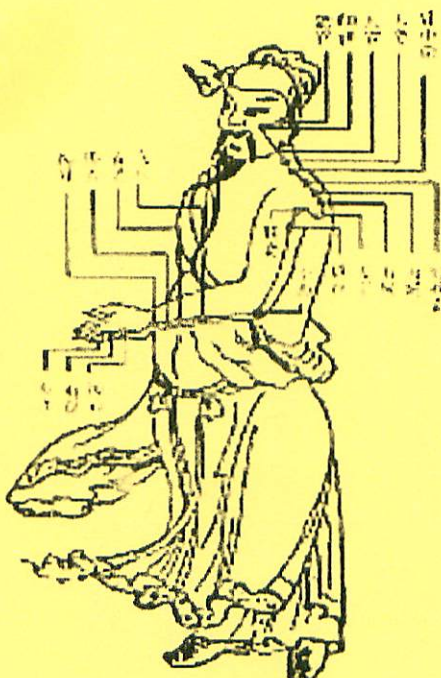
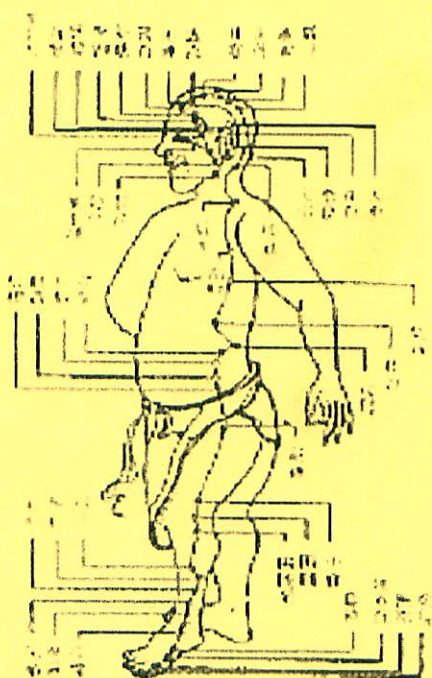


**“The REAL Science Behind Sledge Hammer
Blows, The SECRET & Forgotten Martial
Science of **\$200****

...IRON FIST & IRON PALM...

**That Hooks Up Brick Smashing With Street
Effective Martial Arts!”**



©2001, 2011 Dr. John La Tourette,

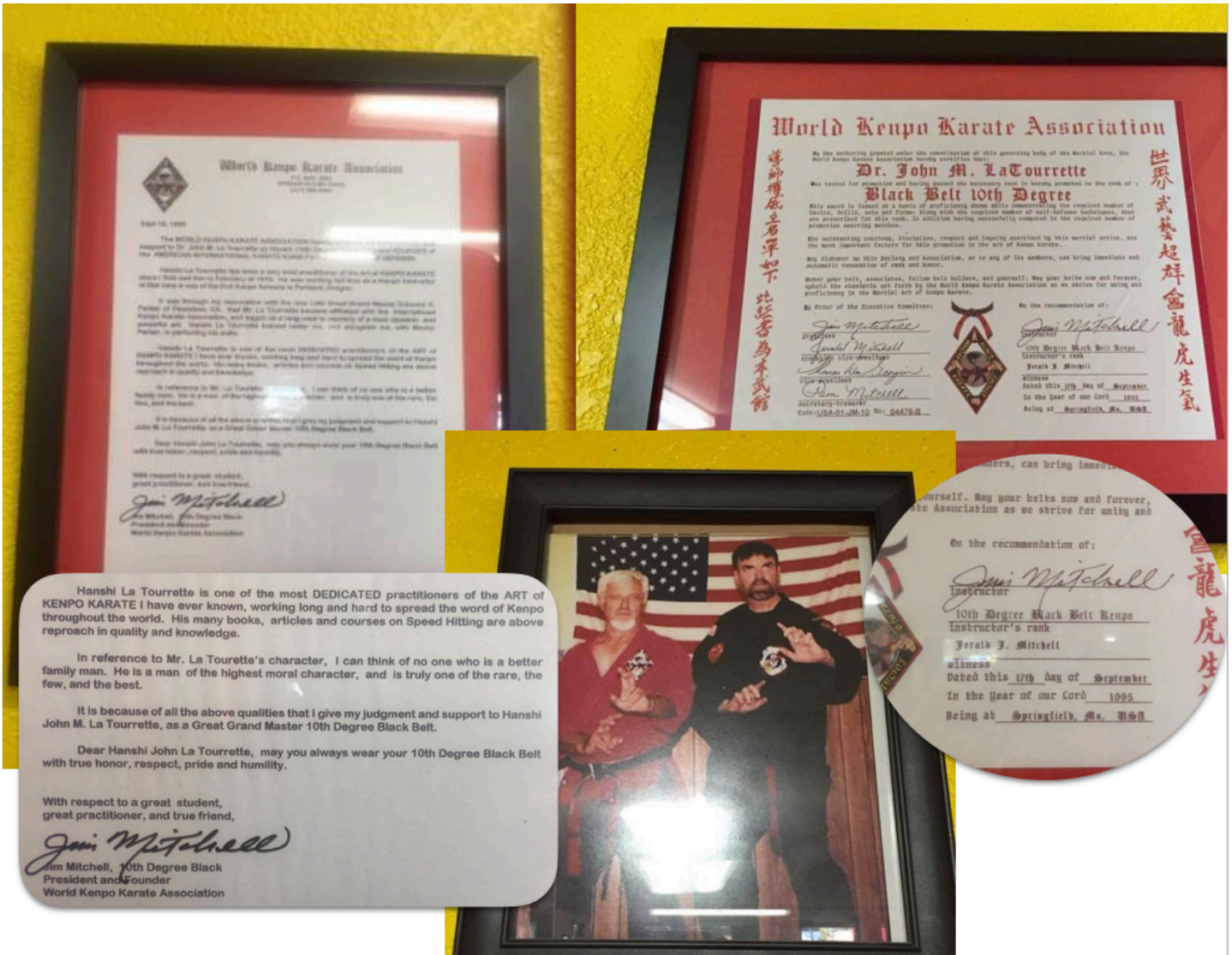
PhD Sports Psychology,

10th Degree Black Belt

Advanced Energy Healing Trainer

NLP Trainer

About Dr. John La Tourette History: 10th Degree Black Belt Earned in 1995 From Jim Mitchell



