

How to Become A Lethal Weapon



In Two Weeks!

This is NOT a free book and you cannot give it away or sell it to others.
If you're interested in getting resell rights (so you can legally sell it to others and make money), please [click here](#).

Copyright © 2003 by [About-Secrets.com](#). All Rights Reserved

Unauthorized duplication or distribution of this material in any form is strictly prohibited. Violators will be prosecuted to the fullest extent of the law.

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior written permission from the author/publisher.

The author, publisher, and distributor of this product assume no responsibility for the use or misuse of this product, or for any injury, damage and/or financial loss sustained to persons or property as a result of using this report. While every effort has been made to ensure reliability of the information within, the liability, negligence or otherwise, or from any use, misuse or abuse of the operation of any methods, strategies, instructions or ideas contained in the material herein is the sole responsibility of the reader.

The reader is encouraged to seek competent legal and other relevant advice before engaging in any activity described in this product.

PLEASE READ THIS BEFORE YOU CONTINUE FURTHER!
(Disclaimer & Precautions)

Warning: Follow all directions printed and/or illustrated. Use caution and proper judgment at all times.

Always consult your physician prior to beginning any exercise or physical training program. Should you experience any strain, stop immediately and seek the advice of a licensed health care professional.

Individuals involved in the production of this program, About-Secrets, the author and those demonstrating their skills assume no responsibility for any injury or damage resulting from the execution or practice of the techniques presented.

The weapons used in this manual are employed for educational purposes only. Do not use actual weapons in your practice of the techniques presented. Use only simulated replica weapons and strikes.

Always wear appropriate protection gear while practicing any of the techniques presented in this manual. This must include eye protection, headgear and groin protection.

Scenes depicted in this program are intended for educational purposes only. None of the techniques presented should be employed unless your life or physical well being is in eminent danger.

Always, when possible, avoid any physical confrontation. In the event of a hostile or life-threatening encounter use only the force necessary to stop the threat or remove yourself from the dangerous situation

If you are in question of what action may constitute "reasonable force" and "excessive force," contact your local law enforcement agency. Laws vary in each state and jurisdiction. You are personally responsible for abiding by those laws.

CAUTION:
USE THE INFORMATION
ON THIS PRODUCT
AT YOUR OWN RISK!

Table Of Contents

Cover Page	1
Disclaimer & Precautions	2
Table of Contents	3
The Problem With Most Martial Arts.....	4
New Understandings & Learnings	5
The Ultimate Fighter's Power Principles	7
Your #1 Weapon!	10
"The Warrior Mindset!"	11
Preparation	12
Confidence	14
Your Other Deadly Weapons.....	15
Protective Measures	20
6 Power Moves For Any Situation!.....	25
Persistence.....	27
Free Updates and Other Cool Stuff.....	30
Make Money With This Book By Becoming A Reseller	27

The Problem With Most Martial Arts

I've seen many a martial arts experts with all the colorful belts and flying kicks get beat up in the streets. It's just like taking a highly trained circus lion and throwing him into the jungles of Africa. He just won't be able to survive in the wild, despite his fancy jumps, rolls, and acrobatics.

I hate to say it because I've spent many years in martial arts schools and on sparring mats; *and I learned a lot*. But these days, it's all about colorful belts, expensive uniforms, and monthly dues i.e. **money**.

Inside the school, there are rules and there are restrictions. But out in the streets, there's only one rule, and that is "*There are no rules!*" That means, anything goes. You have to use any means necessary in order to **survive** and live to tell about it.

With most martial arts, you have to learn complicated and weird moves that don't feel natural at all. It's no wonder it usually take **years** to learn to use them effectively. This is why Bruce Lee decided to create an art that was "formless" - so that he could easily adapt to whatever attacks the opponent threw at him. He wasn't limited to a particular style. Most street fighters operate the same way. They have learned the hard way that anything goes.

Most martial arts consist of *too many techniques* that you have to learn and remember. So, when it comes time to actually use them, most people get so overwhelmed and confused that they simply aren't able to remember **any!**

Martial arts schools teach you to wait till your opponent strikes and then you can defend yourself. You are not to ever strike first.

Out in the streets, he who strikes first wins! There are no second chances. If you don't strike first, your opponent will. And there is a very good chance that he'll continue to strike while you continue to block. Eventually, he will be able to get a few good ones in there and take you down. That's just the reality of the streets.

So that is exactly what you have to do. You have got to strike first! If you're caught in a dark alley and you've got a 6-foot monster coming at you with an expression on his face that clearly says "you're dead," guess what, you have to shoot first and ask questions later. Because if you don't, there is a good chance that you'll never leave that alley alive.

One of the most popular martial arts, Karate, requires you to build a certain amount of strength in order to execute effective punches and kicks. And even then, if you run into a guy twice your size, your punches and kicks may not work as well as you think they would.

How To Become A Lethal Weapon - In Two Weeks!

Let's face facts here... The average guy does not have *years* to learn complicated moves or build up enough strength into his strikes. And he certainly doesn't have the money to throw away in learning an art for years and **still** getting his butt kicked out in the streets.

This is why many trained martial artists, who perform very well in the ring, get their butts kicked out on the streets.

And this is why **you** need to do things **differently**, in order to *survive* out on the streets.

New Understandings & Learnings

In order to survive an attack out in the streets, you have to break most of the fighting rules that you're currently familiar with. You have to realize that the only rule is "survival" - take them down or be taken down yourself.

What you will learn in this manual is a system that has taken me **several years** to put together. You are very fortunate in that sense. I have managed to take the very best from everything I learned and put it together into a very simple, but lethal system.

