

DISCLAIMER

This book was written by an expert, quite knowledgable in the methods and techniques of good, successful MARTIAL ARTS SPEED TRAINING.

The author has based this SPEED HITTING solely upon his discoveries and experiences and research in the trade of martial arts expertise . . . but is not an attorney. Thus, no legal advice nor advice towards violence is intended. Any such choice is your choice AND YOUR CHOICE ALONE. We take no responsibility for what you, in any circumstances decide to do.

Be cautioned, therefore, that this book neither asserts the legality of any of the self-protection methods described in this writing, nor does it advocate any usage of techniques without first seeking competent legal advice and adherence to the law.

The author, the editor, and the publisher unequivocally disclaim any responsibility for damages resulting from the use of any of the high level skills, SPEED HITTING techniques, or the consequences of implementing anything contained herein.

This writing is provided strictly for informational purposes only.

© Copyright Jan. 1992 by Dr. John M. La Tourrette
AMERICAN SPORTS TRAINING INSTITUTE
6252 Dark Hollow Road
Medford, OR 97501 (503)535-3188

Knowledge is Power...

We Don't Badmouth Other Styles

Our notion of "good" and "bad" are so tied-in to everything we do or don't do so that if someone else does something a bit different, we must make it "bad." We must somehow convert it into a minus to justify our choice of some other system.

Instead, an okay/okay solution would be much better. You practice your style, and I'll practice mine. I truly support you in going your way.

Most practitioners make the other style wrong. They must create all sorts of heavy, bad feeling... in order to get on with their own game.

We don't badmouth any other style. We, in our style have certain Master Keys we adhere to. One is economy of motion. Other styles emphasizes other ingredients. That is their choice. Because they chose it, it must be good for them.

SECTION #1 IMPORTANT! READ THIS FIRST!

Dear Friend,

Your decision to purchase this SPEED HITTING is probably going to turn out to be the smartest move you've ever made!

Let me ask you a personal question. The question is this.

What do you really want out of <u>your</u> Martial art? More speed? Lightning fast hands? Faster kicks? Personal growth? Instant street protection skills?

Whatever it is, hundreds of books have already been published promising to bring you such benefits . . . but <u>few</u> have ever been able to deliver on <u>any</u> of their promises . . . and <u>none</u> has been able to offer a complete SPORTS PSYCHOLOGY explanation of how these SPEED FIGHTING GOALS can actually be achieved by you.

For the first time, in book form Speedman La Tourrette presents the revolutionary new method that has helped hundreds to achieve their SPEED HITTING goals by using his methods to tap into the incredible unused powers of the human mind.

Moveover --- and this is a sad truth. You are not likely to find such vital information on SPEED HITTING in any other popular books or videos dealing with the subject of speed, winning, awareness training, or whatever you wish to call it.

In fact, more often than not the authors usually display an appalling ignorance of the very scientific principles and discoveries they seem to be invoking.

Let me tell you what I did. I showed Dr. La Tourrette's new book to one of his competitors. The competitor made these comments: He first said that "the subject is too highbrow" and then he said that "it is too scientific."

This man, who does picture books on karate, was stating that in his view the martial arts public is so slow-witted that it can only be satisfied by trite remarks, simple photographs and almost no explanations.

I, nor the Doctor believe that.

The Doc's experience with karate athletes has been that the vast majority of Americans are intelligent, open-minded, know how-to-read, and, providing they have reasonable proof of the validity of a concept have the mental flexibility to accept and act strongly upon the concept, if they think it will improve the high levels of their martial art.

Pay attention now.

As you are about to find out, this Privately Published SPEED HITTING SECRETS REPORT totally delivers on every promise I've made in my ads.

Not only that, every physical training secret <u>and</u> mental training secret you are about to study has already been tested and proven to work.

These powerful Speed Fighting secrets have already worked for me, Dr. La Tourrette's clients, and that very select group of martial arts athletes who have been fortunate enough to train with a professional trainer of Dr. La Tourrette's caliber.

Onward.

I'm going to tell you a story about myself that I'm not really proud of . . . in fact it was rather stupid of me, but it is very important that you know it.

I personally was a desperate nerd from Idaho. I got my butt kicked, bad.

