



*****Confidential Report*****

Underground Street Fighting Secrets!

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Underground Street Fighting Secrets
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Importance of Hand-To-Hand Combat ...

Without it, the human race would have probably gone extinct a long time ago.

Being able to defend yourself was an essential skill in ancient human history. Early people often had to fend off a wide range of predators as well as fellow humans who didn't always have their best interest in mind.

Fortunately for us, due to numerous technological improvements over the millennia, the ability to defend yourself is no longer as essential for survival. Nowadays, there are military and law enforcement agencies out there to protect us all from potential threats, allowing us to focus our time on learning other valuable skills.

We're still far from utopia though.

The reality is: more than likely, you'll probably have to defend yourself at some point in your life. Learning how to fend off an attacker significantly improves the odds you'll emerge victorious from a dangerous encounter with minimal injury.

Obviously, using a firearm is the most effective way to defend yourself in modern times, but there's no guarantee you'll always have one handy when you find yourself in a potentially deadly altercation.

That's why it's important to familiarize yourself with a few basic -- yet potentially deadly -- hand-to-hand combat techniques if you're serious about ensuring your personal safety and that of your loved ones.

Are traditional martial arts the way the go?

The straightforward answer to that question is yes and no.

A proficient martial artist should be able to properly defend themselves against a single adversary, but mastering the most effective martial arts takes time.

Factor in the fact modern martial arts tend to prepare practitioners for sport competitions rather than actual close quarters combat, and you'll start to realize it probably isn't best to rely solely on traditional martial arts for your self defense training.

For example: Brazilian Jiu Jitsu is an effective martial arts system -- as proven by the Ultimate Fighting Championship's Royce Gracie during the early years of the most recognized mixed martial arts organization in the world, the Ultimate Fighting Championship (UFC), yet, it's typically best to stay away from its main focus "the guard" in a self defense situation.

Sure, an armbar or triangle choke could easily subdue an opponent, but is that really worth putting yourself in a situation to get slammed on a concrete sidewalk Quinton "Rampage" Jackson style?

The back of your head crashing into a concrete curb could very well lead to fatal injuries.

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Figure 1: Quinton Jackson slamming his way out of the guard, knocking out his opponent on a padded canvas. Now, imagine the fight took place on a street corner!*

I myself am trained in many classical martial arts.

- Isshin-Ryu Karate at the age of 5 years old
- Aikido at 11
- Taekwondo at 12 years old (I've been a 1st degree black belt in Taekwondo since 2001) ...
- I've dabbled in Hapkido and Yudo ...
- And I spent a month in Thailand learning and training in Muay Thai every single day ...

Yet, after decades of training in the martial arts, and reading about different systems and styles ... while I felt confident I could defend myself, one of the conversations I used to have with an old instructor of mine went like this ...

“you know – no matter how long we train, or how good we are ... if someone can sneak up behind us and smash a brick over the back of our head ... we go down like anyone else”

And at first ...

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That was a scary thought.

How could I have spent DECADES training in Martial Arts and preparing myself ... yet ... I could never be invincible?

It simply wouldn't matter if one day I wasn't paying attention and some thug or other low life managed to sneak up behind me and get the first "hit" in – with a brick to the head or a knife to the ribs – and in those cases – one "hit" might be all it took ...

At first it was scary.

And I was always uncomfortable with that fact ... until I took a live training seminar ...

Enter Target Focus Training ...

That's where target focus training comes in.

I took Tim Larkin's live 2 and a half day training in Target Focus Training and I finally discovered that this simple fact of life is not something to be scared of, but embraced ... and it's simply this ...

Everyone is a human being.

Period.

Which also means ...

- We all run on the same "machinery" including a nervous system, a brain, skeleton, joints, and muscles ...
- We are ALL susceptible to having that "machinery" broken ...

Tim Larkin and the other trainers there were the first to speak publically of what myself and other Black Belts had discussed privately ...

That no matter how trained even the instructors were – giving this live training – the exact same things would work against them ...

Because we are all humans and we are all susceptible to injury.

We can all have our human "machine" broken.

It happens to pro athletes – career ending injuries happen accidentally all the time ...