I have studied the fighting methods of the armed forces, the navy seals, the Russian special forces, and some of the best full contact "no rules" fighters of the world, including the Israelis - one of the most feared hand-to-hand fighters on the globe. And, of course, I have spent my share of years studying various forms of martial arts, including, karate, kung fu, jujitsu, aikido, kickboxing, and others.

What I've learned over the years is this...

To win a fight, you have to use moves that are **easy** to learn, **simple** to execute, and **quick** to work!

You have to use moves that do not require much strength to be effective, and can work just as well on a small person as on a giant. Size or strength should not matter much.

And most importantly, you don't need to learn 101 different techniques and strikes. You only need a **handful** of them that work well on just about any situation!

Always remember that *knowing more* is not the answer. It's what you can effectively **apply** and execute that matters. It doesn't matter how much you know, it only matters what you can **use!**

Out on the streets, there are no rules!

That means, anything goes. Whatever it takes to save yourself and take the attacker down!

How To Become A Lethal Weapon - In Two Weeks!

Don't wait for him to strike. If you sense danger, strike first and end the fight quickly, before it gets to a life-threatening stage.

Use anything at your disposal. Use your environment and surroundings. Use whatever is available. That means, walls, bricks, trashcans, beer mugs, tire irons, baseball bats...hair pulling, groin kicks, and yes, even biting in extreme cases.

Don't wait for a technical knockout. Hit till the attacker's down, then get out of there fast.

Keep your distance! Don't wait for the attacker to come close enough to swing a punch at you. Get him before he gets too close.

When you attack, don't just use the strength of your hands and feet. Put your entire body weight behind your strikes. Push with your entire body.

And finally, use your head!

Avoid being a target in the first place. Prevention is always better than cures.

Don't purposely get caught in situations where your life can be put in danger to begin with. Avoid dark alleys and unknown shortcuts. If you're not sure that it's safe, it probably isn't.

Whenever possible, take another person with you. Go when it's brighter or busier. When in doubt, don't.

If you sense danger up ahead, cross over to the other side of the street, or take a different street.

Be aware of your surroundings. I don't want you to turn into a paranoid freak, just learn to pay attention. If you end up in a new club, or new neighborhood, turn your awareness up a notch. If you happen to notice any shady characters around, keep your distance and be aware of their movements.

Keep a confident, alert posture at all times. Many times, the attacker will pick weaker targets if he has any choice in the matter. Remember, they're also trying to get things over with quickly so they can leave without getting caught or being seen (identified) by others. If you seem like too much work for them to deal with, they will move on to a weaker target.

Of course, there are times when things can happen despite all your precautions. And that's what this manual is for.

So, let's get to it...

The Ultimate Fighter's Power Principles

Power Principle #1: Simplicity Is Power!

You've heard it before, but it's definitely worth repeating...

Simplicity is power! You will hear me say this over and over again - for good reason.

The simpler the techniques are, the easier it will be for you to learn, remember, and execute them *when it counts*.

The more *complicated* and foreign the moves are, the harder it will be for you to learn and use of them.

Most martial arts take years to master *because* they require you to learn new body movements and postures, moves that we don't normally use in our daily lives.

My system only uses natural body movements that you *already* know how to do right now! Moves that you use all the time anyway. All I have to do is show you which moves they are and how/when to execute them. That's it!

You don't have to learn anything new. No complicated martial arts styles here.

That's why I'm able to create fighters in weeks instead of years!

Simplicity also gives you speed. The simpler the moves are, the more quickly you'll be able to execute them.

And, the quicker you end the fight, the better your chances are of survival. The longer it takes, the riskier it gets, because with every extra *second*, your attacker has more opportunities to take you down. Most real fights only last for a few seconds anyway. And if your opponent is not down by that time, you surely will be.

The longer it takes, the riskier it gets.

Forget about the fancy high and flying kicks. Or the dragon claws and the monkey styles. You don't need the flexibility of Van Damme or the agility of Jackie Chan. Leave that to the movies.

Your job is not to impress your opponent or wow the spectators. Your only mission is to finish the fight quickly and swiftly.

Simplicity is Power! Simplicity makes you more efficient, it gives you speed! It makes you lethal! It keeps you alive!

Power Principle #2: If The Attacker Can't Stand, He Can't Fight.

If a man loses his balance, he usually loses the fight.

There are various easy ways to take an attacker down. You can simply push him the correct way, pull him, or put his knees out of commission.

The knee is an especially vulnerable area because it can only bend one way. If you force it to bend the other way, it breaks. And, as soon as the knee gives out, the attacker goes down. It doesn't matter how big or strong he is. Break the knee and you take him down.

Hitting the groin area is also very effective, for the same reason. The opponent can't help but buckle from the pain.

Finally, if the attacker is rushing towards you, you can simply brace yourself and stop him by pushing against his head, neck or upper chest area. The effect is similar to a person moving forward and suddenly being stopped by a clothesline that hits his face or neck area. His body is still in forward motion while his head comes to a stop, causing him to fall fast.

Once he is down, you can either get out of there...OR...you can continue kicking and striking him while he's down, to make sure he can't get up fast enough...and then leave the scene.

If he can't stand, he can't fight.

Power Principle #3: If The Attacker Can't See, He Can't Fight.

Blind a man and he can't see. If he can't see, he can't hit.

There are several ways to temporarily blind your opponent. You can simply poke him in the eyes with your fingers. You can throw something in his face (alcohol, boiling water, sand, whatever is at your disposal.) You can strike his nose, which usually leads to watery eyes, i.e. temporary blindness.