So I started to study. Hard. I read everything I could get my hands on about fighting, self-protection, and karate. I mean everything. If my local library or bookstore didn't have a karate book I wanted, I would drive 472 miles to Powell's Book store in Portland, Oregon to get it.

Let me tell you. I was <u>driven</u>. I read it all. I was voracious. I went on a reading frenzy with the same passion a Great White shark goes on a feeding frenzy.

I also knew that just reading while I sat idly on my fattening buttocks was of no more value to my fighting skills than a computor is to a junk yard dog . . . So I took a Sport Karate style.

Their stuff just didn't work. It didn't work for what I was after.

So anyway, after about 8½ years (I'm sometimes a slow learner) of this dreary training, I sat down and did some thinking. I said to myself something like this:

"Jack, what would you study if you had to make your next shot work? What if you could only get off one shot and, if you didn't slow him down, you would, quite literally, be beheaded?"

Try thinking like that sometime . . . Like your life actually depends on the success of your karate technique. Can you do it?

Now lister, if, for real, you had to stop him or you really would be murdered, how would you stop him?

First, I bet you would not study sport karate, nor form karate, nor moving meditation karate. Certainly not if your life depended on it. Would you? I sure wouldn't.

(continued on next page) ,

Not on my life I wouldn't!

No sir. If quite literally my life depended on it, I was going to study with a real live, honest-to-God, first-class DIRTY HARRY that actually knew how to walk his talk.

I found the SPEED MAN, Dr. La Tourrette, who in my opinion is,

"THE BEST ON THE PLANET WHEN IT COMES TO WORKABLE STREET PRACTICAL SPEED HITTING TECHNIQUES, AND WORKABLE MENTAL TRAINING TECHNIQUES FOR SPEED FIGHTING!"

"PERIOD!"

I'll bet you are wondering how it happened? Let me tell you how it happened.

A couple of years ago (1985 to be exact) I looked up this honest-to-God American 8th degree black belt who I'd heard of on the karate grape-vine. In fact, I'd heard he was nicked named Dr. Death by some sport karate goody-goodies and the SPEED MAN by athletes who liked his stuff. But that was okay with me. It sounded like he knew exactly what it was I wanted to learn.

His name was Dr. John La Tourrette and he was training athletes at 908 N. Circle Drive in Colorado Springs about four blocks from the United States Olympic Training Center.

After we bowed in, the SPEED MAN asked me to show him what I knew. About three minutes later this dude told me I didn't really know how <u>fast</u> a human <u>could move</u> at all . . . which sort of pissed me off since I was a 4th degree black belt at the time. He saw the gleam in my eye, smiled a little, and then told me to go ahead and hit him, <u>real hard</u> with everything I had!

Well, the idiot asked me to do it, so I stepped in and threw a right hay-maker through his head. The son-of-a-gun exploded into action with his right hand skimming my wrist, hitting the radial nerve (which paralized my punching hand) and continued into my liver, torqueing me forward (with buldging eyes) as his left hand slammed into my temple, splattering sweat from my head . . .

The SPEED MAN continued his eruption of devastation as my mouth flew open as I tried to scream. I couldn't. There was no air in my lungs! Later I found out there were a total of 24 nerve slamming, balls bouncing, chin reverberating hits with his hands and feet leaping and churning around and thru my body . . . and all in a little over 2 seconds . . . and then I knew about "real-good-fast karate." I mean I really knew because I had experienced it. And it's that difference between "intellectually" knowing and really knowing that can save your life on the streets!

But wait.

There's got to be some reason this guy, Dr. La Tourrette, was so good, and . . .

"THE REST WERE SO BAD!"

Okay.

There are.

The SPEED MAN believes in private lessons, just like Bruce Lee did, one-on-one instruction where you can learn seven to fifteen times faster than you can learn in most group lessons.

The Doctor also believes in complementing private lessons with home video training where <u>you</u> can learn exactly at your own pace . . . not the pace of the instructor, nor the pace of the slowest member of the training class you are in.

THAT'S WHY DR. La TOURRETTE GAVE A FREE \$60 TRAINING VIDEO WITH HIS ORIGINAL OFFER OF THIS BOOK IN THE October issue of BLACK BELT MAGAZINE. The video will accelerate your learning by leaps and bounds.