But it's also the reason why you never have to FEAR defending yourself or your loved ones again ...

Why?

Because no matter how big, how tough, how jacked up on drugs or no matter how scary or violent or angry or ANYTHING your attacker – his body is just a body. It has weaknesses. It can be broken just like any other body.

And that's the key ...

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Because a broken body – a true injury – is not “debatable” ...

A broken body becomes non-functional ... it can't attack you anymore ... even if the person wielding the broken body is hopped up on PCP and doesn't feel pain.

What makes target focus training so effective?

During target focus training, participants learn about the most vulnerable parts of the body, and how to effectively exploit them using basic techniques virtually anyone can execute regardless of size, strength, and speed.

Target focus training is so effective, it was at one time the basis of the United States' Navy SEALs hand-to-hand combat training curriculum.

So what are the most vulnerable parts of the body?

In target focus training, attacks are aimed at many parts of the body that can be easily injured.

These parts are the same on every human body.

For the purposes of this book ... I've since boiled it down to three key "targets" ... that we can focus on to give you a "quick-learn" version of taking out most anyone.

The three most vulnerable parts of the body: the throat/neck, eyes, and groin.

By attacking these weak areas, bigger, stronger, and, sometimes, even more technically skilled adversaries can be defeated.

For example, an old lady walking down the street could easily protect herself from a bigger, stronger opponent with a simple attack to the eyeballs. The result of such an attack is easily predicted, since it doesn't matter if the person has an unnaturally high tolerance for pain – when your eyeball becomes injured there is a predictable result.

That's the ethos of target focus training, teaching you how to attack such vulnerable areas with basic techniques.

Of course, Granny could also defend herself from an attacker with a hard hook to the assailant's jaw, but, when you factor in the time it would take for her to learn how to properly throw a punch, and the fact that even professional boxers often break their hands when throwing hard shots -- Grandma better not have osteoporosis -- it's easy to understand why elite forces like the Navy SEALs choose target focus training as their preferred hand-to-hand combat system.

Before we go into more detail about target focus training, let's cover some general basics you should know about self defense.

Self-Defense Basics

1. Getting out of the victim mentality

It's no secret, criminals and other lowlifes tend to go for the path of least resistance. That's why an old lady is more likely to get her purse snatched, than a six-foot-four body builder with muscles stacked upon muscles.

Even the dumbest criminals in the world are well aware of the obvious fact that things can easily go bad when you mess with a muscle-bound behemoth.

Little things like awareness, confidence, and posture send strong messages to would-be violators that you're not the type to go down without a fight.

2. Getting in tune with your killer instinct

Regardless of the circumstances, no one has a right to hurt you.

Unfortunately, there are always those who didn't get that memo.

For you to be able to properly utilize effective self defense, it's extremely important that you're able to execute all you've learned under pressure. Therefore, you need to be mentally ready to inflict serious damage on an attacker, and, if necessary, take the life of the assailant.

Those who haven't mentally prepared themselves for the brutality of combat will typically hesitate, and given the fact seconds can be crucial in combat situations, the result of said hesitation could be fatal.

The bottom line is basically this: when you face a situation in which your LIFE is threatened, you need to know beforehand that you are going to act.

3. Getting rid of your ego

Learning techniques that can be used to defeat bigger, stronger opponents doesn't give you the right to go around looking for trouble.

Violence should always be a last resort, so you should always try to diffuse altercations verbally or by simply removing yourself from the situation.

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However, you should always be ready for the potential for violence the minute you find yourself in a confrontation since it's not uncommon for an attacker to launch a sneak attack hoping to catch you off guard.

There's an old proverb that captures the mentality one should have in confrontational situations: 'Speak softly, but carry a big stick.'

This also goes along with the #2 point ...

You don't destroy a man's body because you got in an argument at a bar ...

You don't injure another human being permanently ... or take his human machine to non-functional ... or (if necessary) take his life ... because he was rude to your wife.

Those are all "anti-social" situations.

Violence is not the answer.

But like Tim Larkin and his people say "when violence is the answer ... it's the only answer".

Meaning – when violence is the only answer – you'll know.