Lastly, there are simple ways to maneuver around an attacker and quickly end up **behind** him! This is a very favorable place for you to be in, and a very deadly place for the attacker to be in. From this position, he cannot see you at all, while you have access to some very vulnerable targets on his body: the back of his neck, small of his back, back of his knee, Achilles heel, etc. You can also very easily get into the *choke hold* position once you're behind him.

If he can't see, he can't fight.

Power Principle #4: If The Attacker Can't *Think*, He Can't Fight.

Obviously, if your opponent can't think straight, he can't fight well.

The attacker usually uses the "element of surprise" to his advantage. We are going to turn the tables and use that strategy against him. Any technique that will temporarily throw him off, even for a second, will give you the added edge.

Striking the ear in a certain way will cause his ears to ring, which will throw off his stability for a bit.

Striking the nose (as mentioned earlier) will also stun him for a bit.

Distracting him with a fake punch will divert his attention there, at which point you can deliver the real blow.

Screaming can also work very well in distracting and/or confusing him, at least a second or two. Remember, every second counts. The moment you see him startled, deliver the lethal blow.

I've even seen some people pretend to be insane, in order to distract the opponent. Act crazy, start throwing your hands around, bang on the wall, cuss up a storm, whatever you can think of. And, as soon as the opponent gets startled or confused, go in for the hit.

Lastly, any move or strike that causes quick, sharp pains can work well to distract the attacker, at least temporarily. Strikes to the eyes, nose, ears, temples, throat, upper lip will do the job.

I have also seen some fighters pretend to be weak and helpless, in order to get the opponent to drop his guard a little. The fighter then takes advantage of the opponent's less alert state to strike.

Anything that will create that "shock effect" to either distract or disengage the attacker temporarily will work. As soon as that happens, make your move.

If he can't focus, he can't fight.

Power Principle #5: If The Attacker Can't Breathe, He Can't Fight.

This one is a fairly dangerous one and I only want you to use this if you run out of other options.

Striking the attacker anywhere on the throat (or frontal neck area) can cause temporary breathing problems. (It can also at times cause permanent damage, and even death.) This includes striking the Adam's apple, and the small indentation where the neck and chest meet.

Striking at the solar plexus (right below the ribs, front and center) or the floating ribs (sides of ribs, below the chest) can also cause loss of breath temporarily.

If he can't breathe, he can't fight.

Your #1 Weapon!

I have seen many martial artists who had every single move down perfectly, they knew the correct names for them all, and could execute all the moves flawlessly.

And, then I watched them face real-life threats out on the streets during which they couldn't remember anything! They were frozen like deers in front of headlights. They were so crippled with fear and shock that all their *skills* went out the door.

The reason was simple. While they had spent years training their bodies, they didn't spend nearly as much time training their **minds**!

I want you to remember something very important. Perhaps the most important thing I'll teach you in this manual...

If you don't train your mind, no weapon or technique will matter. You will **lose the fight**.

If you don't train your mind, no weapon or technique will matter. You will lose!

And when you're out in the streets, "losing" can often times mean losing your life!

So, before you do anything, get your mind ready. Because with the right mindset, every technique and weapon I teach you will become 10 times as effective! I am dead serious!

If you want to be a great fighter, here's the secret...

The Warrior Mindset!

We as humans are often programmed to be martyrs. We usually don't do as much for ourselves as we would do for others. We will also endure a lot more for others than we would for ourselves. Just look around you and you'll find this to be true.

If our lives are in danger, we may or may not fight fiercely to protect ourselves. Most people simply wait for the abuse to be over instead of confronting it or fighting to avoid it, be the abuse verbal or physical.

But...when the lives of their loved ones are in danger, most people will do **a heck of a lot more** to protect them from harm than they **ever** would for their own lives!

You've heard the stories. Regular, everyday women somehow found extraordinary strength inside them - enough to lift automobiles or other heavy objects - when they were fighting to save their children who were trapped under the heavy objects.

The very thought of losing a child or a loved one is enough to get any warm-blooded creature riled up and ready for a fight.

You even see this in animals. Cats, dogs and even birds, who would *normally* run off scared at the first sound of danger, would fight to death to protect their young.

It's an untamed, unstoppable, animalistic, survival-at-all-cost, adrenaline rush!

Well, guess what? Instead of spending months trying to turn you into a warrior, we can simply use this inherent human motivator that already exists within you!

Turning It On

Here's how you turn on the warrior within you...

It's a simple exercise but please don't be fooled by it's simplicity. It is very, very effective!

Close your eyes and imagine that you're with someone who you really love and care about more than anything. It can be your children, your spouse, significant other, family member (sibling, parent) or whomever else that holds the most importance in your life.

Children are perfect for this exercise because of the reasons given earlier. You can pick your own child, or even a nephew or niece if you don't have any of your own.

Next, imagine that you're walking down the street casually, without a care in the world - just enjoying the precious time you have with your loved one.

How To Become A Lethal Weapon - In Two Weeks!

The next thing you know, out of nowhere appears an attacker, who is *ready* to rob you and most likely hurt you *and your loved one*.

Here you are, the only thing that stands between the thug and your loved one, the only thing that can protect your loved one. Failure is not an option for you here. You don't have time to plan or strategize or even *think!*

You simply explode in rage and do whatever it takes to protect your loved one. You pound away until the threat is out of commission. And then you get the hell out of there!

I don't have to spell out for you what the alternative would have been if you hadn't been the protector. You can imagine for yourself the worst case scenario, can't you?

Now...if you really want to intensify your "warrior state," I want you to actually close your eyes and imagine what would happen if you **didn't** protect your loved one. What would happen if you didn't do everything in your power to keep this person from harm?