This is important now.

The Doc also believes strongly in Mind Training.

In fact, in the Doc's opinion, all martial arts speed training must be backed up by at least 90% mental training. That means you can know karate, but will still get your butt kicked if your brain is not positioned right and your speed enhanced through valid mental conditioning.

Unfortunately, very few karate coaches know anything about SPEED HITTING or MENTAL TRAINING and the Doc figures both these areas are the most neglected areas of the martial arts, even more neglected than street practical warrior skills.

So, Dr. La Tourrette has decided to allow his Privately Published Speed Training Success Secrets Report to be sold to the public as a "Crash Course."

This "Crash Course" is only for those serious athletes who want to learn how-to-win . . .

"THE BEST WAY, AND THE FASTEST WAY POSSIBLE!"

When you learn how-to-use and how-to-apply these Privately Published Speed Hitting Secrets properly, the mind blowing results you get can be so amazing, they may take your breath away.

Believe me . . .

"THEY WILL REALLY OPEN YOUR EYES!"

<u>Consider</u> This: The simple secrets you will learn in one section has generated more successful karate champions than any other training method is the world.

Consider This: The secrets revealed in another section are the very same ones some karate experts have used, in secret, to multiply their skills to the point where they become the best they

can be.

And This: The secrets of five peak performance ways of increasing speed have rocketed a 2nd degree black belt from 6½ hits in one second . . . to over 14 hits in one second in less than thirty days!

And This: Why many present day karate techniques don't work, and five specific ways classical karate will get you hurt if you're ever in a position you need to protect yourself!

And This: The Speed Fighter's attitude training course . . . plus SPORTS PSYCHOLOGY'S top performance method of increasing your awareness up to 2,000 times!

And This: Ten ways to increase your tournament results without getting any better! By just getting a little bit smarter!

And This: The top bar bouncer in Hawaii for two years reveals how the SPEED MAN made him the best of the best.

And This: The real secret of effective SPEED HITTING . . . plus the eighteen (18) basic kicking mistakes . . . plus Speed Fighting against a knife!

And This: More than 170 Proven concepts for SPEED FIGHTERS!

And This: Speed Fighting against a gun . . . plus seven major speed principles for INSTANT SELF-PROTECTION!

And This: More than fourteen SPEED FLOW hitting drills for unarmed combat!

And This: The SPEED FIGHTING SECRETS in the other peak performing sections should remove almost every single roadblock (except your laziness) that has ever stopped you from becoming the fastest you can become as a martial arts athlete!

Now listen: <u>Somewhere</u> along the line, you're going to realize that the info in this Special Report is worth thousands of dollars, and, you are going to start wondering why the SPEED MAN is revealing all these inside <u>Mental Training secrets</u> and <u>Speed Fighting Secrets</u> to you.

Why is Dr. La Tourrette doing this? There are several reasons besides the obvious one. The first reason is, the Doc is just "One heck of a NICE GUY!" The next reason is rather interesting. You see, in the Doc's opinion, intelligent training is the most neglected area in the martial arts training arena, bar none. The Doc thinks . . .

"JUST MAYBE THIS REPORT WILL HELP SAVE YOUR LIFE THIS WEEK ... THIS MONTH ... OR EVEN, NEXT YEAR!"

Dr. La Tourrette hopes this Spred Hitter's training report, with its proven mind power technology, will motivate, guide, and

inspire you to reach your <u>full</u> <u>potential</u> in both your SPEED HITTING and your martial arts evolution.

These advanced SPEED teachings are a "must" reading for those who seek more solutions to acquiring the FASTEST skills from their martial art.

Just as he taught me to go from 3 hits per second to over sixteen hits per second, he feels that all other people who want the same skills should have that opportunity.

At this point I feel that I should GIVE YOU A WARNING.

Any money you spend for these privately published Speed Hitting training secrets will be wasted . . . unless you have the courage, determination, perserverence, desire, and most important, discipline, to apply what you learn from them.

Our material is great, but even we can not multiply zeros.

Remember, no one can really make your karate skills faster, EXCEPT YOU. But, if you have a burning desire to succeed, these privately published training secrets will supply you with the necessary secrets, tools, and blueprints to help you build the martial arts expertise you desire.

