, what good is it to disassemble the firearm, put it back together, do everything you possibly can to clean the weapon and time yourself on how quickly you can disassemble and reassemble the weapon? You'd know everything about it. You could name every piece of equipment on that pistol. Problem is: you have never actually loaded it and pointed it down range at an attacker and shot the damn thing.

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So who is more effective? The guy who can disassemble and reassemble a .45 in 27 seconds or the gang-banger that can just pick up the revolver and point it right at somebody's head and pull the trigger? Who is in the **Cause-State**?

If you are going to use any sort of weapon, anything along those lines, what good is doing techniques randomly and learning things... learning how to use punching, kicks and doing all this other stuff... if it's not properly utilized in the **Cause-State**?

If you are just constantly training for training purposes rather than learning how to fight, then it is of no use in a violent threat!

So a technique should be looked at in our world as a 'learning' tool or a fighting set, just a coordination set. It's not fighting. Fighting occurs once you understand **Cause-State**, once you understand how to use methodologies, once we put you out on the

floor and you decide what you want to do. That is when you are fighting.

Hill: The techniques themselves... there are a vast number that exist. Not necessarily in our information storehouse but everybody else has so many different techniques. What's interesting is: that means that there is essentially an infinite number of different ways that someone can come after you. The real problem starts when you recognize that, following this technique focus, you need to train for an infinite number of resultant techniques. Someone comes after me with A; I need to know the solution to A. Someone comes after me with B; I need to know the solution to B. And that goes on and on through a number of different techniques and then there's always the guy who invents his own thing. So you've got a huge number of techniques and this vast array of solutions, and it's very challenging to come up with one of those-on the fly-with the appropriate response that's going to save your life.

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Larkin: **Cause-State** allows you to take whatever knowledge you have and be far more effective with it. And also more efficient with it. You can have a vast amount of knowledge, but without **Cause-State**... without a **Cause-State** approach... you are going to be less effective than you could be. So the **Cause-State** immediately gives you an advantage here. You have a vast amount of knowledge and now you know how to actually make a decision and use it. That's great. In our world, what we're doing is training people to be able to beat the best that are out there. The best meaning the most violent criminal you can absolutely think of, where we're going to put you on the same plane and give you the same tools so that you can take that person out. And the way we do that is we take the **Cause-State**, we give you the knowledge and then we supplement that knowledge with an overlay of **Target Focus**... meaning a specific area you use the **Cause-State** in. That's really the honing we do, and that is why again we chose the name **Target-Focus Training**. Because it really hones in specifically to what

we are trying to do. When we put you in the **Cause-State** we want you to be not only efficient, but we want you to be highly effective. Maybe you can talk about the difference of being effective and efficient, Torin. Maybe explain Target Focus and how you actually could use it in the **Cause-State** and the difference in being in the **Cause-State** and the **Effect-State**.

Hill: I gladly will. You just brought up a point I really liked. A lot of people say that knowledge is power. And what is interesting here is that what we're really saying is this: knowledge plus the **Cause-State** is power. If you are not utilizing that knowledge and not taking advantage of the fact that you have that knowledge, you are essentially not powerful, you are not able to change the environment, change your situation. So it's important that you recognize that you have ability... if you have knowledge you have ability. So take advantage of it, take control of the situation because now you have power.

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As far as the actual difference between effective and efficient... everybody on the planet can walk up and punch someone in the nose, it's not very difficult, and it is without a doubt effective. But as far as the efficiency level, what happens after you punch the guy in the nose is usually anyone's guess. If you actually understand how fighting operates, it's no longer a guess, you have dictated it. You understand how to take advantage of these positions and how to take advantage of people. And from there you know what the results are going to be, you can take advantage of those and essentially be there ahead of time, making you maximally efficient

Larkin: If you have **Cause-State** but you don't have **Target Focus**, you can be effective, but you are not going to be efficient. I think the best way to look at that is like this: if I am in **Cause-State** and I decide to take action, but my action is "I am going to hit a general area of the body, meaning I am just going to punch somebody in the chest," well, I'll



definitely get an effect from doing that, but it's not very efficient for that movement. Turn it down a little bit and you could have struck, say, a floating rib or a more vulnerable part of the body that would have gotten you a much more efficient effect for the output. And that's because you had specific Target Focus, because you didn't just hit a general area of the body that didn't maximize the trauma you could inflict for that type of a movement.

So, that's just it, you can be in the Cause-State, but you can be more or less effective depending on your Target Focus.

And conversely, you can have Target Focus but if you are not in Cause-State it is just useless knowledge. Meaning, I know I can hit this area, I can hit that area, you have great targeting, you know all the different areas of the body, but you don't have the Cause-State to actually initiate. There is something that is causing some kind of hesitation, you want to maybe see what this guy is doing first before you try to initiate. You are trying

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to out guess him, rather than being in the **Cause-State**, picking a target, focusing and striking that target. That's really the overall key to how you use this in dealing with a violent situation.

In the world of violence, which is the world we deal in, this is how to effectively incorporate **Target Focus**, **Cause-State**, and also gauge the impact of the **Effect-State**. The things that maximize your abilities to utilize the **Cause-State** and **Target-Focus** are our three supporting methodologies. This is how you hone your fighting skills. Torin, why don't you talk just a little about the three supporting methodologies?

Hill: Let me point out that these methodologies are what apply **Cause-State** and **Effect-State** to violence. Obviously, you might have a different methodology for applying **Cause-State** and **Effect-State** to business because these methodologies, as I go down the list, they are going to be pretty obvious that they are not going to be what you do in

the board room. But that doesn't mean the Cause-State and the Effect-State can't be applied elsewhere, just that these methodologies help tie Cause-State and Effect-State to that specific application.

So going down the list of fighting methodologies, the first one is Striking, essentially, how to strike, how to punch, kick, that sort of thing. The next is Leverage, man's first tool, and how you can essentially use lever arm and fulcrum to adjust people's position in space. And the last is Physical Dynamics, essentially how you adjust yourself in space (in relationship with the other guy) to generate the maximum force, the maximum amount of kinetic energy.

When you see that these 3 things basically tie Cause-State and Effect-State to violence, you then recognize that, hey, these methodologies are present in every single technique you do. That is why we call them the 'method' portion of methodology. They're present in every single thing. You

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don't necessarily need to know the striking methodology and the physical dynamics methodology or the leverage methodology to walk up to someone and punch them in the nose. But you do need to know the **Cause-State** because without that, you are going to get into a very bad fight and you are not going to come out the victor. What people normally look at as techniques are essentially these methodologies. But the techniques don't contain those principles—they don't contain **Cause-State**, they don't contain **Effect-State**. And that's really why we need to make sure that it is very clear that the methodologies are not what drive fighting.

Larkin: Basically if somebody understands what we have covered in this Guide, if they understand **Cause-State**... just understanding that alone puts you far ahead of so many people that are out there because so few people understand the **Cause-State** and **Effect-State**. What we are saying is, "Listen, if you want to hone these, if you are concerned about how you might respond in a violent situation, then

what we have done is we have taken these two principles and we have given them three supporting methodologies. And these three supporting methodologies are what maximize the effect... maximize the **Cause-State**... in a violent situation. That's really what **Target-Focus Training** is all about. That's what our passion is. That's what we get our clients to do. We maximize this because we recognize that a punch is a punch, a kick is a kick. You know how to or you don't. But what good is it if you don't have the **Cause-State**? Zero... it's worth nothing.

And I think that is the difference in our approach. When we give you these three supporting methodologies, it's all based on the best aspects of Science and Physics. Everything is provable; there is nothing esoteric about anything that we put out.

That's why these are supporting methodologies. So again, the idea is not to confuse anybody, the idea is not to fill you with any unnecessary information. Because in a violent situation you don't

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need anything unnecessary. That's how you maximize this effect.

I can't stress this enough: **Cause-State** is very simple to understand but it requires extreme vigilance to live. If you do learn to live the **Cause-State** you are going to have a much more productive life in every aspect. But the key to doing that is to catch yourself in the **Effect-State** and also to provide yourself with some sort of training that causes you to really recognize the **Cause-State**. We have found the best way to do that is to learn to deal with violence. Because when you learn to deal with violence it is a life-or-death application and under those parameters you learn... you have the biggest take away... and you can apply it in all other aspects of your life.

Hill: In the realm of violence, things become very black-and-white, it becomes binary. Obviously in your life, things are going to have gray areas. It's not going to be "kill or be killed". It can't be that

way when you're discussing things, let's say, with your wife about what you are going to do for the new car. You can't handle situations that way. So because of that, the easiest way to recognize something, or understand or gain ownership over a principle, is to get rid of all the gray areas. And the best way for us to do that is to get people busy fighting. Once they get rid of those gray areas and really own the idea of the Cause-State, from there it is very easy to apply.







*ADDENDUM B*

**New York City  
Executive Brian  
Kay interviews  
Close-Combat  
Fighting Expert  
Tim Larkin**

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**Brian: Welcome everybody. I'd like to introduce a very interesting man who I had the good opportunity to meet about six months ago. His name is Tim Larkin, and what makes him unique is that he has spent a good part of his lifetime mastering a specific skill which most of us probably don't spend a whole lot of time on, which is "hand-to-hand" and "hand-to-weapon" combat. We'll get a whole lot more specific as we go along. Here's just a little bit of background on Tim and who he is.**

Tim is a master "close-combat" trainer. He has over 20 years experience training clients for every aspect of life and death confrontation. His client list includes members of the most elite military special operations units; the U.S. Navy Seals, the U.S. Army

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Special Forces, the Hostage Rescue Unit for the FBI, the U.S. Secret Service, the DEA, the U.S. Border patrol, and various celebrities and Fortune 100 CEO's and executives. What Tim teaches is to learn how to fight like a special operations military commando or a Navy Seal in mere hours, while many people think they have to spend a lifetime or 10 or 20 years mastering a martial art or some type of fighting skill to be able to protect themselves and their families. Luckily, I had the good fortune of meeting Tim and realized that that is a myth and that you actually can learn self-protection knowledge, techniques and principles, which can save your life if you are taught the correct information in the first place, and you don't have to spend years to acquire this knowledge.

With that introduction, welcome Tim. First off, how did you get interested in this information and, obviously, this isn't something that most people do?