World Kenpo Karate Association
17th and 18th
1995

Dear Sir,

The WORLD KENPO-KARATE ASSOCIATION (WKA) is pleased to announce the promotion of Dr. John M. LaTourrette to 10th Degree Black Belt. This promotion is based on his long and distinguished career in the martial arts, his dedication to the art, and his contributions to the martial arts community.

Hanshi La Tourrette has been a very good practitioner of the ART of KENPO KARATE since 1968 and became a 10th Degree Black Belt in 1995. He has been a member of the WKA since 1975. He has been a member of the WKA since 1975. He has been a member of the WKA since 1975. He has been a member of the WKA since 1975.

It was through his dedication and his love for the ART of KENPO KARATE that he has become a 10th Degree Black Belt. He has been a member of the WKA since 1975. He has been a member of the WKA since 1975. He has been a member of the WKA since 1975.

Hanshi La Tourrette is one of the most DEDICATED practitioners of the ART of KENPO KARATE. He has been a member of the WKA since 1975. He has been a member of the WKA since 1975. He has been a member of the WKA since 1975.

In reference to Mr. La Tourrette's character, I can think of no one who is a better family man. He is a man of the highest moral character, and is truly one of the rare, the few, and the best.

It is because of all the above qualities that I give my judgment and support to Hanshi John M. La Tourrette, as a Great Grand Master 10th Degree Black Belt.

Dear Hanshi John La Tourrette, may you always wear your 10th Degree Black Belt with true honor, respect, pride and humility.

With respect to a great student, great practitioner, and true friend,

Jim Mitchell
Jim Mitchell, 10th Degree Black Belt
President and Founder
World Kenpo Karate Association

World Kenpo Karate Association

Dr. John M. LaTourrette
Black Belt 10th Degree

By order of the Executive Committee:
Jim Mitchell
President
Jim Mitchell
Secretary-Treasurer

On the recommendation of:
Jim Mitchell
10th Degree Black Belt Kenpo
Instructor's rank
Witness
Dated this 17th day of September
in the Year of our Lord 1995
Being at Springfield, MA, USA

Hanshi La Tourrette is one of the most DEDICATED practitioners of the ART of KENPO KARATE I have ever known, working long and hard to spread the word of Kenpo throughout the world. His many books, articles and courses on Speed Hitting are above reproach in quality and knowledge.

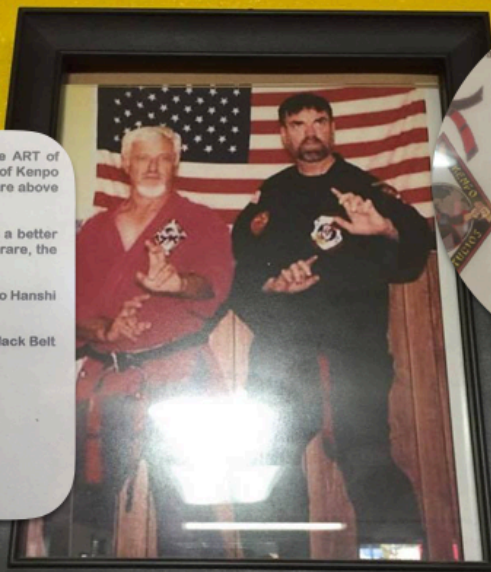
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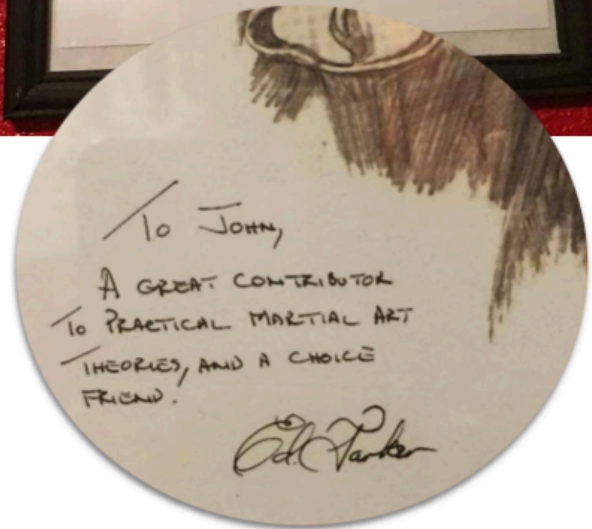
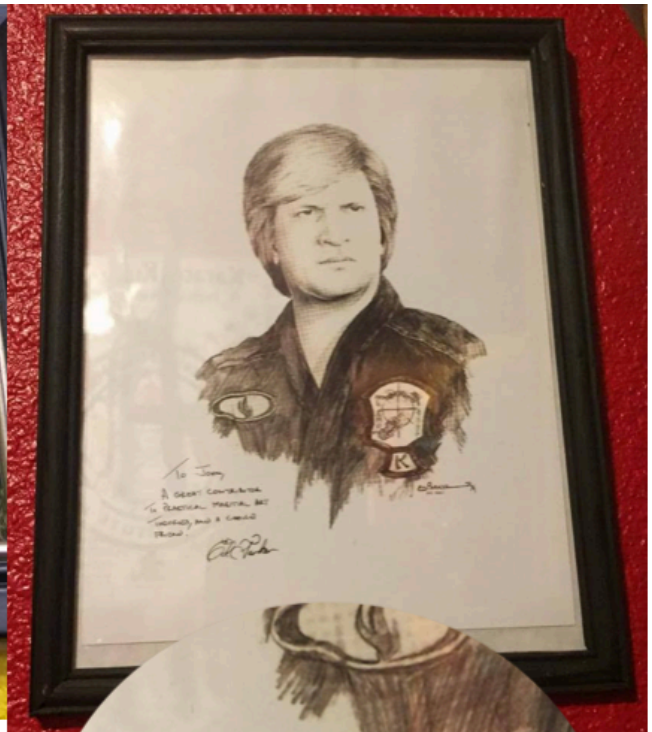
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On the recommendation of:
Jim Mitchell
10th Degree Black Belt Kenpo
Instructor's rank
Witness
Dated this 17th day of September
in the Year of our Lord 1995
Being at Springfield, MA, USA