Can you imagine it? With all the intensity and all the emotion? If you can, you will make sure that you never get put in that situation in real life. And if you ever do end up in that situation, you will be prepared to do whatever it takes to protect your loved one; in the process, you'll also end up protecting **yourself!**

Now, I want you to remember what you just went through. Remember this exercise. And if you ever end up in a situation where you have to protect yourself, I want you to imagine that your loved one (child, sibling, etc.) is with you.

When you do that, you step into that unstoppable, survival-at-all-costs, adrenaline rush *state of mind*. That will instantly unleash the warrior within you, and you will have access to the kind of power you never thought was possible.

You'll be able to suspend fear and all hesitation for those few moments.

Preparation

Being prepared for an event ahead of time always helps. This is true in just about any area of your life.

This is why I want you to go through the Warrior Mindset exercise **beforehand**. Don't wait till an actual life-threatening situation occurs to experience it for the very first time. Go through the exercise ahead of time, during the next few days. Get in touch with that feeling so you know *how it feels*, so you know what your own boundaries and emotional ranges are.

How To Become A Lethal Weapon - In Two Weeks!

By practicing this beforehand, you'll be able to shift your mental state from "nice and mellow" to "*instant fighting machine*" within **seconds**! The more you practice, the more quickly and easily you'll be able to summon the warrior within.

You also don't want to remain in this "fighting machine" state all the time either. That will just suck the pleasure out of life. You won't be able to enjoy much of anything. This is why it's important to learn how to shift from one mental state to another - at will.

That's "step one" of being prepared - the mental rehearsal.

Now that you know how to instantly access that warrior that's laying dormant inside of you, it's time to prepare for the second step - *learning the skills*.

The Warrior Mindset will give you advantages you wouldn't believe. Add to that some deadly moves and you'll become unstoppable! You'll become a lethal weapon!

The only way to have these skills and techniques available to you is to make them a part of you. It requires that you **practice** them over and over again until it becomes second nature, until it becomes part of your reflexes.

Because, if you have to stop and think about which technique to use, you will get your butt kicked.

When someone is about to attack you, there is no time to think. Every second counts. Every move you make counts. You don't have time to waste on fancy kicks or styles.

And that is why you need to master these techniques till they become automatic.

The only way to do that is to practice and rehearse - to go over the basic techniques that I'll show you over and over and over, until they get burned into your brain.

Do this for at least 15 to 30 minutes per day. And do it consistently, every single day, for at least the first 2 to 3 weeks. Once you're comfortable with the execution, you can maintain your skills by doing them about 2 to 3 times per week.

I will go over the actual techniques and moves very shortly.

(You can also practice on a heavy punching bag (at home or at the gym) to get the feel of "real hitting." This will also help your posture and stance (for balance) while you're hitting, kicking and moving around.)

Confidence

The more confident a fighter is, the better he will fight.

(However, don't confuse confidence with arrogance. Just because you're confident with your own skills does not mean you should under-estimate your opponent.)

One surefire way to gain confidence is to be prepared, as explained earlier. You have to be mentally and tactically prepared, by adopting the right (warrior) mindset and practicing and rehearsing the skills that I'll share with you.

The next powerful way to gain confidence is to "rehearse mentally."

Here's how...

Find a quiet place where you won't be disturbed for at least 15 minutes.

Imagine yourself being attacked by different types of attackers and attacks. See yourself defending yourself perfectly - using the best defenses and counter-attacks for each incoming attack. You're using the best moves and techniques, and you're executing them flawlessly with precision and speed.

Imagine yourself going through this scenario over and over again. By doing so, you're programming your mind for **success**, and **only** for success!

This is a technique some of the greatest fighters have used for centuries. Now you know another one of their secrets. ;-)

Use it!

Your Other Deadly Weapons

Your other deadly weapons are of course the various parts of your body.

I'll go over them now. As you go over them, remember again...simplicity is power!

If you're looking for fancy, complicated maneuvers that will look good, you won't find them here. I'll only show you what works in the real world! Because I want to you **survive!**

These weapons work extremely well because they are easy to execute and they target some of the **weakest areas** of the attacker's body. Consequently, you don't need much strength to take the attacker down, even if he happens to be twice your size.

*(While I'm listing **all** the effective strikes below, you will only need to use a handful of them if you ever get into a fight. I'll show you later which ones they are.)*

Here we go...

Fingers

You can poke attacker in the **eyes** (to blind him temporarily) by using your pointing finger and middle finger in a "V" formation. You can also use your pointing finger (bent at the 2nd joint and rolled in) to strike the attacker's throat (at the small indentation above the chest) or the side of the ribs. A thumb jab can also be used in a similar fashion.

And, you can use your fingers to grab and pull on the attacker's hair, you can grab/pinch the sides (love handles), inner thighs, groin or other sensitive areas.



Knuckles

The knuckles (fingers bent at the second joint and folded in) can be used to strike the throat, side of ribs, or even the solar plexus area. These are very deadly strikes.

Palm

Your palm can be used in several ways. By cupping your hand (as you would do if you were to carry water in it), you can deliver a **palm slap** to the ear (to cause temporary ringing) or to the groin area (to cause some serious pain.) Be sure to put your body weight into the movement (by swinging from your hips) for maximum effectiveness.

You can use the heel of the palm (**palm thrust**) to strike the nose area, in a forward and upward motion. This can cause serious damage (even death) if used with full force.

You can also use the palm (and fingers) in an "open grab" motion (**palm grab**) to deliver a strike to the throat. (It will look like you're reaching up to grab the throat when in fact you're simply pushing against it with force.) This will cause temporary breathing problems for the attacker.

Lastly, you can use the palm heels of both your hands to do a **push over**. You are simply using palm thrusts against the attackers chest area to push him away hard. This works especially well when the attacker is moving in towards you because it becomes very easy to drop him while he's in forward motion. (As explained earlier in the manual.)