**Tim:**No, it isn't. It goes back to my upbringing. I was brought up around combat and boxing lessons. It was something that was encouraged in my family. My grandfather was a big boxing aficionado from Boston and felt it was very important that we learned at a very early age how to protect ourselves. As a young kid, a lot of my heroes were boxers. It was in the heyday of Muhammad Ali, Joe Fraser and others. It got me into that idea of fighters and what it took to have that kind of mentality. I read some books and then those books led me to the combat series of stuff.

**Brian:**So, that was obviously a long, long time ago when you first got started. If I'm not mistaken, you told me from the time you were four years old?

**Tim:**Yes. My grandfather felt an appropriate gift for a four year old was a pair of boxing gloves.

**Brian:**But it actually produced an incredible outcome. What I'm curious about, is over all these 20 plus years of experience with the fighting arts and

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being exposed to all sorts of different arts and styles, as a practitioner, what have you found to be some of the flaws with what's being taught out there, or what people perceive to be the ultimate in fighting?

**Tim:**I need to delineate here, I think the main problem is people don't understand the difference between life and death confrontations and combat sports. I didn't understand the difference either. What I soon found out was that anything that has a set of rules involved in it, be it boxing, wrestling, jujitsu, all the way up to what's currently popular, which is the mixed martial arts masters, the ultimate fight contest, and things of that nature. When you train in those environments, you train for a specific event. You're not really training to protect yourself. You're not training for that life and death confrontation. Your mindset is that of somebody that is working these parameters of rules, and that's where the problem lies. A lot of people take something that works very well in that environ-

ment with a referee and try to apply it against the three gangbangers on the street and they don't understand why it doesn't work.

**Brian:**Can you give a relevant example from your past as to what are some of those differences that someone is facing in a real life confrontation versus what they're being taught for a sport competition?

**Tim:**Yes. Some of your members may be familiar with "point fighting." When I was 15 years old I was a competitive point fighter. Point fighting is an event in which two athletes face themselves, there is very light contact, they have a referee, and are judged by where they strike the body. There are certain areas of the body that they can strike either with their hands or their feet, and if they strike those areas, then they are awarded a point for that. They are judged at the end of the competition by who has the most points. When I was really young, I was at a party and I did something that upset another guest and he ended up charging at me. As he charged me, I landed three perfect point kicks

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on him, meaning I hit all my targets absolutely dead on. The problem was, since I trained for only light contact, this guy didn't notice any one of those perfect kicks that I executed and he kept coming, and he balled me over, and the only thing that got me out of that particular conflict was just sheer tenacity not by anything that I had trained in.

**Brian:**And so, as a result of that, what kind of lessons were learned about what you had been learning in a dojo environment for a competition versus the real world, and also I recall you telling me a story about going back to your instructor and mentioning what had happened...

**Tim:**I would say that I think everybody hits a point in their life, some sort of event that they can say to themselves, "*Okay, this is where I can change.*" And that pivotal event happened for me when I went back to my instructor and explained to him what had happened. His response was, "*Oh, you should have done this, and this or this.*" He

explained a series of movements that I had never been trained in before. At that time, I had my black belt for a year in the martial arts, so I asked, *“Why haven’t you ever shown me this? Why haven’t we learned to train this way when we fight?”* He said, *“What we learn in here is the arts, what I just showed you is just street fight stuff, but you need to know it just in case you get in a scrap like what you faced.”* At that point, I thought *“I only want to train in something that’s going to work because for me, winning a competition is not what I’m concerned about, my main concern is not getting my butt kicked in a situation like this.”* Luckily, this guy wasn’t a good fighter, but if he had been training, I would have been in a lot of trouble because I wasn’t trained correctly. So, I started from that point on seeking out any information I could on what real objective fighting is and anything outside of the traditional combat support. I wanted to see street fighting, dirty fighting, and all those types of things that I could adapt and train in.

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**Brian:** Well, let me ask you a key question because a lot of members who are reading this are white collar type professionals, these are not people who are street thugs, these are not people who are going to make a living out of going out and getting into fights. They don't want to be entering into an ultimate fighting experience, and they're sitting there thinking to themselves, as I did before I ever took your training, *"Why is this relevant to me? I don't remember the last time since maybe high school or college where I actually got into a fist fight or a bar brawl."* And I wasn't the type of person who sought that out to begin with, so that was relatively far and few between for me. Why is this a relevant thing to learn for somebody in the world that we live in right now?

**Tim:** It's interesting, if we went back a couple centuries, the only people that you'd see that were using the type of training I offer, were the executives, were the white collar professionals, the elite, the people that were successful, they were typi-



cally the ones that got this training. Our society has changed in the last hundred years, it switched from that to really only the lower class individuals who are seeking it out, the thugs that you're talking about. It had an image of kind of your bar brawler, thug type of individual, it's not really seen as something that the white collar professional would seek out. But, actually the opposite holds true, the people that are sitting at their desks, doing their jobs, people that are successful, they unfortunately, in this society, are the ones being targeted. The predators out there are targeting those types of individuals rather than the bar brawlers or the guy down the street or the tattooed thug. So there's a real relevance to learn this information. The aversion to learning it has always been *"Well, it takes too long and I don't have years and years to learn this information."* I think that's what motivated me tell people *"Hey, I want to see you before you become part of the 70% that I normally train."* And I give this lecture all the time. Listen, 30% of my clients show up to me prior to anything bad ever happening in their life, and maybe something happened to an

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*associate or a friend, but nothing personally happened to them. Unfortunately, 70% of people that seek me out are usually after something happened. I get the same story every time. "I didn't hang in any bad circles. I live in a nice neighborhood. I drive a nice car. I don't associate with anybody, but ..." and they had no idea what to do when faced with a violent confrontation with somebody who just didn't care. And my goal is to make that switch. I would like to get to a point where 95% of the people who come to see me prior to anything ever happening in their life and less than 5% after something's happened.*

**Brian:**What type of confrontations do you see these white-collar professionals getting themselves into? When do they become a statistic?

**Tim:**In my grandfather's generation, around the turn of the century up to like 1940, if there was a confrontation, lets say it was a bar type of a situation, it would go to their fists, the guys would go

out back, they would punched it out, then they would come back in the bar and buy each other a beer and it was over. Today people just don't realize a shift is taking place in our society. Little things like a road rage incident where some guy cuts you off and you end up flipping him off, this guy ends up running you off the road, coming over, dragging you out of your car, and beating you senseless. A verbal retort to somebody on the street and you don't realize that it just set that guy's trigger, it's going to escalate, and he's going to attack you. The trigger point from a verbal confrontation to lethal is really so hard to judge these days that you have to be very aware. People are so used to overreacting right now.

**Brian:** Well Tim, you know the story of why I sought you out, but just for everybody else's knowledge. I'm a person who does not look for conflicts, and specifically after those young years, I have a wife and now a child and the last thing I'm looking for is to get in some type of a violent confrontation if it's avoidable. But the reason I sought

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you out to begin with was one day I was in a very good part of Manhattan where we live, walking on a really nice, beautiful summer day with my wife, she was 8 months pregnant at the time, only one month away from giving birth. We were going around a corner to have some lunch and some guy speeds by, literally almost hitting my wife and myself while we were crossing the street without any care or comprehension of it, and I did what I normally do when a cab driver does that in the city, I flipped him the bird and yelled to watch where he's going. That was the trigger for this guy. He stopped his vehicle, he backed it up probably at 40 or 50 miles per hour, tried to hit us again, stopped the vehicle, at which point I was completely flabbergasted because I never expected this type of response, and I felt completely helpless in this type of situation because of the fact that I was standing next to my wife who was 8 months pregnant. Not only did I have my own security to think about, but the security of my wife and unborn child. I work out, I'm a physical person, I'm an aggressive person mentally,

but that threw me completely outside of my comfort zone. No one had ever trained me on how to deal with those types of situations and I saw my life flash before me because any wrong movement in a situation like that could have harmed the people that I loved the most in the world. So, that was enough for me to say I need to understand in a worst case scenario what options are available to me because at that point I didn't think I had any, it truly shut me down. I had never felt that level of insecurity in an altercation before, but now I really had something to lose beyond getting beaten up. To me, if someone came over and punched me and I lost a fight that's one thing, but to have your wife and an unborn child harmed is a very different thing.

**Tim:**Yes, I think you touched on what is the touchstone for training as far as I'm concerned. My goal when I get a hold of new clients is that by the end of the training session, they can have the most obnoxious and intimidating guy two inches from their face shouting every expletive that he can at

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them, maybe their wife's there or somebody else they care about, and the whole time they are so focused and they realize that there's no physical threat to them, at any time they can take action because by the end of my training, I've given them that knowledge. But more importantly, they'll recognize that what's going on right now with this individual yelling at you, the stuff that would normally trigger you off, triggers an ego response, and once you know that you can truly hurt somebody, once you know that you have no real physical threat to worry about at that point, you don't get yourself into these trigger responses like you just described where you just end up flipping the guy off or you end up getting right back into this individual's face. Because you recognize that there's no real threat here. This guy's just spouting off and it's not worth my time, but he doesn't realize by doing what he's doing right now at any time I can take action. You can walk out of that situation, ego intact, feeling good about yourself knowing that

you could take care of it, but you're not involved. If a conflict never occurs, I've done my job.

**Brian:**We're bringing up one of the key principles of what I got out of working with you, and that is one of the biggest concerns a lot of people have who have never been around the fighting arts their entire life. Basically their concern is that they will become hyper aggressive in a situation like that, meaning if the guy who's got the road rage comes over and cuts you off, or the guy does some other thing like they denigrate your wife or your girlfriend, or if you bump into them in the subway, or one of a million things that can happen in a day to day situation that in the past I would be a normal law abiding citizen and keep walking. So the concern is, if I am trained, I'm going to escalate that and potentially put myself in a lethal confrontation, and that's why I'm afraid to learn this stuff.

**Tim:**Yes, I think people think that way a lot to avoid getting the knowledge, but what's really interesting is that the exact opposite occurs after

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going through training. By the end of an effective training session that you would have with me, you have no curiosity as to whether or not the training you received works. You understand all about the nerves and the vital areas of the body and that you've trained against over the weekend, you have no wonders whether or not those particular areas hit with any sort of force, what the result will be. There is much less likelihood, less interest in seeking out any sort of physical confrontation once you've been trained compared to before. Things that would probably have gotten you in a physical confrontation before, you now can easily laugh off and see them for what they are, because you don't see them as a physical challenge to yourself, you understand that you can take care of yourself.