History: Dr. John La Tourette Earns 5th Degree Black Belt in 1981 From Grand Master Ed Parker



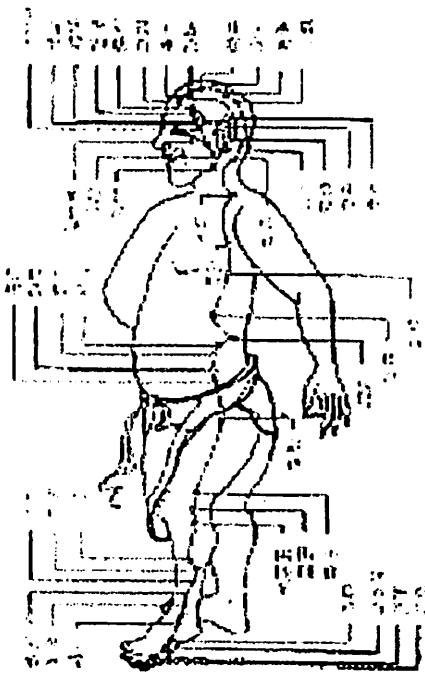
**History: 2007 Dr. John La Tourette
Inducted into the International
Kenpo Hall of Fame!
Only 1 out of 100 People in the World**



**“The REAL Science Behind Sledge Hammer
Blows, The SECRET & Forgotten Martial
Science of **\$200**”**

...IRON FIST & IRON PALM...

**That Hooks Up Brick Smashing With Street
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©2001, 2011 Dr. John La Tourette,

PhD Sports Psychology,

10th Degree Black Belt

Advanced Energy Healing Trainer

NLP Trainer

**“The REAL Science Behind
Sledge Hammer Blows, The SECRET
& Forgotten Martial Science Of
...Iron Fist & Iron Palm...
That Hooks Up Brick Smashing With
Street Effective Martial Arts!”**

I was talking yesterday with one of my Black Belts that attends a local University, Southern Oregon State University.

I asked him a simple question, “When your *untrained* friends talk about Karate, what questions do they ask you?”

His answer was:

- 1. Can I kick someone’s ass? (Referring always to STREET SKILLS, and never tournament skills.)**
- 2. How fast am I? (Referring to the MYTH, that because someone is involved in karate training, they are fast.)**
- 3. And, the ultimate question, “How many bricks can you break?”**

Then I started thinking about what he was really saying...and it’s NOT much different than what Black Belts in other styles think about our Speed Hitting Skills.

Those other Black Belts think that because we advertise SPEED, that we must NOT know how-to-do Street Lethal Technologies, nor are we able to break a brick.

Breaking a brick, with us, refers to the “learned” training and conditioning that allows one the expertise to smash through their opposition, NOT to break through a brick, only, which is a very LOW LEVEL of martial arts expertise.

In fact, brick smashing is considered so low of a level, that we do not even consider it an aspect of the martial arts, except as a minor aspect of conditioning.

And since we do NOT advertise, nor brag about “**SMASHING BRICKS**”, we therefore must lack those particular skills according to those who don’t know and understand our conditioning methods, and our methods of covertness.

And the total situation is real funny because it’s a human frailty to brag about a skill one does NOT have, and to downplay a skill that one does have, especially in the area of protection.

Since it’s much easier to protect yourself WHEN the opposition has no clue to your skills, attitude and abilities.

Lets go over some NOT SO ancient history now.

Back in the 50’s and 60’s, developing what I call “Sledge-Hammer” Blows was a part of the normal training of many Chinese, Korean and Japanese martial arts styles.

Tak Kubota, a very good man, was famous for conditioning his own knuckles and shinbones with a sledge-hammer.

Tak’s purpose was two fold.

First, to desensitize those hitting knuckles so they would not hurt.

And, **secondly**, to build them up into weapons that could take out any opposition.

Another great one, **Mas Oyama**, founder of Kyokoshinkai Karate, was famous for his “river boulder” breaks...

...And for his very lethal fighters.

At one board-breaking demo, Mas went through the seven boards his Uke was holding, and accidentally continued on through the Uke’s chest cavity, breaking three of Uke’s ribs

It was an accidental, but awesome demonstration of pure, raw, physical power.

Several years later, while in a bar, a thug attacked Mas, and Mas **“hit him real hard”**, killing the poor dude on the spot.