You'll be in a situation where the only option is to survive ...

You can't diffuse it ... you can't run away ... he may have already hit you with the brick in the back of the head or stabbed you in the ribs with the knife ...

In short these are "Asocial" moments when you have no other option. Violence is the ONLY answer because you either answer with violence or violence is done to you.

There literally is no choice.

That's what this book is about ...

Attacking the Vulnerable Areas

As discussed earlier, the three most vulnerable areas on the human body are the eyes, throat/neck, and groin.

Now, let's explore all three areas individually.

Eyes

The eyes are one of the most vulnerable parts of the human body. They're made up of soft tissues and they're easily damaged. Even grazing attacks to the eye can significantly affect an assailant's vision, impairing his/her ability to attack.

At the very least, an attack to the eye will cause the target to tear up and blur the person's vision, while a successful attack could permanently blind the assailant.

Best of all, it only takes a little bit of force to effectively attack the eyes. Ask a toddler to jam a finger into your eye, and you'll quickly understand how accurate that statement is.

There are many ways to attack the eyes depending on the specific scenario such as throwing everyday items like a hot cup of coffee or sand at an attacker's face. However, there are a few techniques that can be utilized regardless of the circumstances under which an altercation takes place.

1. The eye gouge

The eye gouge is an incredibly easy technique to learn, yet, it's one of the most effective self-defense techniques out there.

To perform the eye gouge, straighten out and stiffen your index and middle fingers while curling back your ring and little fingers. The index and middle fingers are typically spaced out to form a "V" shape, with the distance between the tips of both fingers about the same as the space between the assailant's eyes. A common variation is to keep both fingers



Figure 2: This is what your opponent's eye will look like if the eye gouge is executed properly.

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together. This minimizes the risk of injury while executing the move.

With your palm facing the ground, extend your arm outward just like you would do while throwing a punch. If done properly, the tips of your fingers should smash right into the attacker's eyes. Even with a little bit of force, the eye gouge can lead to a temporary loss of vision and even permanent blindness.

The eye gouge can also be executed from a clinch position, even when the opposition is controlling the action. From this position, simply insert a thumb -- or both -- into the assailant's eyes while pushing away.



2. Palm strike to the eye

Strikes in general are effective ways to attack the eye, and the palm strike is typically the preferred method. The shape of the human palm makes it an excellent weapon for attacking the eye as it puts a lot of pressure on the target's orbital bone.

When executed properly, a palm strike should at the very least stun your opponent, and it's also powerful enough to knock a person out. A properly executed palm strike can even lead to a temporary loss of vision.

To perform a palm strike, extend your arm in a pushing motion, making impact with the bottom of the palm. Both hands can also be used simultaneously, a technique known as the double palm strike.

3. Spear hand to the eye

This is another basic technique that can be used to cause significant injury to an assailant's eye. Similar to the eye gouge, the spear uses the ring and little fingers in addition to the index and middle fingers to attack the eye, reducing the probability of injuring your fingers while using the technique.



Figure 3: Illustration of spear hand technique.

4. Elbow to the eye

An elbow to the eye is another effective -- yet basic -- technique that just might save your life in a street fighting situation. Typically thrown at close range, this move is well-known for knocking people out, opening nasty cuts around the eye region, thus impairing the assailant's vision, and, even, leading to temporary or permanent blindness.



Figure 4: Straight elbow to the eye while defending with the non-attacking arm.*

To execute an elbow to the eye, swing your elbow towards your opponent's eye in a horizontal, upward, downward, or diagonal slicing pattern.

If possible, pull on the back of the assailant's head with your non-attacking arm, pulling the person into the elbow. That little detail significantly increases the force with which the technique makes contact.



Figure 5: Grabbing the back of the assailant's head for extra power.*

Throat/Neck

Attacking the throat is another efficient way to quickly disable an assailant. The throat and neck area houses extra sensitive areas like the trachea/windpipe (which is used for breathing) and the carotid arteries (which supply blood to the head, neck, and brain), making it an excellent point to attack when trying to demobilize or even kill an opponent.