**Brian:**Tim, it's so interesting, because I can tell you firsthand as someone who has been through your training, that you actually become far less aggressive in situations because your confidence level does skyrocket. People become hyper aggres-



sive prior to having any knowledge or training, because of the lack of confidence and the ego based decision making that comes into it. If you think about why many conflicts get escalated that don't need to be, it's probably because there are two individuals who question their capabilities and aren't 100% sure if they could handle themselves in the situation and they don't want to look bad in front of their friends or their wife or their kids or whatever, and to maintain or protect their level of manhood. And I don't want to just use men only, although it does happen more frequently with men than women, but ego gets brought into it. When you know that you have the capability to literally take a person out without thinking about it because you are accessing areas that people just don't train for or think about and that have a lot more of a physical or physiological basis to it than just a few strikes, or four kicks, or whatever. I think it absolutely calms you down and it makes you shudder to think about the damage that you could do to another human being, and you really only

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want to be utilizing it in the most lethal of confrontations.

**Tim:**Yes, we found this out very graphically in our military law enforcement training. The commanders came back to us, after training, with the same concerns. It was interesting, their concerns were from a liability standpoint, meaning, if I train my guys to be really effective in hand-to-hand and hand-to-weapon combat, every time they go out on the town, on liberty or something, they're going to almost always get in fights or they are going to seek it out. But, the exact opposite was the result. I start you out at that point, get you very confident with what you can do in a hand-to-hand situation, I then put the weapons into your hands, I give you weapons, I also have you work against weapons, and so basically what we've found in the military law enforcement training, if we can take an officer or a soldier and he is stripped down to just his underwear and he feels confident that he can take care of himself in a worst case scenario, then when

you give them back all their equipment, and weapons, there's a lot less likelihood that they're going to immediately overreact under threat because they have the confidence that they can handle themselves. It's not that they take any risks or anything like that, but in a police officer environment, there's a lot less likelihood that the officer is going to feel like he had to draw his firearm because he didn't think he could take care of himself without the weapon. So, in those environments, it was the exact opposite approach. My guys are way more confident, and we have a lot less incidents of any overreaction or overuse of force.

**Brian:**I just want to draw a distinction here, because I think it's a really important one. The other common thing you hear a lot, especially from people who have never had access to this type of information before, is a concern about *"I'm not a very physical person"*, or *"you're male and I'm female and I'm concerned I'm going to get hurt in doing a training program or in learning this stuff because I'm not as physically strong or I'm not as*

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*athletically capable as some other people are.”*

You had an interesting story you once talked to me about when you were training the special operations community that always stuck with me and I would love you to reiterate it. There was always someone who was initially looked up to as the Alpha Male. The one who everybody in the group thought was the strongest and most capable fighter, and then there were always, one or two who were considered the weakest. Talk about the transformation that took place by the end of those three days and talk about how this levels the playing field?

**Tim:**In the military law enforcement field, any time you would mention “*Okay guys, you’re going to do hand-to-hand training*” or any sort of physical confrontation training, usually, 7 out of the 10 guys would groan because they always ended up being the punching bags for the 3 guys who were really good at whatever they were practicing at that point. The training that I put you through is the

exact opposite and I tell my clients this right away, once I show you some of the basic coordination techniques on striking the human body, I'm very quick to point out to people that if they effectively do these strikes on me, guess what, they get the exact same results as if I do it to them. The training is done that way, it's a great equalizer because it doesn't rely on strength, or speed, or athletic skill. These guys who formally were a little bit faster, a little bit stronger, a little bit more aggressive, have a whole new respect for their physically weaker counterparts because they're getting hurt just as effectively and their training is just as good as theirs was. Normally, the Alphas as you put it, end up being one of the pack after that and there is a good result with it. At the end of the weekend you don't have a confrontational type feeling.

**Brian:**Yes, it's more of a cooperative type feeling.

**Tim:**I can't tell you how many guys keep in touch and train with each other after, because again, the training system was so great. They say things like,

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*“I loved the fact that my training partner helped me out. I’m not competing against him. He’s helping me prepare for the real threat, which is out there.”*

The structure and the training that I teach does not put emphasis on athletic skill and speed, and if you are one of those people that maybe you’re out of shape or maybe you haven’t done anything athletic in quite some time, all the more reason you need this because you may only have one move in a life and death confrontation, and that one move can save your life. I can show you that one move. I can show you what to do. I can show you how to hit that target. You may not be in the condition you once were, but you know what, you always have your body weight, and I can teach you to use that to your advantage. That’s what we had to rely on in the military environment. These guys were deployed for a while and weren’t in the best shape. Maybe they were sick. They had to rely on their body weight, rather than strength, speed, or athletic skill.

**Brian:** Tim, regarding the whole athletic and physical shape or condition a person is in, I did some interesting follow-up on some of the classes I went through with you and the rest of the group that were in there, and I'll tell you a fascinating side benefit of your training, which I may not have even ever told you about. The guys who were out of shape, and based on the confidence level that they gained throughout that weekend in themselves, no longer look at themselves as a as a victim. Now they look at themselves as somebody who is completely competent in being able to take care of themselves, because the training had a subconscious impact on them. Many of them ended up losing weight and getting into better shape 6 months after the training because their mental perception of themselves was completely altered.

**Tim:** Yes, it's having the right knowledge. It isn't that you couldn't do it. It isn't that you couldn't hurt somebody. It's just that you need somebody to show you these keys and principles that I teach. By the end of the weekend, you've had a lot of suc-

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cess, obviously you've done it. Then a lot of guys might say, *"Hey, I would like to continue this type of an event, but in order to do it, I think I need to get in better shape."* It can be a motivator for them because again, once they realize that they know how to take care of themselves and are confident, God forbid if something happened to them, they would know what to do. The main thing, going back to your story, you're a physical guy, you're a strong guy, your basis didn't come from the fact of you facing physical confrontation, it was just like *"Oh my God, I'm not really sure what to do in this threat."* It was a lack of information. And once you have that and you see that it's not what you thought. There are a lot of preconceived notions out there about what it takes to do this stuff and believe me, I've taken my 20 years of experience and giving it to you exactly how I would have liked to receive that information. Exactly the way, I would like to be trained right off the bat, so I'm leapfrogging you through all this stuff so you get what you need right away.



**Brian:**I find it's amazing that in all the classes I've been through with you and I have actually watched, but there were people in there with 10 or 20 years of martial arts or boxing experience. These were not people who in certain cases had not been exposed to training. What I loved about it was they were complete newbies in there who had never done a physical thing in their life, and then you have these guys who have been at the 20-year level. And right out of the gate, it completely brought everybody onto a level plain, and by the end of that weekend, everybody was literally operating at virtually the same capacity or level.

**Tim:**It really is an equalizer. Over the weekend training, I give you the universal principles needed to achieve that. The human body is really just a system, and if you understand how the system works and how you can take advantage of it, you immediately can make a difference in a bad situation. A lot of the training that's out there is really based upon a form of physical activity rather than a specific end in mind. My goal in training is to

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have you face a lethal situation, life and death, multiple attackers. That is always my emphasis as an instructor. I want you to face the worst. I want you to be able to handle the most lethal situations because then I can take you down at any time to the less serious implications like, the drunk at the bar who is being obnoxious, the guy who bumps into you and tries to be aggressive, the everyday type of stuff. You can easily handle those things, but the deal is if you can handle the lethal stuff, then it gives you confidence that what would normally set you off is nothing for you. Unfortunately, formal martial arts training and formal combat sports training do not instill that in you. It doesn't give you that edge. You can't take 20 guys and have all 20 of them be at the same level because it's all based on athletic speed and skill. I have the utmost respect for combat sports practitioners and combat athletes. They are incredible at what they do. It takes incredible dedication. I originally came from that world, spent a lot of time training in that, and I have a lot of friends who still pursue it.

So, I'm not criticizing that, but that kind of training has very little to do with life and death confrontation on the street.

**Brian:** You have always made a great point of this. There are people who, if you chose to fight them on their terms, using their rules, you will lose. They do have experience and other benefits of training over you. We're not talking about that circumstance for the average person who is looking for life-protection or self-protection who meets the worst of situations where there are no rules, and the key or critical difference is their not looking to challenge Mike Tyson in the ring. It's obvious that they would lose. But if they were to come up against a life threatening situation in the real world, on the street, no rules, and this person has a weapon or three other buddies hanging in the background, they need to understand what their options are without gloves on, without a referee, without the idea that their not supposed to take someone to the ground or access certain parts of his body like his eyes or his neck or his groin or

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whatever. That to me was just a complete change in mindset from what I was always thinking about in terms of the fighting world and what's supposed to be used in a situation.

**Tim:**Yes, the biggest surprise for the martial arts and combat sports people who seek out this kind of training is, and I don't have to point it out to them, they point it out to me all the time, they understand that they do what they train. I emphasize that all the time, because if you train for rules, if you train to the fact that I can come in if I'm a boxer, I'm never going to have to worry about being kicked, I'm never going to have to worry about someone trying to grab me or anything like that, then you have to be prepared for that on the street. You can't make that transition if you're a jujitsu grappler and you're constantly coming in dropping your head, giving up your eyes, giving up your throat, giving up your groin, because you don't have to be concerned with those in your competition, on the street that's a liability for you

because you're assuming that whoever you're having this confrontation with is going to respect those rules, and you quickly find out that is not the case. People will do whatever it takes in a life and death situation. And if you're not properly trained, if you don't understand where to go on the body, if you don't understand how to shut down the central nervous system, you're not going to be able to do it under stress. If you don't practice what you train, you're not going to do it when you need it.

**Brian:**Tim, let's focus in on some of the biggest breakthroughs for me, some of the principles that evolve or come out of your training. One of the key ones that you talk about, which was really a paradigm shift for me, was the aggressive versus the defensive mindset. If you could just explain why that's a key principle and what the differentiation is.