The courts deemed that altercation self-defense. The thug had a knife and was attempting to use it to whittle Mas down to size.

On the other hand, Grand Master Emperado, in the 70’s spent five years in prison because he defended himself.

The courts threw him in jail because they found his methods too extreme.

Using an **Iron palm technique**, Grand Master violently inserted his Iron Finger Tips behind the attacker’s jaw, just behind his ear, then proceeded to rip the attacker’s jawbone off his face, causing him to die in the process.

The courts decided in their wisdom that “killing a man in self-defense is okay, but killing him by ripping off his jawbone is NOT okay”.

Too extreme in their righteous minds.

So off to jail he went.

(JUST a small warning here. On the Power Kicking aspects of the videos, do NOT kick unprotected people with them. It will hurt them. Those specific drills are not for karate touch tournaments. They are NOT even allowed in full-contact events. Those methods can really hurt people. So use reasonable care and only use them when a felony is being executed against you or another one, according to the laws of your area. Thank You.)

William Chow, a very small man with very big hands, put three attackers into the hospital. The one attacker, who was damaged beyond repair, died of his injuries.

Torn out knees, crushed hip. Broken ribs, broken faces, brain damage.

I've seen Doc take a mouthy guy and throw him down the steps in a movie theater.

The guy was big, and Doc is 60. The guy attempted to Push the Doc, since the Doc had set-him-up successfully, the Doc took the guy's energy and threw him down 32 steps.

Once the Doc was on a date and was hassled by 5 guys. Doc just broke the leg of one of them and the rest slinked off.

And the list goes on and on.

And, in the **Speed Training** and in the **Street Survival Training**, those **Strong Fist technologies** have always been an integral part of the skills taught.

Now for the bad news.

Most students do not train correctly enough to integrate any of the three skills.

In the normal commercial karate school most students (after the first month of training) make only one group less a week. Normal group training sessions are very non-specific, and in most schools focus only on physical conditioning and minor aspects of their particular style of karate/kung-fu/self defense.

Now commercial schools have made the Doc lots of money in the past, so I'm NOT badmouthing commercial schools but I am not talking about the manner in which he ran his schools.

I am talking about the manners in which most people run their schools. I am explaining the difference.

When Doc came back from Korea in 1970 he had thirty Jujitsu black belts waiting for him, wanting desperately for him to train them in the **REAL** secrets of Karate.

He was supposed to know the **REAL** secrets because he'd just spent 3 years in Korea studying with many **REAL** Masters (sick) and those guys wanted that knowledge, NOT the watered down pap that they'd been getting in their home town.

So he taught it to them. And he taught it to them the "right" way, which is the way he had learned in Korea, the "hard" way.

At the end of one month, three of those original 30 black belts remained.

At the end of two months, one student remained, a guy by the name of Tom McGrath, who is now a cop in Portland, Oregon.

The rest of those macho guys, guys who wanted the “REAL” teachings...well, they disappeared into the ether.

One guy was so funny. He had to quit because he had “bad knees”. That was in 1970. It is now Oct 2001, almost 32 years later. He is still training in “Social Club Judo”, he still has the same knees he had then. But he is tough.

How do I know?

Simple. He rides a Harley motorcycle and he also lifts weights. Two signs of a real street capable guy, right?

Anyway, they all had their reasons, and all their reasons were lame excuses.

The real reason they stopped training with the Doc was because they thought he was crazy. They thought he was psychotic. They thought he was sadistic. And the Doc, with all those attributes was just too harsh for them. They wanted “Social Karate”, or what is now called “kiddy karate”.

So, he was really too harsh for them. And it was time all of them moved on to their separate paths.

Doc continued teaching “his way” for the next 3 years. Since so few would stay he taught at 5 different places; Southern Oregon State College, Medford Judo And Karate Academy, Medford YMCA, Cave Man Judo Academy and Ashland YMCA.

And part of that “too harsh” training was bloody knuckles.

It was knuckle pushups on concrete.

It was sparring “sort-of” full contact with no pads.

His students actually “hit each” other...and that whomping... to see if the technique really worked, was not appreciated with the respect that the Doc had for it by them.

And none of the above was any good for business, was it?

So the Doc loved teaching martial arts, and he needed to adapt his teaching style to fit the normal, soft, full of instant gratification, Americans.

And since he was a school teacher (one of his BA degrees is in Education with certification to teach grades 6-12 in three different states) he did that job of adaptation very well. And Dr. La Tourette did it with the help of karate marketing genius Al Tracy.

So here's what he did.

The Doc went to weekly PRIVATE lessons.

He gave them FREE OF CHARGE five group lessons a week. From those five different schedules, they could choose which ones they wanted to attend.

Then he gave them FREE OF CHARGE 5 additions sparring classes a week. They had to qualify for those free sparring lessons. That just meant they needed the courage to show up.

Most did NOT qualify. Out of 250 clients, about 15-20 would spar on a regular basis. By that I mean 1 time a week.

Anyway, with those adaptations he kept his karate school full.

The Doc made money.

And, THIS IS REAL IMPORTANT, the Doc was still able to teach the one's who "now had to qualify" REAL street effective skills!

He calls those skills, "The Inner Teachings".

So in a school of about 250 clients, the Doc taught about 20 of them. The rest of the clients were taught by his qualified trainers.

But he taught the cream of the crop.

He taught the ones that wanted REAL SKILLS and NOT just the commercial side of karate.

So this 10% learned the real secrets behind bone breaking.

This 10% learned the real secrets behind sledgehammer blows.

And this 10% learned how-to-use those sledge hammer blow secrets in real self-defense along with the Speed Training technologies that teach the...