When using the push over, try to push him at an angle whenever possible. Striking from an angle is always much more effective because it's a lot easier to get him off his balance. This principle can be used for other strikes as well.

And of course, you can use your palm and fingers to pull on his hair, or pinch his love handles, inner thighs, etc. to give you a few seconds.

Forehead or Top of Head

These can be used to strike the attacker's face, at close range, usually hitting the nose area. They are very effective and deadly strikes, especially when used repeatedly.

How To Become A Lethal Weapon - In Two Weeks!

You can use this very well if the attacker has locked you into a "bear hug" either from the front or from behind.



Head Butt (Front Bear Hug)



Head Butt (Back Bear Hug)

Elbow

The elbows are used to strike the face (temples, side of jaw, under the chin) or even thrust into the throat or chest area, at close range of course.

If someone grabs you from behind, you can also use your elbow to start striking his ribs, sides, or torso repeatedly - until he lets go.



Elbow Strike (To Side of Face)



Beginning of Elbow Strike (Up Towards Chin)

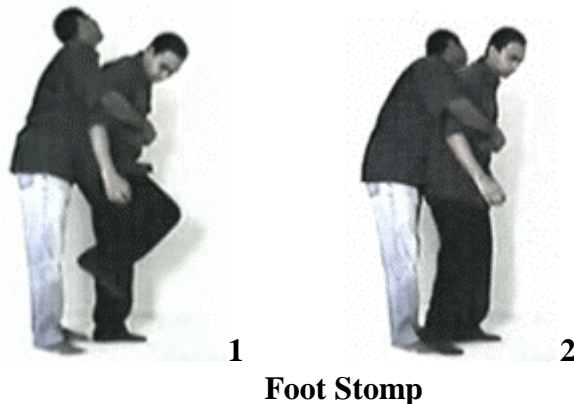
Knee

The knee is most commonly used to strike the groin area. However, it can also be used very effectively in striking the torso and the outer side of the thigh.



Foot

A **groin kick** can be delivered using the upper surface of your foot. A kick to the **knee** or the **shin** (in a sliding motion) can be delivered using the bottom (sole) of your foot (turned at an angle so that your toes are pointed outwards / to your side.). You're simply placing your foot on his knee and walking through it. You can also use the **heel** of your foot to either strike the knee or **stomp** on the toes.



And, you can use the bottom (sole) of your foot to deliver a **stomp kick** to the attacker's torso or pelvic area. The armed forces use this kick to take a bolted door down. You can imagine what a blow like this would do to a human.

You can either strike anywhere on his torso, or you can hit him with it on either side of his pelvis, right at the point where his leg joins with the body. The fact that there's a joint at those spots makes it vulnerable.

How To Become A Lethal Weapon - In Two Weeks!

When using the above kicks, you will notice that your foot never goes above the waistline. Kicks don't need to go any higher than the waistline. If you want to strike him above the belt, you can your hands (and sometimes, the knee.) When you're using kicks, your best targets are below the belt, and very effective. Anyone can do that - without having the flexibility of a Yoga instructor. We'll leave the high kicks for Hollywood.

Teeth

I do not recommend that you bite someone unless it's absolutely necessary, especially since you do not want someone's blood in your mouth. However, if you end up with someone trying to get you into a head lock or any other position where you can't use your hands and feet, you may just have to bite - hard enough to cause him to let go of his grip, so you can quickly break free. At that point, deliver a few deadly blows using the other weapons.

And of course, one of your best weapons is the "element of surprise." I've discussed this earlier. (If a man can't think, he can't fight.) Use it to distract or confuse him temporarily so you can deliver your strikes.

Practice this "element of surprise" technique as well. Do something to distract your partner and see if you can strike before he/she is able to recover from the distraction. But remember, you're only *practicing*. Do not actually strike or you'll hurt your partner.

Note: You may have noticed that I tend to address the attacker as "he" or "him" a lot, implying that he's a male. While this is usually the case, don't be too surprised if your attacker happens to be a female. And do not under-estimate the threat you're facing! The same rules and strategies will apply, including the "knee to the groin" technique. (Just be sure to strike hard, and repeatedly, with whatever is available to you - until the attacker is down.)

Protective Measures

While I recommend that you strike **first** as soon as you sense eminent danger (provided the attacker is close enough for you to get to him), there are times when the attacker will keep his distance as well, waiting for the right moment to strike. Or, sometimes, he may be able to make the first move by getting to you before you realize that he's there. (After all, he's trying to use the 'element of surprise' to *his* advantage as well.) In those cases, knowing how to protect yourself using either blocks or diversions will come in handy.

Stepping "Off-Line"

In Aikido, we are taught that whenever a person attacks you, he's not really attacking you; he's simply attacking the area which you're occupying at that moment.

That means, to avoid getting hit, you simply get out of the way. Sounds easy enough, doesn't it? It's very effective.

The "off-line" step is just that. From the position you're standing in, quickly step (or jump) to either side, or take a quick step back, to avoid getting hit. You can also move diagonally (moving forward while moving to the side at the same time.)

Just imagine what a bullfighter would do when the bull attacks him. He doesn't try to block it or stop it. That would be stupid - and very dangerous. He simply gets out of the way.