**Tim:**It's funny, one of the first questions I get from clients, prior to training, usually is "*Am I going to get hurt this weekend? I don't want to get*

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*hurt.*” Very few, in fact I can’t think of anyone who has ever come to me and said, “*Hey, what am I going to learn this weekend? What am I going to be able to do to somebody by the end of this weekend?*” The focus being on what are their capabilities and what can they handle. You are attacking some very vital areas of the body, but the manner and methods that you do it in is very controlled and gives you the experience without any liability issues. But what I try to get guys to understand through the weekend is do they realize how much of their life is spent with this reactive, defensive type of thinking? You’re always thinking about what to do after what’s being done to you, rather than looking at the event for what it is and taking action. I think the biggest thing to focus on is somebody pushing you up against the wall, they caught you unaware, they have their hands around your neck and choking you, and your thought process really at that point should be “*What an idiot. I know where his hands are. Gee, look at all these targets that are available to me.*” Rather than, “*Oh*

*my God, I'm being choked.*" Reacting to something that's already been done. He's got his arms around your throat, and he's got you up against the wall. Those are situations that have already occurred. Now it's your turn to act. What are you going to do rather than what are you going to focus on. When I trained mainly in the military law enforcement world, I started getting a lot of corporate work for people who were going overseas, preparing them for going into third world countries, Eastern Europe. It was fairly dangerous in those areas and they needed to understand how to work with the protection team. They said things like, "*My God, In my daily life, in my business life I'm reacting to things rather than focusing on what I want to do with my business skills, where I want to go and what I want to do.*" I think the reason it's such a powerful shift is because unlike giving you a lecture and telling you how to use the art of war, you're focused on the most intimate thing in the world, which is your life. Meaning your life is being threatened here. There is somebody attacking you and you have to focus, instead of focusing on what

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the attacker is doing to you, you need to focus on what you can do to the attacker. If you can focus on attacking the attacker under the threat of physical attack, it's much easier for you to take that type of thinking and apply it in the business world to something that's not a lethal situation.

**Brian:** Tim, there's something else that you have mentioned in training as far as the principle that goes in line with this. I think it is brilliant and something so applicable here. It was just like, "*Wow, why didn't I ever think of that?*" It is the language that people use, you never term somebody as an "attacker", there's never an "attacker" and a "victim." That's the way we always think about things, there's some thug out there, there's a criminal out there, there's a terrorist out there and they are going to do something to people, and there's a victim in that situation. When you set up the exchange, even though you give multiple scenarios where someone can come at you whether it's a single attacker, multiple attackers, or even ramp us up



to literally people utilizing fake weapons for purposes of demonstration. What do you term the other party who is being attacked?

**Tim:**He's the fighter.

**Brian:**And what does that shift in language do in terms of the mindset?

**Tim:**If I said to you, "*Brian, defend yourself*", and you see yourself as what, being attacked? But, if I say, "*Okay Brian, you're the fighter. This guy's going to throw a punch at you and I want you to strike his arm.*" You see yourself as what? Do you see yourself striking him or do you see yourself getting hit? You see yourself striking and fighting. People are so careless with the words they use in their daily lives, using so many defensive terminologies. One of the great things that's happening currently with the United States is the use of our terminology on how we feel about the military is coming around. We're using much more offensive state of mind terminology. We are being much

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more proactive instead of trying to mask what we're doing and saying, just to defend ourselves. What you really want is to protect those you love and you want to destroy the threat. That's what I teach you to do. I'm not teaching you to protect yourself. I'm not teaching you to haul off and defend yourself. I'm teaching you to destroy the threat because if I get you focused on anything other than that, you see things being done to you and you hesitate, you're afraid of getting hit rather than focusing on what you can do. When you make that shift, which it usually happens midway through the training, I just see it click in and guys just understand that, "*Hey, I don't care what this guy's going to do to me. I'm going to focus on what I'm going to do to him,*" because it's the only thing you can control. You can't figure out what somebody's going to do. By giving you the simple principles that I give you, and by letting you prove it to yourself, by the end of the weekend training, you're not concerned with what anybody else may or may not do to you. What you're concerned with is what

targets are available to you right now and how quickly can you access those targets on that individual.

**Brian:**Tim, I want to get to the concepts of targets in a second, but there's one other thing that I think would be interesting for people to understand, which is that there's no such thing as a block. Everything is a strike and that's a definite paradigm shift in the fighting world because virtually everybody, no matter what you've been taught, and anyone who watches a professional boxing match sees fighters blocking blows. But that is not what you teach in a real-life situation. Explain why you aren't blocking and also the whole defensive wound scenario?

**Tim:**In the military, when we were introducing this stuff, we really found that anything you said to the soldiers made a huge difference. So in coming up with the proper terminology in that environment, I had to be very careful how I spoke to them because you would get an immediate result. If you

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used any terminology that caused hesitation, a defensive hesitation, you could see it in their performance. You could see guys slow down. You could see guys get hurt. The idea is, let's say you look in the Department of Justice, and you look at things like attacks with a weapon, you will find a lot of the wounds on the person are defensive wounds. Initial wounds are called defensive wounds, and a lot of times those wounds are on the arm area and when they look at the closeness of the strikes of where the knife was coming in, you find that the hand of the person being attacked was very close to the attacker. They were very close to the attacker's face, eye area, throat area, and a lot of vital areas that can be accessed. The same move that they threw up to try to protect themselves from the knife, defend themselves against the knife, that same move could have been used to attack the central nervous system of that attacker and destroy the threat. It's not that you're not going to make these moves anyway, but understand that same movement that you're using in your mind to

protect yourself from this incoming threat can be used to destroy the threat. You just need to know how to do it and that's what I show you over the weekend training.

**Brian:**And it truly shuts down the fear response. I'm assuming that no matter what, you're always going to have that adrenaline rush.

**Tim:**Absolutely.

**Brian:**Beyond the adrenaline rush and how you decide to handle that adrenaline rush is completely predicated on your self-talk. I don't mean to sound like Anthony Robbins here because I certainly am not, but it is true that the language you use to communicate with yourself during that situation is going to decide the outcome.

**Tim:**I think one reason it keeps coming through is that your brain has become focused with this type of training. I give you an exact way of using certain principles of thinking so you're focused on

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what you want to do. Hesitation causes indecision and indecision causes fear. That's where you get that fear response of not being sure how to handle what's going on. Whereas the whole shift that happens, is you know exactly what you need to do. You take action and you strike your targets. Once your brain is told and given a command, it will do it. Your brain will bypass the indecision, the fear, and go right to the action. Once you're in action, you're fine.

**Brian:**Another key component to what you teach is targeting. It's incredibly applicable to the business world, your life, etc. Basically, there is a major difference between random punching and kicking, and targeting.

**Tim:**Yes, it's very interesting. In other types of warfare, other types of thought processes, even in the business world, we're a lot more specific in our goals and what we want to achieve than we are in the most serious of situations, which is a lethal

confrontation for your life. A lot of combat force and martial arts training out there is unfortunately very non-specific in targeting. They give you general areas to strike the body and have very little to do with how to effectively shut down the threat and the attacker, and more to do with either scoring points or setting yourself up for a particular move or positioning. I focus my training on targeting specific areas of the body, areas that can use the body's natural defense system against itself. The system that doctors use to help heal and protect the body, I give you that same targeting to help you destroy your attacker's ability to make a decision, your target's ability to do anything to you. The way you get that is through specific use of your natural body weapons; your hands, your feet, your knees, your elbows, all the striking surfaces and body weapons that you have, and specifically hitting those targets on the body that will cause a reaction that you can count on. You can't get that if you don't have specific targets on the body that you strike. If I just say, "*Hey, punch me in the face or the head*", that could be anywhere on the face or

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head. Whereas, if I say, *“Hey, I want you to take the one knuckle fist that I’ve shown you how to make, I want you to take it and place it right on a hooking shot to the temple, by showing you how to do it.”*

There’s a huge difference between just punching randomly to the side of the head and putting a one knuckle right to the temple of the head. What you do specifically, throughout the weekend training, is you aim for these specific targets on the body and you see how quickly you can shut somebody down when you strike your target correctly.

**Brian:**Tim, explain a little bit about the science behind that because to me it is such a breakthrough concept for how you level the playing field, this is how a little person who weighs 120 pounds can take care of a 300-pounder or even three people. What is the reaction that you’re creating in a human being?

**Tim:**You use the body’s nervous system, the body’s peripheral nervous system against itself.



The peripheral nervous system is throughout your whole body. There are targets on the body that can be activated when struck. There are nerves on the body, when struck, that cause specific reactions within that bypass your ability to think. If you're struck in these areas of the body, you cannot control whether or not you react to it. It's similar to when you go to the doctor for a physical he checks your reflexes by hitting you with that little rubber hammer on your knees. No matter how much you try to concentrate and stop that from happening, you cannot stop that reflex action. It's similar to if you touch a hot stove, immediately you pull your hand off. You don't leave your hand on the stove and consciously think, *"Hey, I think my hand's burning. I'm going to have to pull it off now."*

When you touch a hot stove, the nerves immediately send a response to the spinal cord to pull your hand off and then you're told by the brain, *"Hey idiot, you just touched a very hot stove. Don't do that again."* It's a reflex reaction that you can specifically target and I show you how to do that. I also show you how to use force against

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those areas and the difference between using a static force or kinetic force, actually moving body weight through a strike, and using the body's nervous system, we explain it in-depth on the different responses you can expect. What I've given you is a template. I've given you something specific that you can count on because everybody, regardless of size or strength, has these specific targets on the body and they can't be protected. No matter how much you build up your body, no matter how much you work out and strengthen yourself, you cannot protect certain areas of the body. That's how a much smaller, and weaker person who knows where to strike on the human body can take on a much larger, and stronger person.

**Brian:**Just to give a few quick examples to everybody that should make it incredibly clear, you cannot muscle up an Adam's apple.

**Tim:**No.

**Brian:**Also, everybody's got a collarbone and even if you have the largest chested, muscular individual that you could possibly think of, you can't build up muscle over that collarbone.

**Tim:**That's correct. And, I show you how to specifically target those areas so that you have a much greater chance of striking those targets. If you aim for a specific target, you have a much better chance of hitting that area under stress. When you look at all the combat guys, the boxers, and the fighters out there, these are highly trained guys, and yet a lot of times they miss. These are the most trained people in the world, their accuracy rating is abysmal a lot of times. What I do is I give you a system that can rapidly get your targeting up and get your ability to hit a target up much quicker than your average person. It's a very effective, straightforward way of training for hand-to-hand and hand-to-weapon combat.