**"Power accelerators"
And the "Speed Accelerators".**

What is real funny is that many people say that Iron Fist training and Iron Palm training is not necessary.

And they may be right "if" they are referring to the large deformed knuckles of the index finger and middle fingers.

Because “Super Knuckle” Training is NOT necessary, but proper hand conditioning IS necessary.

At least it’s necessary if you want to “rip him apart” and not break your own hands in the process of doing it.

It is common sense that a man’s hands are his natural fighting weapons.

And the hand does not need to be large, calloused or especially toughened for it to become a weapon of sledgehammer power.

But some conditioning must be undertaken or the hand, wrist and fingers can easily jam, strain or break during a fight.

To do this conditioning the Doc uses the Power Board, the Makiwara, the Shield (large and small), the boxing speed bag and the heavy bag. Then, as on the videos you’ve gotten, he uses human beings to practice on.

All the above training materials have their appropriate usages and those usages must not be confused with each other.

Knuckle pushups on concrete are desired to toughen the skin on the knuckles and to align the wrists in such a manner, that when punching, they are strong, solid and can easily withstand those pressures on the bones, tendons and ligaments without tearing them or breaking them.

This tough knuckle skin will in no way affect the movements and agility of your arms, hands, or fingers.
Nor will tough knuckles enhance your fighting abilities without actually partaking of fighting skills.

Nor will “touch” karate skills by themselves enhance your fighting skills.

I’ve this one acquaintance that has billed him self as a “human killing machine”.

He has finally deluded himself into puffing up his own skills so much, without proper training, that he just entered a no-holds-barred competition in Bend Oregon.

He went in over confident with his hands down and his jaw out. He has a glass jaw. He was knocked out. Before he was knocked out he did succeed in “touching” the head of his opposition with his foot a couple of times.

The opponent’s head did not even twitch.

He didn’t understand the difference between touching for a point and actually smashing through the target. He lost. So, do not make that simple mistake.

If you have a glass jaw, as he does, then you should not enter bare-knuckle full-contact tournaments. Rather a bad decision on his part.

What is funny is that his wife actually won her match because she is a scrapper from way back, but still doesn’t know much skill. Just hits real hard with spirit.

Another competitor, named “piss”, took his entire school. They all lost. Every match.

Which is real unusual. Normally if 5 people from a school go, at least 2 will win just because “luck of the draw”.

That means their training actually made them much worse than NO training!

(Think about that for a minute or two if you could. I just had one of my old black belts tell me he had his child training at THAT school because, since his child was young it didn't really matter how good they were, and the only thing that matter was HOW MUCH FUN IT WAS FOR THE KID.)

This small man claims to be a direct descendent of the real Samurai Warriors from Japan, and therefore he and only he has all the secrets.

(There is a purpose in all the stories...so pay attention to them. They are also all true, recent happenings.)

So, only when, 1) Iron Fist Training is done along side of, 2) Speed Training and, 3) Street Lethal training does Iron Fist Training give tremendous value in the development of self confidence and calmness in a fight, and increased speed of reaction, greater co-ordination of balance and awareness of special orientation.

But, and this is a warning to those who just like large knuckles...Iron Fist training is totally bullshit without the simultaneous acquisition of those other skills.

The old adage of a "good big guy will always beat a good little guy" only refers to sport...if the smaller man has been training in advanced technologies.

In a fight, a sledgehammer blow to the opposition's fist will end the fight.

His bones are crushed. He can no longer punch, push or grab.

That fight is over.

Unfortunately most karate books have the wrong technologies for any of the Iron Hand technologies.

To be sure and NOT fall for these inferior technologies, please watch the videos closely.

Good books on Iron Palm, Iron Fist technologies are...

- 1. "Mastering Karate", by Masutasu Oyama**
- 2. "Mas Oyama's Essential Karate" by Mas Oyama**
- 3. "The Dynamic Art of Breaking" by Pu Gill Gwon**
- 4. "Zen in the Martial Arts" by Jay Gluck**

I also recommend anything by Bruce Lee, Nakayama, Nishiyama, Inosantos, Vunak, Dillman, Ushiba, and Kano.

Outline for Video tape one,

**“The REAL Secrets
Behind SledgeHammer
Blows, Iron Fist &
Iron Palm For Winning!”**

We also highly recommend that you outline video two in the same manner as this video has been outlined.

The benefits in learning is awesome and cannot be gotten as quickly and as easily in any other manner.

Your choice.

Doc- Most of you guys think you can hit a lot harder than you really can, and your weakness amazes me.

Doc has student demonstrate Shuto strike on Power board.

“Not good enough to do anything, but he thinks it is.”

Doc demonstrates using a whole list of master keys that the student left out, he did his strike lightly but still had twice the power of the student's strike.

Hi old school's power hitting tactic was, you turn your hips and you get your power by turning the hips.

“Secret School” thoughts on Power hitting.

- **Power by dropping weight.**
- **Exploding breath**
- **+ 19 more master keys.**

Then add...

- **The hip rotation**
- **Add the right weapon technologies**
- **Add the right target penetration**
- **Add the movement technologies**
- **Add the Power Accelerators**
- **Add the Speed Accelerators**
- **Add the Nerve Cavities**
- **Add the Vital Force Chi Kung Technologies**

THEN you’ve got some awesome Power Technologies.

Books.

Mostly Teach Old Simple Technologies. Stuff most people can figure out on their own. They seem to avoid, and I think it is on

purpose, the real technologies and the Inner, behind closed doors teachings.

“Power Karate”.

Mostly his entire concept is “power comes off of cocking your punch to the hip, then rotating the hip forward for power”.