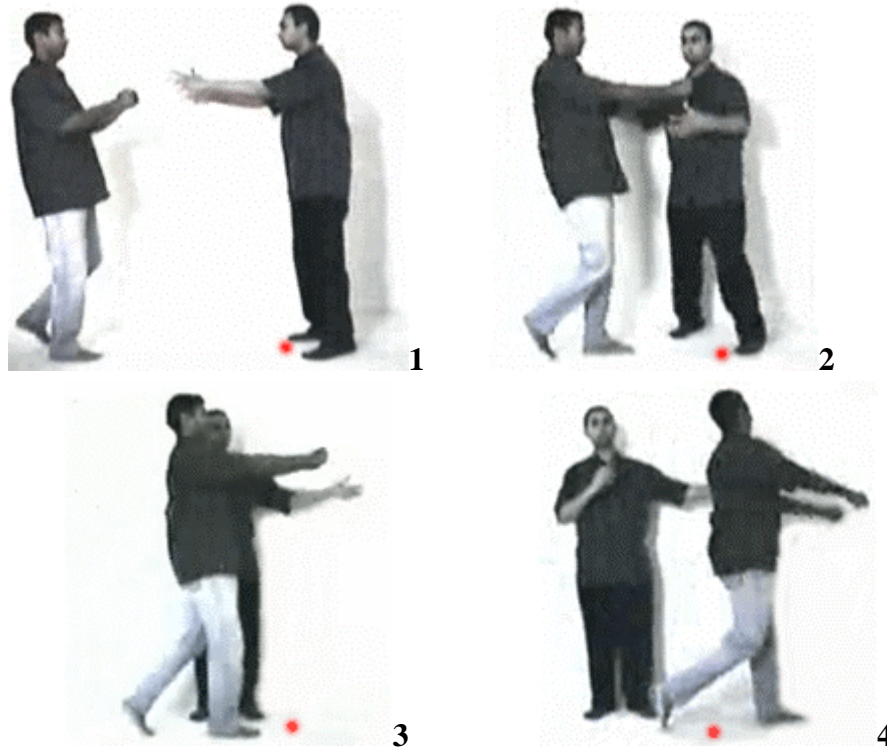


Stepping Off-Line

(Notice the person's position change in relation to the stationary red dot.)

How To Become A Lethal Weapon - In Two Weeks!

So, if someone were to rush towards you (attempting to push you down or strike you), you can simply move to the side (left or right) or diagonally in order to get out of the way. Two things happen here: 1) you avoid getting hit and 2) you usually end up behind the attacker (a very advantageous place to be in.)



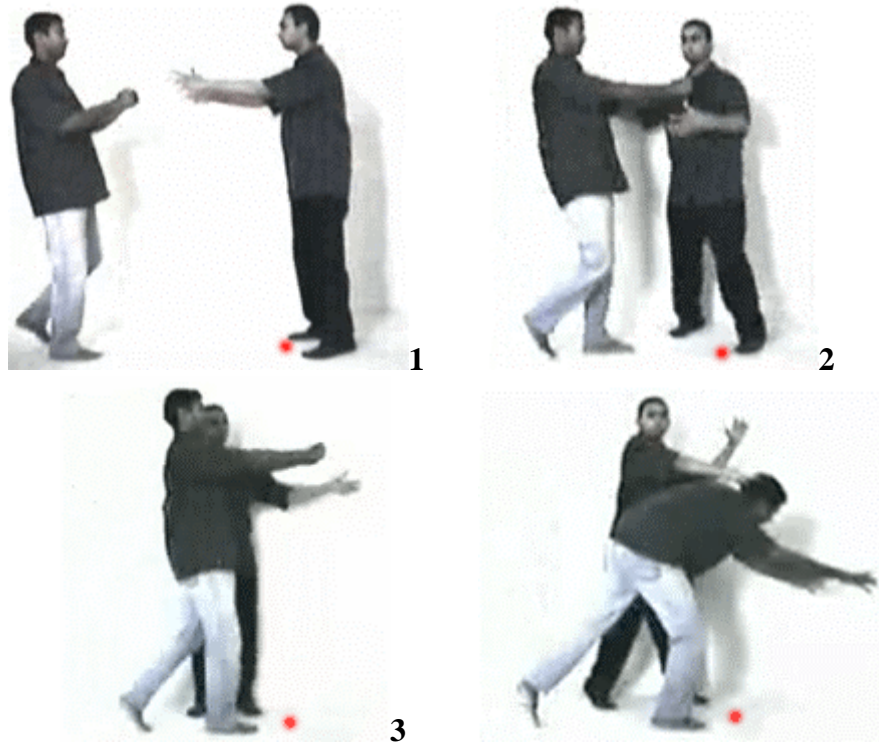
Stepping Off-Line

(Notice the position changes in relation to the stationary red dot, and how the defender ends up behind the attacker.)

Of course, the moment you avoid his strike, start pounding him with your own strikes. And don't stop until he's down.

You can also push the attacker towards the direction he's running in (using his head or neck) and easily cause him to lose his balance. This works very well if the attacker is *rushing* towards you (notice slide #4 below.)

How To Become A Lethal Weapon - In Two Weeks!



You can also turn the off-line step into a very effective attack to take the opponent down, or at least hurt him. All you have to do is step out of the way, plant your hand in the attacker's way (in line with his neck or upper shoulder area) and take him down. To increase the impact, you can also take a step forward (against his direction) as he walks into your arm.



Off-Line Take Down

The "On Guard" Position

Let your hands naturally hang at your sides. Then, bring your palms up to your face by bending your hand at the elbows. Your finger should now be almost touching your nose (palms facing away from your face.) This is the "on guard" position. It's very similar to a boxer's on guard position, except for the open hands. If you hold your fists up, you will probably imply that you're ready for a fight. Keeping your palms open looks more like the "I don't want any trouble" stance, which is why we use this instead of fists. You can even say that to the attacker as you bring your hands up, "Look, I don't want any trouble."