**Brian:**In summary, what do you think the impact beyond that classroom is after someone has been

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through the 3-day training program? What type of feedback have you received beyond just, *“Now I can take care of myself?”*

**Tim:** Most individuals end up saying something to me like, *“I’ve been looking for something like this all my life. I’ve totally shattered any preconceived notions that I had about what I thought it took to learn to be effective.”* Many of them want to make this a pursuit. They have an interest and they want to continue the training because they can see that they now have what they need to take care of themselves. They’d like to go on and challenge themselves. They’d like to use this to perform physical conditioning. There’s a real interest there. Guys who previously had very little interest in this type of training, who couldn’t see the relevancy of it, they end up understanding that there’s a real connection here and benefit that they get out of this beyond just the physical training, beyond just the self-protection aspect of it. It really improves their thought processes, it improves

their focus, and it improves the way they look at the world. And again, I can't tell you, walking into a situation that normally would have made you on edge, unsure, and just being completely relaxed and able to enjoy yourself knowing that at any time there is a threat that arises, you do know what to do.

**Brian:**And I can tell you from someone who has personally been through it, you can go through a whole lifetime and be a successful individual and a physical person who works out and plays sports and has all sorts of athletic abilities, but you always have that little lingering doubt maybe in the back of your head, or maybe from that schoolyard brawl that you had as a little kid when someone beat you up. You grew up and you became a big strong person, but you still have that little memory in the back of your head. And so there is some weird shift in your confidence level that takes place, and I've not only seen it for myself, but for everybody that goes through it, you walk a little taller, you keep your shoulders a little higher. It's

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not like you're looking for any type of confrontation, but it's a vibe that you give off, which is a far different one than you probably came into the training room with. I think it brings out a certain side of a human being; man or woman that they probably didn't even know existed within them.

**Tim:** Yes, I think one of the greatest things I get out of this is the fact that they come back and tell me that they are much less likely to feel threatened and are much less likely to also be aggressive when it's not necessary. I'm teaching you probably the most effective, most lethal technique and training that you can get in this type of environment, hand-to-hand, hand-to-weapon environment. I hold nothing back. I give you the exact same information that I give the special operations community, the most elite warriors in the world. You get that exact same knowledge. But in possessing that, having that knowledge, you also are far less likely to make that unnecessary aggressive gesture, make that unnecessary aggressive remark, or push back in a

situation that you normally would have because (a) it's not worth it to you, and (b) you feel no threat from an ego situation like that. You reserve any sort of physical confrontation for when it's truly necessary, when there's a real threat. And when it's there, you have everything at your disposal and there will be no hesitation. I think that's the shift I see in people. It's not a question of going on, in fact, these guys, if they're smart, most of them never even tell anybody they've had this training. They keep it to themselves. They understand that 90% of what I give them, throughout the weekend training, is just not letting anybody know that they have any inkling of being a fighter or training or have any aspect of training whatsoever because then the surprise aspect you go to take action with is so much greater because the attacker has no idea that you know exactly what you want him to do and exactly where you need him to be before you take action.

**Brian:**And, therefore, they let their guard down.

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**Tim:**Exactly.

**Brian:**Summarize what a person would learn over the course of a training weekend with you? What are the principles and the strategies that are learned over the course?

**Tim:**Basically, I start you out with 3 phases that I take you through. I start with the hand-to-hand phase, that's basically all your strikes and your kicks and working with no weapons, one-on-ones with various training partners, get you to a point where you feel good, you can do the coordination techniques, you can get through it, you know how to free fight, and create your own techniques based on whatever the attack is. I get you to that level and then we introduce edged and impact weapons. You work against knives, you work against clubs, you also learn how to use them correctly, and you use all the parameters of what it's like to deal with those weapons. And then I take you back and get you into multiple assailants. I have you work with



more than one attacker, which is what I'm really preparing you for because quite honestly, the days with one-on-one, one person attacking like it was in the 1920's or something, two guys squaring off, those days are over. Most of the attacks that we see now are usually one person facing multiple attackers and that's what I always assume when we're training. I am always assuming that you're going to face more than one person, and that's the goal of the training to get you to that point. And so I take you from your base level, I give you the principles that you need, the mental and physical principles that you need to understand on how to use the human body, use your mind correctly with the correct principles, and then understanding the vulnerabilities of the human body and how to access those vulnerabilities. And then I teach you basic coordination skills so you understand how to use your natural body weapons, your hands and your feet and your knees and your elbows correctly, and then I throw in the ancillary weapons. I will put knives in your hands, the clubs in your hands, and I'll teach you how to use them correctly in case you

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ever need to, but more importantly, I'll teach you how to fight against somebody that's using them towards you. When we finish the course with a basic introduction into firearms disarmament, which is somebody coming up trying to use a gun, and the basics of how you can disarm that person and take out the threat.

**Brian:** Yes, and talk about your confidence skyrocketing. By the end of that weekend, and let's say you've haven't thrown a punch, for the most part, in the last 10 or 20 years, and suddenly you are taking a guy with a gun within 5 feet of you and disarming him. Your confidence level just skyrockets.

**Tim:** The biggest myth that's out there is that it takes years and years to learn how to be an effective fighter, by effective meaning facing life and death situations. The athleticism, the speed and skill associated with a combat sport has nothing to do with life and death fighting. Remember, com-

mandos that were trained during World War II for the highest level of fighting, they only had a 14-hour course in this type of hand-to-hand, hand-to-weapon training. It was very straightforward, and these guys were put behind enemy lines and were expected to perform, and they did because what they found out was the basic utilizations there, even though it was far more basic than what I show you now, they understood that by teaching them how to destroy a human body as quickly as possible, they can make him do that in a short amount of time by teaching him overriding principles. You don't have to memorize tons of techniques, and if I give you the principles of how to do something, than regardless of the threat, those principles work. Whereas most people train almost like learning math or big multiplication tables, one equation at a time. Instead of learning how to multiply, most martial arts instructors and combat sports instructors are showing you a couple of equations like, 7 times 6, 6 times 9, and 9 times 12. You learn those three equations and memorize them. Now, you think, "*Great I'm ready for anything.*" Well, then

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somebody throws 7 times 12 at you, and all of a sudden you have to take a second look because you don't know what 7 times 12 is.

**Brian:** That is what I thought made your approach stand out because everything was seamless. It's principle-based stuff whether I'm fighting barehanded, or I put a weapon or something else in my hand; if the attacker puts a weapon in their hand or they have three people behind them, I don't care. It's a system and that's what made it so unique to me. It allows people to leave after a modest amount of time and feel incredibly confident that, yes they can take care of themselves.

Tim, I think it's been a great interview. For the CASH members who want to be able to gain this level of knowledge or go through the experience of training with you, how should they get in touch with you or get more information on your next upcoming training?

**Tim:**The easiest way for them to get specific information for the training is to simply log on to our website; TFTGroup.com

**Brian:**Alright Tim, it's been an incredible interview and I think it was really informative. I appreciate you taking out the time to do this. All I can say from my personal experience is that my recommendation is this: I've been through two trainings with Tim. I am a lifelong devotee of his now. I will do this hopefully for the rest of my life. It is literally a life changing experience if you go through it and I wholeheartedly recommend it, men, women, people who have never done anything athletic all the way up to people who are incredibly athletic, no fighting skills, tons of fighting skills, any level, you will be blown away no matter what your background is or who you are. And I think you will agree after going through and viscerally experiencing it that it truly is a life changing experience. So again, thank you very much Tim.

**Tim:**Thank you Brian.





ADDENDUM C

## **Knife Fight! Facing an Edged Weapon**

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*“We don’t publish many off-topic articles, but this one, written by an expert in the martial arts and military hand-to-hand, close-in combat training, really jumped out at us. Basically, it’s about surviving a knife attack. In light of the recent terrorist attacks — assaults led by a handful of terrorists wielding little more than small knives — such an article seemed appropriate. After all, you’ve probably been asking yourself, “Could I have stopped them if I’d been on one of those planes?” Hopefully, you’ll never have to find out, but if more people had been familiar with the information contained in this article, then some of the tragedy could have possibly been averted.”*

*The Editors, Testosterone Magazine.*

**The terrorist attacks on the World Trade Center and Pentagon have reminded us that there are**

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**times when regular people are going to face inescapable, violent confrontations. The weapons of choice this time were box cutters and knives with blades under four inches (Leatherman tools according to reports). No special plastic guns, no exotic explosive devices, just simple tools you can purchase at any hardware store.**

Yet these simple devices were enough to hold off 60 to 80 people in three of the four doomed airliners. Passengers on United Flight 93 took action and seemingly thwarted the efforts of the terrorists. Although unable to save themselves, these heroes most certainly saved lives by denying the terrorists yet another high profile target by forcing the plane to crash in rural Pennsylvania.

I place all the blame for these actions on those zealots who committed the atrocious attacks. Their paymasters and so-called leaders will soon pay the piper. But I do think it's critical that we all take a close look at edged weapons and learn the



"do's and don'ts" when facing an attacker who wields them.

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*The Real Threat of an Edged Weapon*

**You need to understand that knives, razors and other edged weapons enjoy a tremendous psychological intimidation factor. Most people assume they're doomed if they try to attack a knife wielding thug. That's not always the case if you possess just a little knowledge of the true dangers of edged weapons.**

The real threat posed by any edged weapon is *penetration* of the blade. Any blade piercing more than two inches into your body can rapidly produce lethal results. Vital organs, major arteries and veins all are in danger when the blade penetrates the body.

The Roman Legions conquered the world realizing this fact. The famous military tactician and historian, Vegetius, writes of how the Romans would

make fun of their much larger opponents who would slash and hack with the *edge* of their weapons rather than stab and thrust. The smaller Romans found these much larger, more physically powerful foes easy prey to the straight thrusts of their short swords. Why? Because they knew slashes and hacks *rarely* killed, regardless of how powerful the blow. The Romans would trade a twelve inch long slash for a two-inch stab any day.

So what does this history lesson have to do with the gangbanger with a Ginsu who's trapped you in an alley? Well, it seems like times haven't changed. According to the Department of Justice statistics on edged weapon assaults, the first three to five strikes in a knife attack are *slashes* and more importantly, these first strikes are not lethal in nature!

Many studies have been done not only on the criminal use of edged weapons but on the military use of edged weapons in combat. The conclusions

are the same: there's a strong, innate revulsion by the majority of the human population to stabbing edged weapons into another human. There are many psychological reasons given for this aversion to penetration, but what you need to know is that this little known fact can save your life in a lethal confrontation.