And it’s too bad that there is NOT one target on the human body that you can effectively hit from a hip cocked punch position that actually can take out the opposition.

Doc demos...

See. Nothing happens.

Then Doc demos’ the “weight” technique and his Uke explodes backwards, gasping for breath.

Notice he hurts.

He screams.

They puke.

Their guts rupture.

And that’s the punching power we want, isn’t it?

Book.

“Karate Kinematics & Dynamics”.

A made up name for the book.

Again, this book is all about hip torque ratio, and nothing else.
Nothing more.

A book only good for

Mas Oyama.

He used to kill bulls with his bare hands. The meat was bruised
beyond eating.

He would knock their horns off with his Shuto.

He broke river boulders with his bare hands.

Some experts say, "That doesn't prove anything".

Those who usually down play others and their skill are normally
just idiots.

Let them attempt it a couple of times.

Then we will see...won't we?

The next questions are...

Are you a brick? NO.

Are you a river boulder? NO.

So breaking techniques are nice, but totally ineffective UNLESS
there is some form of technology that BRIDGES THAT HUGH
DIFFERENCE between breaking, and actually hitting people and
stopping them cold.

But the confidence installed because you have broken a brick, because you have broken a river boulder, is tremendous.

Mas Oyama does really, really good karate technologies.

Mas holds his hand/arm higher. He locks it into his body so he is using body mass also on all his strikes.

He bends his rear knee...

His weight is forward...

But he doesn't tell you most of those Master Keys, but the photographs are there with him doing it right...if you've the brains and the training to see it.

Oyama, when he did his breaking, was 100% committed.

He also did sledgehammer blow conditioning every day.

Doc Demo's a Speed Technique.

Drill

Attack – Right straight punch to head

Defense/counter-attack

1. Right parry
2. Left outward check
3. Right outward Shuto to ribs
4. Left heel palm to jaw

5. Right back knuckle to temple
6. Left heel palm to mastoid
7. Right elbow sandwich to left jaw
8. Spin neck and break it
9. Right Scoop kick to his testicles
10. Right downward chop to SCM, or Triple Warmer

Elapsed time for total execution of the SLEDGE HAMMER blow technique, done with SPEED TECHNOLOGIES, 8/10 of one second.

Now, some very confused people would say that there is no power there.

Good. We don't need the competition, do we?

The POWER BOARD.

A tool to learn how-to-do Power Punches with.

It is filled with a ream of sheet paper so it has tremendous solidness, but still enough flexibility so that when held on a body, the shock of striking the Power Board will NOT break, crush, damage your knuckles.

An old thick telephone book can suffice as a Power Board.

(Do NOT hold the Power Board on a brick wall. Then, when you hit the Power Board, you would break or bruise your striking knuckles.)

IMPORTANT!

So you learn how-to-do your striking techniques in such a way that your weapon matches the target...and you do it for power acquisition on some variation of Makiwara all the time.

First move.

Makiwara for incoming punch.

You don't want to step back, then block like every one else.

(Unless you are a pure beginner. THEN you need the time and the distance. Hopefully you are beyond that point.)

You don't want to go back with your energies like everyone else does..

You want to spin your energies into the punch as you get off his path of aggression.

And then you automatically move into the next move.

WALL TRAINING

(Do only on solid walls, otherwise you will put holes in most other normal walls.)

NOTICE

- Foot placement.

- How the fingers of the striking hand are sprayed.
- Breath timing
- Wrist relaxation and flex.
- Hitting with the Pisiform bone
- Notice what left hand is doing to augment your power.
- Notice knee bend.
- Notice the congruency of the shoulders snapping together, but in different directions.
- The target you are striking on his wrist, the Lung Meridian.
- Also the target of the Radial nerves.
- You are totally paralyzing, for a brief time, a couple of seconds, his use of that hand.
- Notice the first move is a Dim Mak strike using Power Accelerators and Iron Palm Technologies.
- Notice it is NOT a parry.
- Notice it is NOT a block.

OTHER FORMS OF MOVABLE MAKIWARA'S...

...That are...

Very good,

Very safe,

Very strong,

And you don't need a training partner with you to use them.

Solo Training Drill.

Notice the relaxed, then the contracted hand.

Notice the flexing of the thumb.

Watch the breath.

Doc is doing one breath now, and he's starting to teach complementary energies, and will soon hook them all up for you with the Iron Fist Technologies.

DRILL

Outward neck strikes on Power Board.

The 1st drill leads directly into this new drill.

Notice the difference between stepping and between pushing.

One has pressure.

The other one does not have pressure.

You want the continuous pressure through the target, or you and your weapon will bounce.

The closing gap is NOT a step, then shift...

But IS a push-forward closing gap, exploded off of his rear-compressed foot.

He also pretends he's pulling Uke's right wrist with his left fingers as he pressures forward, and snaps out his right outward Shuto to Uke's neck.

You are now getting the physical Secret of the Reverse Strike (please, we are NOT taking about a reverse punch, so pay attention), in there which literally triples your power instantly.

A Reverse Strike is the term for a method/tactic of using Collisional energies and energies of compression from more than one direction.

The target, for right now (There are many other targets that can be much more lethal) will be on the Stomach Meridian.

1. So Dim Mak strike first to Lung Meridian.

Uke – “It's numb. I couldn't open my hand for a second.”

2. Left thumb placed over Lung Meridian on wrist.

3. Right Shuto to Stomach Point 9.

It's now a knockout blow.

IMPORTANT

The BEST choice is...

**Dim-Mak + Timing + Reverse Strike Technologies +
Sledgehammer Blow Technologies + Speed + Muscle...**

NOT just the use of muscle for power. In fact, when compared to the other many ingredients, it's **NOT** important!