From this (on guard) position, you can easily block his punches, and you can also initiate your own strikes (eye jabs, knuckle punches, etc.) much more easily and quickly, since your hands are already halfway up.

As soon as you sense danger, get your guards up. Always keep your guards up. As you've already learned, some of your most sensitive areas (eyes, nose, lips, ears) are on your face. You have to **protect the face at all times**.

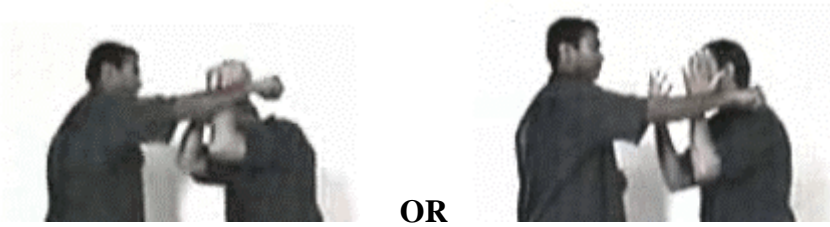
Face Block

If the attacker decides to pull a punch before you're able to do anything, you can use this simple block to protect yourself from just about any punch...

From the 'on guard' position, lift your elbows up and forward so that your palms are able to cup over your ears. Your elbows should now be sticking out in front of you. Make sure that your palms are in fact *resting* on your ears and not just hovering around it - or else the force of the attacker's strike will slap your palm against your own ear and cause you some pain.

If a punch comes your way and it's too late for you to get out of the way, quickly get in this 'face block' position. Most close-range punches to your face can be blocked using this maneuver. Remember that you want to keep it simple, which is why I won't teach you different blocks for each punch. The face block takes care of most of the punches.

How To Become A Lethal Weapon - In Two Weeks!



If the punch is coming straight to your face (nose or mouth area), just move your hands from the "face block" position to the front of your face.

Body Block

The "body block" can be used to defend yourself against kicks or even bats and sticks. And it's a fairly easy move. If you're being targeted to the lower body, from the side, just lift your knee up in front of you and bring your foot closer to your butt. It's similar to the face block position, except you're doing it with your leg.

If you're being targeted at your torso area, simply drop your hand to your side (from the face block position) keeping your elbows bent at the same angle. It's similar to the 'on guard' position, except your palm is positioned 'chest high.'

Keep Moving

If the attacker knows anything at all about fighting, he will not strike immediately but instead wait for the right opening - just as experienced boxers do in the ring.

To make it harder for him to attack, keep moving! Use a circular motion and continue to move back and forth, just as boxers do (but don't get caught in a corner.)

Let me repeat...my goal is always to end the fight as quickly as possible. So, as soon as you see an opening, let him have it and don't stop until he's down!

6 Power Moves For Any Situation!

While I've given you quite a few *effective* striking techniques above (in the 'Deadly Weapons' section), you don't have to learn and memorize all of them. (Keep it simple, remember?)

Here are 6 of the most powerful maneuvers you need to remember to quickly end *most* fights.

The Push Over

The "push over" may not seem like a great move but is in fact **very effective**, especially when used in succession.

As soon as the attacker gets close enough to cause harm, step forward and push with both palms, targeting his chest. Brace yourself well and put your entire body weight into the attack. Then, repeat the move immediately, at least one more time.

Keep in mind that this move can very easily break his ribs and/or cause serious damage, especially when delivered repeatedly.

Often times, the push over is all you'll have to do to end the fight and leave the scene.

If he is still up, move to any of the next techniques given below (whichever seems most fitting.)

My advice (from here) would be to take his knee out next - and fast.

Note: You can also use the push over if the attacker rushes towards you. In this case, be sure to brace yourself by keeping one foot in front of the other. As the attacker comes in, brace and lock yourself in position, then push as hard as you can. You can always deliver another one immediately after the first one.

Remember to push at an angle to get him off balance more easily. The same goes for other strikes that you execute.

Stomp Kick (To Knee)

This kick uses the sole of your foot and targets his knee. As you learned earlier, taking a person's knee out of commission will quickly take him down.

How To Become A Lethal Weapon - In Two Weeks!

Just pick your foot up, slightly turn your toes so they're pointing at an angle (outwards) and walk through his knee. Target whichever knee he has closer to you.

And remember, if he's still up, use the push over again (or any other strikes) and continue hitting until he is down!

Once he's down, you can either continue to kick him or quickly leave the scene.

Stomp Kick (To Torso/Pelvis)

Similar to the knee kick, this move uses the sole of your foot (or shoe) but is targeted at his torso or pelvic area.

Lift your knee up towards your chest, as high as it will go, and then push at his torso/pelvis with the bottom of your foot. Imagine you're kicking a door down.

Again, if he doesn't go down completely, you can either repeat the move or use any of the other moves. Remember that the key is to *continue hitting* until he goes down.

Knee Kick

If he's close enough to you, you can drive your knee into his groin. Then, immediately go into the "knee to the torso" pattern. Put your hands around his neck and start driving your knee into his stomach and solar plexus area by lifting your knee straight up. Do this several times and then either push him down or take his knee out.

Head Butt

Most attackers may not expect this one from civilians. That's good. If he's already too close to you, making it impossible to use any of the earlier moves, use either your forehead or top of the head to strike his face. Imagine a bull attacking a target with its horns. (Be sure to pull your tongue in and clench your teeth before you strike - to avoid biting your tongue in the process.)

Throat / Face Strikes

If he's close enough, use your knuckles, palms, and/or fingers to strike his throat area and/or his face area (eyes, nose, upper lip, ear, etc.)

Immediately after any of the above, deliver either the push over, or any other heavier moves described in this section, continuously - to take him down.