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*A "Knife Fighter" vs. "Fighting With A Knife"*

**You need to know the difference between a "knife fighter" and "fighting with a knife." But first, let's be really clear about something: if you ever face an attacker who pulls a knife and you can escape to safety, then run! Leave the Hollywood hero crap to the actors in the action films (or, more accurately, their stuntmen). If you can get away, then do it. For the purposes of this article, we're assuming you can't avoid a confrontation.**

Most knife wielders would be put into the category of a knife fighter. A "knife fighter" is an attacker who focuses solely on the weapon he grips in his hand. It's his ultimate tool of intimidation and if he didn't possess the knife he'd feel weaponless. On the other hand, a person trained to "fight with a knife" realizes the knife is just a tool and that he has a myriad of effective body weapons available to him whether he possesses the knife or not.

Very few people are trained to fight with a knife, so in 99% of the cases you'll likely face a knife fighter. Since you understand that your danger comes not from the knife itself, but from the brain of the attacker holding the knife, then you have an advantage.

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### *How To Take Out Your Knife-Brandishing Attacker*

#### **Quick review on the principles covered so far:**

1. Stabs are lethal. Slashes or cuts are rarely lethal

2. Most knife attacks are initially slashing attacks.
3. You need to focus on destroying the knife fighter's CNS.

So how do you get to the attacker's central nervous system? I'm about to present a simple set of strikes that are combat proven, extremely effect, and deceptively simple to execute. Speed and strength aren't required to execute any of them, just your sheer determination.

As there are numerous methods of attacks, I'm in no way implying this is the only way to handle this type of attack. But I've trained hundreds of clients successfully with these methods and received numerous testimonials as to the effectiveness of this approach.

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*One Proven Approach*

**First you need to close distance; no good if you stand off and dance in and out with an attacker. That allows him to slice and dice you at will. You**

**need to be close. Your focus isn't on the knife but on his neck; your target is his CNS.**

The body weapons of choice are your forearms. That three inches of bone above the break of your wrist is your body's own personal piece of lead pipe. The hand has approximately 72 bones in it and can easily break or fracture if not properly set. The forearm needs no special position and is an **extremely powerful striking weapon.**

As you quickly close distance, merely attack with full downward circle strikes. Imagine your arms rotating in front of your body like two propellers — your left rotates clockwise, your right counter clockwise. The striking surface of your wrists rotate six to eight inches in front of your torso. This attack not only provides protection of your torso area but generates incredible striking power for this assault as you rush in.

This is a violent assault designed to strike the assailant in multiple targets of his body. Your first strikes will hit his arms and rapidly advance up his body. With your focus on his neck, you'll soon find yourself well above his knife and in his center core. There, you can use your forearms strikes to:

1. Crush his windpipe; the windpipe has the consistency of copper tubing and crushes easily.
2. Strike the Vagus nerve (follow the neck from the earlobes down, this nerve runs up and down that line on either side). You'll know when you hit the nerve because it's an instant knockout. Your attacker's eyes roll straight up, his knees buckle, and he collapses straight down in a lump.
3. You can also use your thumbs to gouge out his eyes. Simply open-hand slap him on the ears and place your thumbs in the sockets and gouge.

Any one of these three strikes will take out his central nervous system and immediately allow you to control or kill him as the circumstances dictate.

You'll notice I didn't discuss what happened with the knife. During that confrontation you probably received a couple of cuts or slashes and you may need stitches... but you're *alive* and he's either dead or out of commission. Most likely you never felt the cuts or slashes because you were focused on your mission to take him out. Your wounds can be healed and you can go home and kiss your kids goodnight.

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*Final Notes*

**This is just one of a myriad of possible ways I teach normal guys — as well as the most highly trained commandos — how to take out an attacker wielding an edged weapon. The main focus is to maintain the offensive state of mind in a high threat environment. Focus on what you'll do to your attacker rather than trying to defend against what he's trying to do to you.**

Make no mistake, edged weapons are very dangerous, but you can increase your chances of vic-



tory in an unavoidable life or death scenario using the above principles. Don't get caught up with the martial arts knife fighter scenarios. It's highly unlikely you'll ever meet a highly trained martial artist or well-trained operator who fights with a knife. It's far more likely you'll be dealing with a criminal who's used to everyone cowering when he pulls his knife.

Imagine his surprise when you decide *not* to play his game.

*Tim Larkin is a Master Instructor in Target-Focus™ Training with over 20 years experience in the martial arts and military hand-to-hand, close-in combat training. Formerly the Director of Training and a Master Instructor with a proprietary combat fighting system, Mr. Larkin has provided hand-to-weapon instruction for members of some of the most elite units in the special operations arena including: US Army's Delta Force, US Navy's Development Group (Formerly SEAL Team Six), USMC Force Recon, US Army Special Forces, USAF Combat Control Teams and the FBI's Hostage Rescue Team.*

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*Final Notes*

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ADDENDUM D

## Special Bonus

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**The following article is a gracious contribution  
by Coach Charles Staley.**

*"In the world of hand-to-hand combat there very few gurus whom I would ever send any of my people to train under; Charles Staley is definitely on that short list. Charles' training methods not only rapidly accelerate your skills, dramatically increase your striking power, and keep you in incredible shape, but more importantly he'll actually cut your training time significantly while achieving these spectacular results."*

*—Tim Larkin, Master Instructor and creator of  
the Target-Focus Training™ system*



Q<sup>2</sup>

**PRINCIPLES**

SPECIAL REPORT

Charles Staley's  
proprietary training  
strategies used with  
some of the Worlds  
top combat athletes!

# The Last Man Standing: Intelligent Strength Solutions For Combat Disciplines

by Charles Staley  
Creator of the  
Q<sup>2</sup> Training System

# Q<sup>2</sup>

## PRINCIPLES

“Mastery of a combat discipline is accomplished by developing a foundation before progressing to more advanced levels of training”

One of the most challenging aspects of being a combat athlete is the need to train for a wide array of motor qualities in addition to your technical skills sessions at the dojo. Most combat disciplines require high levels of speed strength, aerobic and anaerobic endurance, flexibility, coordination, agility, and quickness, to name just a few. Since there is only so much time (and energy) in a day, it can become quite a daunting task to prioritize and successfully integrate these various training elements.

Having helped numerous competitive fighters with these challenges, I am in a unique position to provide some clarity with respect to these issues. In this article, I'll provide you with several useful principles, which, when applied to your training program, will dramatically improve your efficiency and effectiveness, both in the dojo and also in the weight room.

### **The Principle of Foundation: The Training Factors Pyramid**

Mastery of a combat discipline is accomplished by developing a foundation before progressing to more advanced levels of training. And while not all combat disciplines are considered sport, all combat athletes can benefit from recent developments in sport science if they will only “empty their cup,” so to speak.

With this in mind, the role of physical preparation can perhaps best be understood from within the context of the Training Factors Pyramid (TFP) a schema popularized by Dr. Tudor Bompa, a professor at York University in Toronto, Canada.

The TFP helps identify a logical sequence of training factors and can be used by athletes and coaches alike to identify objectives and evaluate training programs and methods. When problems develop, as they inevitably do, the TFP can be used to determine what level these problems originate from, which speeds up the corrective process considerably.

# Q<sup>2</sup>

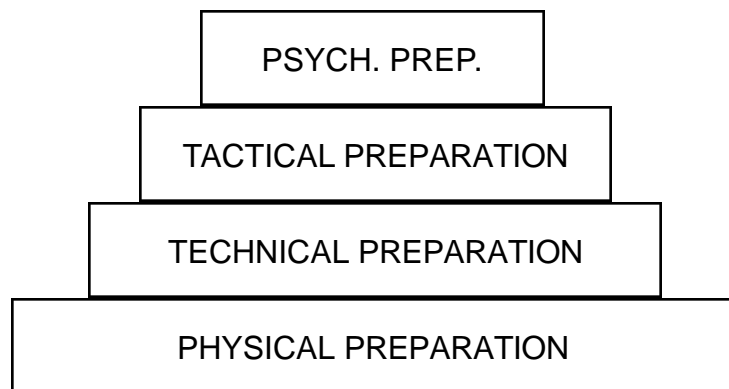
## PRINCIPLES

### THE ROLE OF PHYSICAL PREPARATION IN COMBAT DISCIPLINES

Figure 1 illustrates that the pyramid consists of four ascending levels. The athlete enters the pyramid at the first level, physical preparation. This level is the cornerstone of an athlete's training, because without it, further progress is impossible. Physical preparation refers to developing certain "motor qualities" such as strength, power, speed, balance, flexibility, agility, endurance, and coordination.

"Much like aviation accidents, injuries are usually multi-factorial."

**FIGURE 1: The Training Factors Pyramid**



The second level of the pyramid involves technical preparation, or perfecting physical techniques. While some techniques can be mastered with a low level of physical preparation, many cannot. For instance, a jump-spin crescent kick requires a high degree of dynamic balance, explosive strength, and flexibility.

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## PRINCIPLES

### THE ROLE OF PHYSICAL PREPARATION IN COMBAT DISCIPLINES

In the combat disciplines, where very difficult maneuvers are the norms, it is clear that physical preparation is a prerequisite for technical practice.

Of course, technical mastery is not the final objective for any combat athlete. Many combat athletes have "correct" techniques, but lack the ability to apply them in a sport or combat setting. The third level of the TFP addresses this deficiency by emphasizing tactical preparation. Tactics refer to the ability to successfully apply techniques in a sport (or combat) situation. Clearly, a technically sound technique must be established before entering level three. And of course, the athlete must have a high level of physical development before correct technique is possible.

“Physical preparation is a prerequisite for technical practice.”

The fourth and final stage is psychological preparation, which is a very important consideration for combat athletes who, by definition, are preparing for life-or-death situations. Naturally, psychological preparedness, or confidence, cannot be established if an athlete has not successfully ascended through the previous three levels.

The TFP can especially be useful in understanding training difficulties. Consider two athletes sparring when one athlete misses with a round kick and is scored upon by his opponent with a reverse punch. The question is, what happened? What's the problem? Employing the TFP can determine the root of the problem.



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## PRINCIPLES

### THE ROLE OF PHYSICAL PREPARATION IN COMBAT DISCIPLINES

“The techniques used in a particular sport determine the type of physical preparation that is needed.”