It is **NOT**, step, put your foot down, then hit.

These are Pressure Hits.

NOTE:

It is **NOT** cock the hand back, **THEN** hit.

It **IS NOT** a mindless cocking drill.

Remember that Choi Hong Hi stated in his 1962 book, "Taekwon-Do", when talking about the Okinawa forms (kata)...

He said, "We don't know what these movements really mean, **BUT** here we give you the motions".

Interestingly that book with those words is out-of-print and the "new improved versions do **NOT** have that in them". I wonder why?

The Doc trained in Korea for 3+ years and he was never taught that it wasn't "cocking, than hitting".

It was only when he got into the Dim Mak that he realized that the "cocking motion" was really a "hidden" Dim Mak striking block done to the wrist area, **THEN** another hit to their neck on a specific "spotting" point.

So you...

1. Broke his arm.
2. Caught his arm.

3. Pulled him into the next strike.

4. (To his neck, on a specific “spotting” point) and killed him.

Martial arts hand, wrist knuckle training.

Knuckle pushups

Wall knuckle hits on ¼ inch plywood suspended on two 2X4's

IMPORTANT

You only hit your knuckles on practice targets that have a buckle (give) to them.

Wall Pushups

Knuckle position, a little turn, because you want your elbow underneath the forearm and in alignment with the body's mass.

When your elbow goes outside of the body's mass, you've then lost your power hookup to you hit.

BEWARE of “Bloody Knuckle” exuberance.

That's when you think that Iron Fist training “is so Kool” and then you do it too long.

When they do it too long they'll cut, blister and bruise their knuckles.

And those injuries are okay as long as its bloody knuckles only and NOT broken bones in the knuckle.

Blood on the Knuckles is only skin tears.

And what happens when you get bloody knuckles you are accidentally starting to add punishment technologies to the punches on the training board.

You are twisting your knuckles on impact, and you don't want to do that twisting on a Makiwara because that twist will rip your skin off your striking knuckles.

Doc demos light, little hit with a TWIST added to mass...

Uke couldn't even breathe. He also was propelled backwards into the wall about six feet behind him.

Every thing in him shut down.

And, we are NOT training you in how-to-do Dim Mak just yet. That technology comes later, AFTER power is achieved.

Nothing pisses the Doc off more than to see a wimpy Dim Mak strike, just because the guy is a wimp. The only reason to do a weak Dim Mak strike is because more power is not needed, not because they don't have the capabilities.

The Doc is NOW training you in how-to-get your hits solid, with the knuckles solid...with the pressures from the body...with pressures from the push-step (specific closing gap movement) movement...pressures from the properly timed hip rotation...pressures from the breath...pressures from knowing and doing the proper angles and weapons to take out any chosen target.

ERROR

Stepping straight in so he's losing his physiological, neurological and Meridian and Belt Line Flows in his spine.

All he has to do to correct and tie in those powers is push-step to about 10 degrees left of the line of aggression to allow the spine/hip flexibility necessary to rotate; so all his powers are used.

So now the right hip come in easily.

ERROR

Putting forward foot on ground first, then hitting the power board (target).

- He lost his body mass
- He lost most of his hip rotation

Demo

Tournament karate technique

The TIGER MOVEMENT, or also called "Sun Punch, Reverse Punch Combination". It is a sparring attack sequence Doc put together in 1973.

Now hooking into that drill of TIGER MOVEMENT...

- Power technologies
- Speed Technologies
- And Invisible Fist Technologies

So shoot out the lead hand as a Neuro-vascular strike to his forehead...

...As you push-step...

...Then, using that GAINED MOMENTUM...

...Execute the REVERSE PUNCH.

The REACTIONARY SEQUENCE

1. Be aware of what the opposition's doing.
2. Decide on what to do or not to do
 - a. Kicks you into fight, or
 - b. Kicks you into flight
 - c. Freeze
 - d. Appease

The STARTLE POSITION...

Nature's automatic position for "Flight or Fight".

And every attack and self-defense tactic we teach you comes off of this natural startle position.

So, whenever you go into a natural STARTLE POSITION you are already conditioned to move from there.

You just bypassed fear.

You just bypassed freezing...

...And you are automatically into “action” mode.

3. Prepare. We’ve already talked about that. We automatically go into the Startle Position that is our Prepare position. No thinking or decision-making process is necessary. And the more covert we are about Prepare, the better off we are. The then can’t see anything incoming.
4. ATTACK (the trained responses, NOT the scared responses)
5. (Ignore for now)
6. (Ignore for now)

In **ATTACK MODE**, if we do the prepare covertly, then...

- We control the timing, but they think they do.
- We control the Attack, but they think they do.
- We control the Distance, but they think they do.

They think that they are attacking us and we are just waiting for them to get close enough (in range) so we can neutralize them with our best and most serious weapons.

Now this could be on an airplane with a terrorist.

This could be in a bar with drunken bully named Joe Fuddy Hucker.

In the bar you just make poor Joe puke his beer.

1. Left palm to his forehead, preferably a Neuro-vascular.

2. Right reverse strike to his gastric reflex.

TERRORIST

1. Left palm to Neuro-vascular, or left finger tips to his eyes.

2. Now stick your thumb through his throat with a Power Hit.

The real target is his “cough point”, which is the soft place underneath the Adam’s apple, but just above the sternum and between the SCM muscles on both sides of his neck.

The angle of the strike is “straight-in” then arched slightly downward.

And if you happen to have an ink pen, put the clicker portion into your palm, and have the shaft held by your thumb and index finger, with the point of the pen straight out from your index finger.