Here are some of the most effective ways to attack the throat:

1. Finger poke to the throat

A finger poke to the area where the throat meets the collar bone will stop any assailant in his/her tracks if executed properly. It's a similar technique to the eye gouge variation where the index and middle fingers are kept tightly together. Simply extend your arm just like you would when throwing a punch, jamming the tips of your fingers into the area of the throat that's just above the collar bone.

When executed properly, the technique should significantly disrupt the target's breathing, sometimes leading to uncontrollable coughing and vomiting. If the technique lands with enough force to cause serious damage to the tracheae, death is a distinct possibility.

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2. Elbow to the throat

Similar to throwing an elbow to the eye, the elbow to the throat can be thrown from multiple angles. When properly executed, it's enough to crush a person's windpipe, instantaneously disabling the threat, possibly leading to fatal injuries.

The elbow to the throat can also be used to create space from an opponent if you find yourself getting overwhelmed in the clinch position.



Figure 6: Elbow thrown from a downward angle.*

3. Knife hand to the neck and throat

Also known as the karate chop, the knife hand to the throat is another effective way to fend off a determined attacker.

To execute the knife hand, straighten and stiffen the four fingers while tucking the thumb in the palm.



Figure 7: Proper knife hand form. Contact should be made with the shaded area.

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Then, move your arm in either a chopping or slicing motion, attacking the vital areas of the neck and throat.

Thanks to the many vulnerable areas in the neck region, this technique can be performed from various angles.

For example, when facing an opponent directly, the knife hand can be used to in an outward, slicing motion to attack the wind pipe and carotid arteries.



FIG. 68

Figure 8: Attacking the windpipe with an outward, slicing motion.*

When perpendicular to your opponent, the knife hand can be utilized in a slicing motion to attack the trachea. It can also be used in a chopping motion to attack the point where the brain stem meets the neck. If properly executed, both techniques can have lethal consequences.

The knife hand is just as effective when attacking from behind.

It can be used in a slicing motion to attack the intersection of the brain stem and neck, and in a chopping motion to attack the carotid arteries and the intersection of the neck and collarbone.

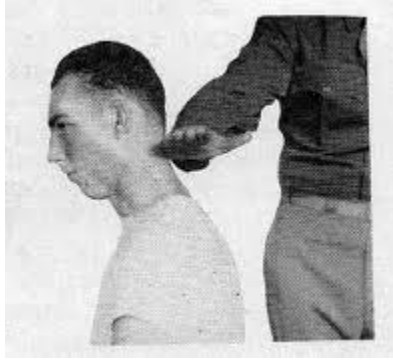


Figure 9: Attacking the intersection of brain stem and neck with a knife hand chop.*

Clearly, the various knife hand attacks to the neck and throat are techniques all those who are serious about self-defense should be familiar with.

4. The rear-naked choke

The rear-naked choke (RNC) is another technique that is very effective at bringing down larger, stronger opponents. Known as “Mata leão” (translation: lion killer) in Brazil, the birthplace of Brazilian Jiu Jitsu, the rear-naked choke works by blocking the blood flow to the assailant’s brain by constricting the carotid arteries, leading to unconsciousness in a matter of seconds. Hold the choke a little longer and permanent brain damage/death will soon follow.

However, given the fact the RNC is a grappling technique; it is better reserved for one-on-one situations when you find yourself behind an assailant.

To perform the rear naked choke:

- Wrap your arm around your opponent’s neck from behind, making sure the crook of your elbow is on your opponent’s trachea.
- Grab your bicep or shoulder on the opposite side with the attacking arm.
- Now grab the back of your opponent’s neck or yours. You can also grab your shoulder on the non-attacking side.
- Squeeze your elbows inwards, applying lateral pressure with your biceps and radius bone on the opponent’s neck on both sides.

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When done properly, and fully locked in, even professional mixed martial artists rarely ever escape this powerful choke.



Figure 10: The rear-naked choke.

Groin

The groin is another vulnerable area on the human body, particularly for males.

Given the importance of procreation for the survival of a species, the human brain sends virtually unbearable pain signals when impact is made around this area. You can call it nature's way of reminding folks of just how important the organs located in the groin area are.