To find the root, the first question asks if the athlete is capable of executing a technically sound round kick. If the answer is no, go down a level and try to find symptoms in physical preparation. Perhaps someone lacks proper flexibility or balance, or both. Once the physical attributes are improved, the athlete should be more successful in delivering the kick.

If the answer is yes (the athlete can throw a proper kick), the problem lies in either tactical or psychological development. Both areas are closely intertwined. A lack of tactical skill can obviously impair confidence and vice versa. Combat athletes commonly progress well through physical and technical training, but falter in tactical and psychological realms. One remedy is more time in the trenches, with careful progression through gradually more difficult encounters. When tactical successes begin to outweigh the failures, confidence increases along with tactical ability.

Although we are addressing the four training factors in isolation for the sake of discussion, in reality they must be integrated if a successful outcome is desired. For example, is a feint a technique or a tactic? Obviously, it is both. At high levels of skill, techniques and tactics are often one and the same. Moreover, the direction of influence is not only ascending, but descending as well. For example, the techniques used in a particular sport discipline determine the type of physical preparation that is needed.

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## PRINCIPLES

### THE ROLE OF PHYSICAL PREPARATION IN COMBAT DISCIPLINES

“...whenever one’s specific sport training can be used to develop essential motor qualities, that option is preferred.”

In addition to short term considerations, the TFP also helps establish a template for long-term planning. Accordingly, the first several months of training should be dedicated to improving physical attributes, although basic technical and tactical skills may also be presented. The second phase of training is characterized by developing technical mastery. Good physical conditioning must be maintained, of course, but this involves less work than it took to develop it. Advanced stages of training address tactical and psychological concerns, with comparatively less time spent on physical and technical development.

#### **General Versus Specific Training**

All training components can be classified as either general or specific. Specific training involves all skills and tactics involved in your sport discipline. Everything else, including supplemental training for strength endurance flexibility, etc., is general training.

Generally speaking, whenever one’s specific sport training can be used to develop essential motor qualities, that option is preferred. However, in most cases, practicing the sport by itself is insufficient for this purpose. Therefore, the purpose of general training is to develop motor qualities and abilities (such as strength, endurance, flexibility, etc) which will have a positive transfer to the sport discipline, which cannot be safely and effectively developed by practicing the sport itself.

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## PRINCIPLES

### THE ROLE OF PHYSICAL PREPARATION IN COMBAT DISCIPLINES

“As aerobic fitness reaches a high level, the amount of such training can be significantly reduced...”

For example, hard sparring against very skilled opponents (the most specific form of training available to fighters) cannot be relied on as the sole method of aerobic conditioning, since most athletes would be unable to tolerate and/or recover from the large volumes of sparring that would become necessary to achieve this result. Supplementary activities such as running, cycling, swimming, and so forth, get the job done in a way that is safer and easier to recover from.

As aerobic fitness reaches a high level, the amount of such training can be significantly reduced (which will maintain the aerobic fitness level), allowing a shift to more intensive and specific training means later in the training cycle.

#### **Base Decision-making on Needs Assessment, Weak Links, and Current Physical Status**

There are two primary considerations when it comes to planning the amount of time and energy that should be spend on developing the various physical qualities necessary for success in combat disciplines. One, to what degree is the quality needed for the sport in GENERAL, and two, to what degree is the quality in question needed for YOU.

For example, some athletes are naturally strong, while others are naturally fast, but not necessarily strong. In the former case, specific training devoted to speed improvement will be most effective, while in the latter case, strength training takes priority.

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## PRINCIPLES

### THE ROLE OF PHYSICAL PREPARATION IN COMBAT DISCIPLINES

“...the majority of people who exercise...regard fatigue as the primary goal of training.”

As an athlete, it pays to be as efficient as possible—don't waste time and energy prioritizing skills or qualities that are already well-developed.

For every motor quality, there exists an “optimal” amount of development relative to a specific sport. Once you reach that point, further development of that quality is a waste of time and energy, and creates an increased risk for injury. By way of example, a heavy-weight judoka might be well-served by the ability to squat 400 pounds. However, a wushu forms competitor should not seek such a high level of maximal strength, because 1) the needs of her sport do not require such high levels of strength, and 2) the training necessary to develop it would probably impair other traits and skills, such as the ability to perform intricate aerial acrobatics.

#### **Stress Quality Over Quantity**

Whether or not they realize it on a conscious level, the majority of people who exercise or engage in physical training of any type regard fatigue as the primary goal of training. This has always struck me as unproductive, yet some of the most popular trends in modern exercise culture support my premise. In fact, one of the most popular fitness trends today, Tae-Bo, is a great example.

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## PRINCIPLES

### THE ROLE OF PHYSICAL PREPARATION IN COMBAT DISCIPLINES

“When volume (quantity) is too high, intensity (quality) is sacrificed in the process.”

In Tae-Bo, the participant performs thousands of pseudo martial arts maneuvers to music within the course of a single class. After one year of regular Tae-Bo classes, the quantity of techniques you will have performed exceeds what a 10th degree black belt has experienced over 25 years of training. However, the quality of your combat discipline skills will be somewhat less than a beginning martial arts student on his first day of class at the worst dojo in town.

Although the preceding example is almost comically obvious, many combat athletes engage in excessively high training volumes either to satisfy a deeply-entrenched work ethic, or simply because “that’s the way it’s always been done.” When volume (quantity) is too high, intensity (quality) is sacrificed in the process. Here’s a practical example of what I’m talking about:

You and your training partner decide to do a 500 kick training session. You face each other in fighting stances and alternate throwing kicks at each other, counting as you go. Your rationale is that the huge number of kicks will “toughen you up” and make kicking “second nature.” This approach (correctly) assumes that each partner will benefit from experiencing a large number of kicks—for example, as one partner throws the kick, the other can practice defensive techniques, prevent flinching, etc.

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## PRINCIPLES

### THE ROLE OF PHYSICAL PREPARATION IN COMBAT DISCIPLINES

“...begin with training of a very general nature, and gradually shift to more sport or event-specific training....”

Here is a better scenario:

Develop a way to quantify technique. For example, when executing roundhouse kicks, set up a “technique monitoring” system. When throwing a kick, it must be toward a target at least mid-torso in height; the kicking knee must be in line with the hip and ankle and, each partner must maintain their guard while kicking and neither should lean backwards while throwing the kick. If either of you violates any of these parameters, the kick doesn’t count. Using this system, throw as many kicks as possible in the session until technique begins to degrade. Count how many kicks were thrown, and the next session attempt to exceed that number.

#### **Progression of Specificity Over the Course of a Training Cycle**

The training cycle typically should begin with training of a very general nature, and gradually shift to more sport or event-specific training as the competitive period looms near. In his excellent text *Science of Sports Training*, Tom Kurz describes four categories of exercises, according to their level of specificity to the competitive sport or event:

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## PRINCIPLES

### THE ROLE OF PHYSICAL PREPARATION IN COMBAT DISCIPLINES

“...experienced athletes require less in the way of general and directed exercises, since they are already at a high level of preparedness.”

1) General: Exercises designed to promote motor qualities, such as strength training, flexibility exercises, endurance drills, and so forth.

2) Directed: Exercises which develop motor qualities, but in a more specific manner. For a fighter, directed exercises might include rope skipping, hitting the speed bag, and throwing techniques in the air.

3) Special: Exercises designed primarily to improve technical and tactical skills. Hitting the heavy bag and sparring drills are examples.

4) Competitive: These are exercises which closely or exactly mirror the actual competitive event or task. Free sparring would be an example.

From the perspective of one's sport career, experienced athletes require less in the way of general and directed exercises, since they are already at a high level of preparedness. Beginners, on the other hand, spend most (if not all) of their time performing general and directed drills. This concept is quite harmonious with the training factors pyramid discussed earlier.

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## PRINCIPLES

### THE ROLE OF PHYSICAL PREPARATION IN COMBAT DISCIPLINES

“Maximal strength forms a foundation for other motor abilities...”

#### Conclusion

Commonly, the more an athlete reads about training, the more confused he or she becomes. It is important to realize that there are many philosophies and methods— if there was indeed a single correct approach, it would have been discovered long ago, and there would be no need for further discussion.

#### TABLE ONE: Classification of Strength Qualities

Of all the aspects of physical preparation, strength is often prioritized because 1) it is among the easiest of qualities to develop, and 2) it forms a foundation for many other important qualities. This table illustrates the various forms of strength available to athletes.

**Maximal Strength:** The amount of force that can be generated for one all-out effort, regardless of time or bodyweight. Combat athletes don't display maximal strength in competition, however, maximal strength forms a foundation for other motor abilities such as power, speed, strength endurance, and others. Maximal strength can be displayed through three types of muscular actions:

- **Concentric Strength**— the muscle shortens as it overcomes a resistance. In weight training, lifting a weight is an example of concentric activity.
- **Eccentric Strength**— the muscle lengthens as it yields to or attempts to overcome a resistance.
- **Static Strength**— the muscle contracts against an immovable resistance, or contracts to prevent unwanted movement.



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## PRINCIPLES

### THE ROLE OF PHYSICAL PREPARATION IN COMBAT DISCIPLINES

#### TABLE ONE (CONTINUED)

Relative Strength: one's maximal strength relative to bodyweight. Otherwise known as "pound for pound" strength.

Speed Strength (SS): Strength per unit of time. SS is defined as work divided by time, where work is defined as force x distance. Therefore, SS is defined as force x distance, divided by time. SS is characterized by three components:

"Speed strength is defined as work divided by time."

- Starting strength. The ability to recruit as many muscle fibers as possible instantaneously at the start of a movement. Common examples include a jab in kickboxing, coming off the line in football, and the start in short sprints.

- Explosive strength. Acceleration, or rate of force development. In other words, once a maximal number of fibers are recruited, how long can an athlete keep them recruited? Think of starting strength as the flash bulb of a camera, and explosive strength as a flash that stays on and becomes brighter and brighter the longer it stays on.

- Reactive strength: the storage of potential kinetic energy during the eccentric portion of a movement, which is then converted to actual kinetic energy during the subsequent concentric phase, much like stretching and releasing an elastic band.

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## PRINCIPLES

### THE TEN MOST COMMON TRAINING MISTAKES MADE BY COMBAT ATHLETES

“All human movement requires strength.”