They can’t see the pen (weapon).

Now stick that ink pen through their throat, in that little hollow called the “cough point”.

It tends to take their mind off of hurting you.

ERROR

Doc demo’s a telegraphed more...

“It’s a long distance to his eyes.”

And then Doc cocks his hand to hit his Uke.

“The opposition can see it all happen, and if it’s a terrorist, he will now kill you.”

This telegraphed attack move is what the girl was doing. She telegraphed every strike she made.

Those people will NOT say still and wait for it.

So, if your hands are going to be down at your sides, or in front of you...

...Then PRETEND fear, shame...

...State, "OH MY GOD," and then when THEY RELAX...

...SMASH their testicles off their pubic bone.

...GRAB and twist them.

Then. Because your hands are down, his testicles are your closest targets, a target you can get to with an INVISIBLE STRIKE.

That's called "economy of motion".

Go for the target your hands are closest to, AND THAT HE DOES NOT EXPECT BEING ATTACKED.

On a higher attack strike, put your hands by your upper chest, or by your mouth.

Then plead with him until he relaxes because he thinks you are such a wimp...

...Then explode straight through the target!

- **He can't see it incoming!**

- He can't stop you!
- He can't Cut you!
- He can't hit you!
- He can't grab you!
- He can avoid your strike!

They think that you are totally in a state of fear and appeasement.

The PRAYER position also works really good to create mental lag time.

1. Then, to the forehead Neuro-vascular
2. Then to the nose, it works even better.

DRILL

1. Appeasement mode (prayer position)
2. Left strike to their forehead Neuro-vasculars
3. Right thumb strike to their cough point (throat)

Action time elapsed, less than 3/10 of one second.

The one technique I taught a "wanta-bee" Hells angel.

He used it.

He got the respect of that peer group.

Now he's gone on to become a Bounty Hunter. He just likes the work.

The VARIATION so it's NOT a kill shot.

It's a strike to their SCM, and not their cough point.

GIRL ERROR

She hit and left her arm extended.

If you leave that arm extended, they can take out almost anything under the arm, in the armpits, or along side of your body with a box opener, or a knife.

Heck, even a lousy sidekick will break your ribs.

A cut on the Brachial Artery and you are dead with 3-5 seconds.

So always reload your strike so that...

...You are protected...

...And you can shoot them again and again.

If you get cut on the outside of your arm, it'll bleed, but you can still smash them effectively.

You can still neutralize him, but you, yourself will probably be okay.

When pleading, be sure the unconscious body movements match your pleading words.

Notice that Beth's head went forward (into Attack Mode!) when she pleaded.

Those bad guys won't be fooled.

When your head goes forward, that means you are "preparing for battle".

You do NOT want to give them that impression.

Never give them any reason to be better prepared.

They are the aggressors, and what ever you do to them, they deserve every drop of.

Do you think that criminals don't know when you are getting ready to kick the shit out of them?

Doc tells the story about the 5 street dogs in Isla Mujeres. (on video #1)

When killing time comes, the dogs were not there to be killed.

They ran.

All predators are the same.

If you are a bigger and meaner predator...and it shows...they will run off.

But if you are not bigger and meaner, they will attack you. They will kill you.

They will also think that you are slime and of no consequence.

So, get the pleading down to an art.

Practice pleading in front of a mirror.

Get it so good that you even cringe when you look at yourself in the mirror.

Then, and only then are you good enough at it so you can execute invisible attacks on very vulnerable, soft, neutralizing targets.

NARROW THINKING

Now what happens in many cases with karate experts that are good at knuckle hitting, they decide that's the only weapon to use.

Their big knuckles.

So they learn how to turn their bodies to use the other hip, so they can still use those big knuckles.

Doc demos.

So you can hit with your knuckles, but there is NO POOP.

It won't be effective.

You've still got those neat knuckles, but you've lost all those Master Keys of Power that make that HAMMER work effectively.

- You've lost the speed.
- You've lost the movement.
- You've lost the timing.

- You've lost the body's mass.

So there are other parts (Iron Fist Weapons) besides the big knuckles (I-Kwon) that you can smash them effectively with.

Doc Demos

Inward Shuto on Power Board.

Now you are going into hits that blow their guts out...

If you hit him in this special spot on his temple, he's dead, especially if you happen to sandwich it between the other hand at the same time.

Just on the temple's flat bone is pretty good for stopping him instantly.

INWARD CHOP DRILL (Iron Palm/Shuto Technologies)

1. Hand to ear
2. Left foot
3. Rotate CCW
4. Elbow placement
5. Breath
6. Timing

ERROR

Chopping straight forward.

First thing is awareness.

You Choose YOUR target.

You decide where it's going to be.

All his energies from his lower spine downwards are not hooked up.

Doc shows his weaknesses with energy testing.

That means his right knee is not working.

Doc demonstrates proper power method...

...Uke gasps.

So make sure that the hip works.

The knees work...

To get them working do figure 8's to the front, sides and back of your body.

Also do "Stretching Between Heaven and Earth".

And do the "Belt Line Flow". Those drills should fix it immediately.

ERROR

Striking straight-on, with a chop is weak.

The technique is an Inward Power Chop.

The power does not go OUT from your center, BUT starts out and then goes INWARD.

Notice Doc is giving...

- Power on Middle section-straight lines
- Power of Upper Sections-straight lines
- Power on Low Section-straight lines
- Now he's doing power on In-Strikes
- For the Stomach
- For the Neck
- For the Collar Bone
- For the Block Strike
- For the Temple Strike

**END OF TAPE 1, OF 2 TAPES
(GO TO NEXT VIDEO IN THE SERIES)**