Just like in the case of the eyes and throat, you don't need to apply a lot of force to cripple an assailant with a groin attack. Here are some of the most effective techniques to get the job done:

1. Inside leg kick to the groin

This is one the main reasons mixed martial artists are required to wear protective cups to compete. The inside leg kick was originally designed to attack the soft part of the inner thighs, but it's just as effective when attacking the groin.

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Heck, given the constant movement that typically occurs during combat, even professional fighters who are aiming for the inner thighs often end up landing it on their opponent's cup.

Despite the use of protective gear, that typically results in the target writhing in pain on the ground.

Take away the protective gear, and a crisp inside leg kick to the groin is enough to drop a man.



Figure 11: Even professional MMA fighters love the inside leg kick.*

Without a protective cup – you're aiming to rupture his testicles.

Remember – we don't care about pain – we are seeking injury. A result not an opinion about effectiveness ...

To execute the inside leg kick, from your fighting stance, simply flick your front leg towards the adversary's groin, making impact with the lower part of the shin.

When executed properly, it's a very quick motion, giving the target little time to react.

2. Push kick to the groin

A push kick to the groin is another effective way to stop an opponent dead in his/her tracks. To execute this move, raise your lead leg from the ground and extend it toward the assailant, making impact with the bottom of your feet.

When executed properly, a push kick to the groin leaves your opponent in excruciating pain, and, even if you miss the target and end up hitting the abdomen

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instead, it creates space between you and your opponent, giving you the opportunity to launch another attack.



Figure 12: Push kick to the Groin.

If you've never kicked someone ... or you have no flexibility ... avoid this as requires a bit of balance and skill ... I'm just showing you many examples of how easy it is to attack and destroy this target.

3. Front kick to the groin

Similar to the inside leg kick, the front kick is more than capable of stopping an opponent dead in his/her tracks.

To execute this attack, simply whip your lead leg upwards towards the opponent's groin, making contact with the shin.

Go as deep as you can – seeking maximum penetration with as much of your leg as possible with his groin as possible ... remember – we want to rupture testicles not “kick him in the nuts”.

We're going for injury

4. Knee to the groin

The knee to the groin is a devastating technique that can be utilized from close range, and it's equally effective from offensive and defensive positions.



Figure 13 Front kick to groin

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To execute this move, simply raise your knee towards your opponent's groin, making contact with the top of the knee.



Figure 14: Knee to the groin.

5. Punch to the groin

An uppercut to the family jewels is another effective way to get rid of an assailant.

Like the knee, it's more effective at close range. To perform this technique, simply throw an uppercut at the opponent's groin, making contact with the top two knuckles.

It's typically more effective on taller opponents since the higher the target, the more power you'll be able to generate.

6. Grabbing/squeezing/pulling the groin

If you ever find yourself in a compromising position during combat, grabbing, squeezing, or pulling on a male assailant's testicles should turn the tide.

This technique is self explanatory. Simply pick whichever option is easiest to execute from the position you're in, and apply as much pressure as possible.

Putting everything together

As you have likely already noticed, the techniques listed above are pretty easy to master.

By learning and regularly drilling them, you should be able to successfully defend yourself from bigger, stronger, and faster would-be victimizers.

The key is not to drill these specific techniques ...

But to focus on the intent ... and ... on the targets.

When you imagine the worst case scenario under which you might have to defend yourself – imagine how you can attack those vulnerable areas.

If he's on top of you can you reach down and grab his groin? Can you swipe your fingernails across his eyes?

Criminals don't think about "techniques" or "how" they're going to viciously beat down an old lady walking down the street – they know they want her purse and they go attack her. Period.

There is no thought to techniques – just intent to do violence to get what they want.

Think the same way.

You want to injure one of those targets. That's your goal. It doesn't have to be any of the techniques in this book ... OR ... it could be ALL of them to get the result you want – the result of injury.

Couple these techniques with confidence, awareness, and the other core philosophies of self-defense and you'll be ready to defend yourself and your loved ones.

If you want to know more about **TFT** and their self-defense system, called by many, "*THE most effective training of it's kind in the world today,*" see **Glenn Beck's recent comments about TFT** and [his recommendation](#) to his readers and subscribers.