Noted sports scientist Dr. Paul Ward uses the following formula to predict success in athletic competition:

Productivity = Potential — Losses Due to Faulty Process

While your potential was determined at birth, there's still much that can be done to minimize the mistakes you make along the way. After years of training and consulting competitive combat athletes, I've compiled a list of the ten most common errors (all of which I've made myself at one time or another) that combat athletes make when embarking upon strength training programs.

**1) Not training for strength:** Many combat athletes feel strength training is counter-productive, causing one to become too large and slow, despite the fact that in every other sport known to man, it makes athletes faster. Training like a bodybuilder (see mistake number 3) can certainly produce these undesirable effects, but properly designed strength training programs improve strength, speed, agility, endurance, and technical performance. Strength training should be viewed as a tool, the utility of which depends upon the context it's used in.

**2) Training for the wrong kind of strength:** Strength as a bio-motor ability has many expressions. All human movement requires strength, and for this reason, all athletes must concern themselves with developing their strength levels to the utmost. What many don't know, however, is that there more types of strength than there are bogus ab-training gadgets on late-night info-mercials! Here's a partial list:

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## PRINCIPLES

### THE TEN MOST COMMON TRAINING MISTAKES MADE BY COMBAT ATHLETES

“Maximal strength is your athletic ‘foundation.’”

*Maximal Strength:* The amount of musculoskeletal force you can generate for one all-out effort. Maximal strength is your athletic “foundation,” but it can only be expressed in the weight room during the performance of a maximal lift. While only powerlifters demonstrate this type of strength in competition, combat athletes need to develop high levels of maximal strength in every muscle group.

*Relative Strength:* This term is used to denote an athlete's strength per unit of bodyweight. Thus if two athletes of different bodyweights can squat 275 pounds, they have equal maximal strength for that lift, but the lighter athlete has greater relative strength.

Competitive events which have weight classes depend heavily on relative strength, as do sports where the athlete must overcome his or her bodyweight to accomplish a motor task (such as a jump kick). Further, events which have aesthetic requirements (kata competition, for example) rely heavily upon the development of strength without a commensurate gain in bodyweight.

Strength can be developed through two very different means— by applying stress to the muscle cells themselves, or by targeting the nervous system. The former method is accomplished through the use of bodybuilding methods (repetitions between 6 and 12), and results in strength gains through an increase in muscle cross-section. The latter is accomplished through higher intensity loads (repetitions between 1 and 4), and increases in strength are the result of the body's improved ability to recruit more of its existing motor unit pool.

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### THE TEN MOST COMMON TRAINING MISTAKES MADE BY COMBAT ATHLETES

“...as soon as you go beyond approximately 12 repetitions, the stimulus is too weak to favorably improve strength values.”

For combat and other athletes who depend upon relative strength, bodybuilding methods should be used sparingly, unless a higher weight class is desired. Most strength training sessions should consist of high intensity, low repetition sets, which improve strength through neural adaptations rather than increases in muscle cross section.

**3) Training like a bodybuilder:** My consultations with competitive combat athletes reveal that bodybuilding is the predominant paradigm in today's strength training world, at least in this country. But bodybuilding methods are designed to produce muscle mass, not strength. And while bodybuilders are strong, their relative strength is poor compared to other explosive strength athletes. These methods have some degree of utility for beginning combat athletes as a means of attaining basic fitness, but after a year or so, they should be used sparingly, if at all.

**4) Using insufficient intensity:** Most combat athletes can relate to doing hundreds of pushups, sit-ups, and leg lifts in class, but as soon as you go beyond approximately 12 repetitions, the stimulus is too weak to favorably improve strength values. Think about it: as a combat athlete, would you rather have the ability to perform weak techniques for hours on end, or the ability to deliver explosive, powerful techniques when it really counts? In training, you reap what you sow.

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### THE TEN MOST COMMON TRAINING MISTAKES MADE BY COMBAT ATHLETES

“The most important stabilizers are those of the trunk.”

**5) Lack of variation:** While many people realize that the training load must be progressively increased, few understand that the training stimulus must also be periodically be varied in order to prevent stagnation. Elite sprint coach Charlie Francis recommends changing the training program whenever there is a one week plateau in strength gains. Internationally acclaimed strength coach Charles Poliquin utilizes alternating phases of high volume with phases of high intensity in order to keep his athletes progressing.

**6) Lack of periodization:** Periodization refers to planning the training process. For most, the idea of planning is intuitively obvious with regards to business, family, and finances, but when it comes to training, most people don't make the connection. While many people attribute the success of Eastern-bloc athletes to illegal steroid use, periodization deserves the real credit. The combat disciplines seem to be one of the last sports on earth to take advantage of this important tool!

**7) Excessive use of machines:** “Machines” according to exercise specialist Paul Chek, “are like sleeping pills for the muscles.” Chek is referring to the fact that machines tend to rob the stabilizer muscles of adaptive stress. Stabilizers are muscles which anchor or immobilize one part of the body, allowing another part (usually the limbs) to exert force. The most important stabilizers are those of the trunk— the abdominals and trunk extensors. If the motor cortex detects that it can't stabilize the force provided by the prime movers, it simply won't allow the prime mover to contract with full force.

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## PRINCIPLES

### THE TEN MOST COMMON TRAINING MISTAKES MADE BY COMBAT ATHLETES

“...instructors make the mistake of thinking that if an exercise ‘mimicks’ a desired skill, it is specific.”

**8) Ignoring the principle of specificity:** The body's adaptation to training is very specific to the type of training that has been endured. This is sometimes referred to as the "S.A.I.D." principle— Specific Adaptation to Imposed Demand. So, as an obvious example, if you want to develop strength in your legs, you have to do strength training exercises for the legs.

Less obvious than the previous example is the fact that exercises must be done at specific volume and intensity ranges in order to elicit the desired result. For example, if you're trying to grow muscle, you must perform exercises in sets of five to ten repetitions— roughly corresponding to 70 to 85% of your maximum capability for a single repetition. It's not enough to simply make sure you're training the right muscles!

Commonly, instructors make the mistake of thinking that if an exercise "mimics" the desired skill, it is specific. A common practice involves trying to improve punching speed by rapidly "punching" with light dumbbells as fast as possible. But this method is flawed, because the angle of resistance is incorrect, assuming that this exercise is done while standing erect. A better approach would be to perform dumbbell bench presses, which correctly align the muscle fibers against the resistance being used.

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### THE TEN MOST COMMON TRAINING MISTAKES MADE BY COMBAT ATHLETES

“...too much time in the weight room grinding out heavy weights at slow speeds...results in slow athletes.”

The specificity principle is abused in other aspects of combat training, as well. Most instructors train their students aerobically, despite the fact that nearly all forms of combat training, including self-defense scenarios are predominately anaerobic. Another common example is the practice of slowly extending a kick, and then holding the leg in mid-air until the instructor gives the signal to return it to the floor. While this method may work if you intend to find employment as a human mannequin, for the purpose of improving kicking power, it borders on useless.

**9) Ignoring rate of force development:** Being strong won't help you if you don't have enough time to display it! In the combat disciplines (as in most athletic endeavors, the problem is that the amount of time to develop maximum muscular force is extremely limited— usually only a fraction of a second. While high levels of maximal strength are a necessary prerequisite for the development of speed strength (power), too much time in the weight room grinding out heavy weights at slow speeds, without switching to speed strength methods later in the training cycle, results in slow athletes.

The ability to apply muscular force rapidly is called rate of force development, or RFD. While bodybuilding methods slightly improve maximal strength, it has a negligible effect on RFD. Training with heavy weights significantly improves maximal strength, but again, the RFD remains largely unchanged. Only when speed strength methods (plyometrics, ballistic training, etc.) are used, is the RFD significantly improved.

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## PRINCIPLES

### THE TEN MOST COMMON TRAINING MISTAKES MADE BY COMBAT ATHLETES

“...the combat athlete may conclude that weight training ‘slows you down,’ because for him, it did.”

Unfortunately, many athletes unknowingly reinforce this imbalance every time they train, thinking they are respecting the principle of specificity by training only the prime movers (or "agonists"). An example would be a combat athlete who reasons that since the quadriceps muscle extends the leg during kicking, the quadriceps should receive the brunt of the training focus. Before long, the hamstrings (which are the antagonists in kicking movements) are weak in proportion to the quads, and power output declines. At this point, the combat athlete may conclude that weight training "slows you down," because for him, it did.

Here's the problem in the above example: the weaker the antagonists are, the sooner they will contract and oppose the prime movers (to prevent joint hyperextension), resulting in a slower movement. But stronger antagonists are less sensitive to this protective response—the body "knows" that they are strong enough to decelerate the limb at the last possible moment. The next time you watch elite boxers on TV, notice the development of the lats and biceps. Great punchers always have well developed antagonists.

**10) Mistaking strength training as the ends rather than the means:** While it might seem ironic, the objective of strength training is NOT increased strength per se, but improved athletic performance. I would suggest that sports conditioning coaches keep this in mind as they design conditioning programs for their athletes.



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### ABOUT THE AUTHOR

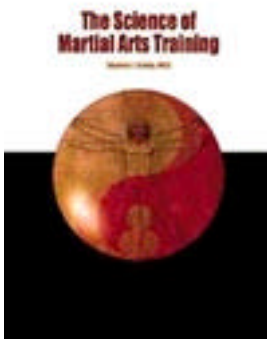


Charles Staley is a sports performance specialist and director of Integrated Sport Solutions in Las Vegas, Nevada. A former martial arts competitor and trainer, Staley is also an Olympic weightlifting coach, as well as a master's level track and field competitor (discus event). He has coached elite athletes from many sports, including combat & martial arts, luge, boxing, track & field, bobsled, football, Olympic weightlifting, and bodybuilding. Staley has written hundreds of published articles, and has lectured extensively on the topics of human performance and sport training. Subscribe to Charles' FREE monthly newsletter The Unnatural Athlete at <http://www.mydynamics.com>.

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## PRINCIPLES

### THE SCIENCE OF MARTIAL ARTS TRAINING BY CHARLES STALEY



*The Science of Martial Arts Training* is Charles Staley's bleeding-edge, comprehensive training manual for martial artists and combat athletes. Charles relied heavily on his experience training several World-ranked competitive fighters as he formulated this book.

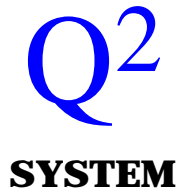
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