I would advise you to start by practicing only these 6 maneuvers until they become second nature to you. Only after you've mastered these should you move on to the rest of them.

Remember that it's not about how much you know. You can be the most deadliest fighter out there if you **master** just a few techniques. It's all about mastery.

Persistence

You have learned quite a bit by now. And believe it or not, what you now know puts you in the top 10 percent of the best fighters in the world! I'm not kidding at all. I have studied a lot of fighters and fighting arts for a lot of years. What I've given you above is all you need to take down any attacker. All you have to do is **practice** and make them a part of you.

Now...I've touched on this previously but here's what separates the winners from the losers.

Most fighters are programmed to the "strike and block" technique. Or worse...the "*block and strike*" style. They strike once and then wait to see what happens before they strike again. Or, they wait for the attacker to strike *first* so they can block and then strike back.

Moreover, if a person is very new to fighting, he will usually strike once. And if the attacker somehow blocks his strike, the new fighter will start to panic and lose it. He will assume that the attacker is a better fighter and just freeze up.

You simply cannot afford to do that!

Sequencing . . .

Therefore, to win a fight, you have to strike continuously! You have to **keep moving**, like a sledgehammer. And, don't stop for anything!

If you miss or get blocked, don't panic. And don't stop. Keep going, continue hitting.

If your first strike doesn't get him, your second one will. And heck, if you second one doesn't get him either...well, guess what... **Your next 5 to 15 strikes will surely pulverize him.**

So, if your first shot doesn't go anywhere, don't worry about it. Just keep going. Fight with all your might and keep hitting, punching and kicking until the attacker is down!

It doesn't matter which sequence or strike combinations you use. Just strike whatever target is exposed.

And practice this! During your practice sessions, rehearse **striking in sequence** - one strike, after another, after another. And move from one strike to another - elbows to knee kicks to push overs etc. etc. Practice every combination so you're not stuck with one sequence. You want to be able to strike whatever part of the attacker's body is open.

How To Become A Lethal Weapon - In Two Weeks!

Here's an example of sequencing (continuous striking until attacker is down...)



In the above sequence, **1)** the defender blocks the attacker's punch, **2)** strikes his nose to cause pain & distraction, **3)** elbows his face, **4)** executes a push over, **5)** if the attacker is still standing, he quickly shoves his knee into attacker's groin, and finally **6)** execute another push over to take him down.

Simple moves but very deadly. And when combined into a sequence, it's lethal.

Remember, those who survive attacks do so simply because they don't stop for anything. They don't give up. They continue to kick and claw and scream and shout until they are free to escape. They are smart - because they realize very quickly that this may be their **only chance** to get free and walk away alive.

The key here is sequencing...persistence...to never give up!

If you take the above learnings, channel them through the Warrior mentality, and add to that all the powerful moves I've taught you, you'll be almost impossible to take down. **I can guarantee you that!**

How To Become A Lethal Weapon - In Two Weeks!

One final word of advice...

Please, please do not use these techniques for fun or show. What I've taught you here is **lethal stuff!** It's deadly. It can easily cause permanent injury, and even death. Please keep that in mind while practicing them with a live partner.

Do not use them unless you (or your loved ones) are being threatened with physical harm.

I hope you never get caught in a situation where you have to use these strategies. But... if you ever do, you now know exactly how to survive it and walk away alive.

I wish you and yours a safe and violence-free life.

Use what you've learned here **AT YOUR OWN RISK.**

Free updates and reseller information can be found
on the following pages...

Copyright © 2003 by About-Secrets.com All Rights Reserved.

Unauthorized duplication or distribution of this material is strictly prohibited. Violators will be prosecuted to the fullest extent of the law.

Rev. 030000

**Get Free Updates, Bonuses, Special Reports & Offers, And
Other Cool Free Stuff!**

Owning a copy of this book also entitles you to receiving other free stuff and special offers...

These include:

- the **latest** updates, changes, and additions to this manual, **everytime I improve my system** and add to this manual,
- upcoming bonus reports that will show you how **to defend yourself against weapons** (knives, guns, etc.) and against **multiple attackers**,
- other little gems I discover to improve and automate my *overall* fighting system,
- the most commonly asked questions that I receive from my readers on this subject, along with the answers and explanations to those questions.
- special offers and resources that I find useful and feel would be beneficial to you, and
- other free stuff as I find them and feel would be of use to.

To receive these free updates, sign up for my 'free updates list' right now by clicking here...

<http://www.about-secrets.com/defense/lwu/>

How To Make Money Selling Copies of This Ebook To Others By Becoming An Authorized Reseller!

Products dealing with security and self-defense are hot right now, especially due to all the craziness that has been going on in the world today.

And, you have seen *first hand* how simple, easy and **effective** my fighting system is. Anyone can learn this system and become a lethal weapon in as little as 2 weeks!

You can take advantage of the above facts...by becoming a reseller of this hot, powerful manual and selling it to others so **you can pocket 100% of the profits!**

So, if you're looking to help others protect themselves, if you're looking for a new product to sell or an additional product to add to your existing income streams, you can do that now by becoming a reseller of this manual.

Here's what you get when you become a reseller...

- a resellable copy of the Lethal Weapon manual, and
- complete sales page and graphics to help you sell the manual and keep **all** the profits!

You can become an instant reseller right now for just a low one-time fee of **\$37**, so you can start selling this book to others.

You can sell the manual to others for \$14.95. Sell just 3 copies and you've already made a profit!

To get your reseller package right now and start making money, just click on the link below...

[Click Here Now to Start Making Money As a Reseller!](#)

**[Check Out Our Other Secret Titles At
The Secret Collection!](#)**

An
about-secrets.com
Publication