Remember, "What you get is what you earn!"

Period!

So . . . Happy browsing among the following pages.

By the way. I think Dr. La Tourrette has delivered more "real" hard core SPEED TRAINING SECRETS than . . .

"ANY OTHER BLACK BELT ON EARTH, AND THAT'S A FACT!"

However, a person has to use this stuff before he can tell how valuable it is . . . plus the Doc has six more books and nine large training manuals you can choose from, <u>if</u> you like this one.

That's without counting his hard hitting video training series like DEVASTATION ENHANCEMENT, SPEED HITTING, and STREET LETHAL.

So . . . right now dig in and discover for yourself just how good this advanced high-level material really is.

And then, you'll learn in the last section how-to-get those other books, training reports, videos, and also . . .

"HOW TO GET THE WORLD'S MOST VALUABLE <u>FREE GIFT</u> AS A BONUS!"

It's up to you. Even if you decide <u>not</u> to get the SPEED MAN'S other speed secrets, you'll still have received the bargin of a life time because of your purchase of this report. And, on the other hand, if you are <u>truly serious</u> about learning the best,

you may very well decide to get the SPEED MAN'S other materials so you can receive a constant flow of fresh, and very practical karate skills and mental training skills that will help you . .

"BECOME LIGHTNING FAST, AND SUPER-CHARGE YOUR MARTIAL ARTS TRAINING!"

Now you are probably asking, "What makes the SPEED MAN qualified to give me this information anyway? Good question.

Well. The SPEED MAN didn't really want me to tell you the following because it'll sound like I'm bragging about him and the Doc doesn't like braggers . . . I don't mind, and it's necessary . . . to prove that getting his speed hitting book was the smartest thing you ever did!

The SPEED MAN is a professional Sports Trainer, has a Ph.D. in Sports Psychology, holds an 8th degree black belt, and he knows how-to-teach SPEED FIGHTING.

He's trained 7 top athletes who've been triple crown winners in Karate Illustrated magazine. He's written, as a professional, for Black Belt, Inside Kung-fu, Soldier of Fortune, Warrior and Kick Illustrated magazine. He's also produced 67 training videos on different aspects of SPEED FIGHTING.

So . . . What exactly does that mean for you? It means he's a MASTER INSTRUCTOR and he knows how-to-teach you what speed hitting is all about.

You see, the Doc <u>is not</u> another one of those 12 month wonders, or mindless red-necked black belts who thinks he's an expert on SPEED and the MIND just because he has a black belt.

Enough of those credentials. They mean nothing anyway UNLESS you can take his materials and really learn from them.

That part is up to you. The Doc has done his part. Now your part is to study, learn, practice and appreciate what is coming up next.

Sincerely,

Jack L. Williams
Professional Sports Trainer
6th degree black belt

p.s. #1. One time I asked the Doc, "How <u>much money</u> did it cost you to learn what you've put in the SPEED TRAINING REPORT?" He laughed, then answered, "Probably about \$20,000 dollars or more!"

The Doc then said, "About 34 years of my adult life, then another \$14,000 dollars of outside independent studies, research, and development." He says it's sort of like mining for gold. You need to go thru ten tons of dirt to find one ounce of pure gold.

La Tourrette is a born skeptic. He just does not believe

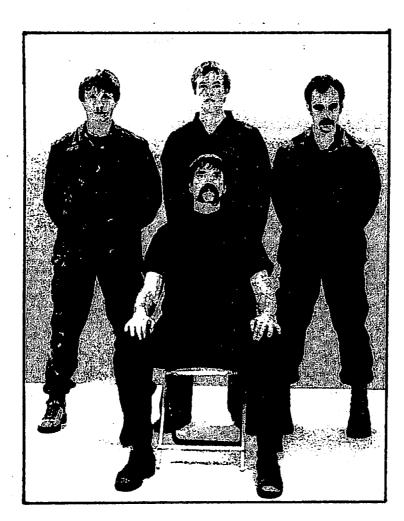
anything is valid until he can do it!

He won't put up with <u>blow-hards</u>, nor educated idiots trying to tell him something is true when they can't demonstrate it themselves.

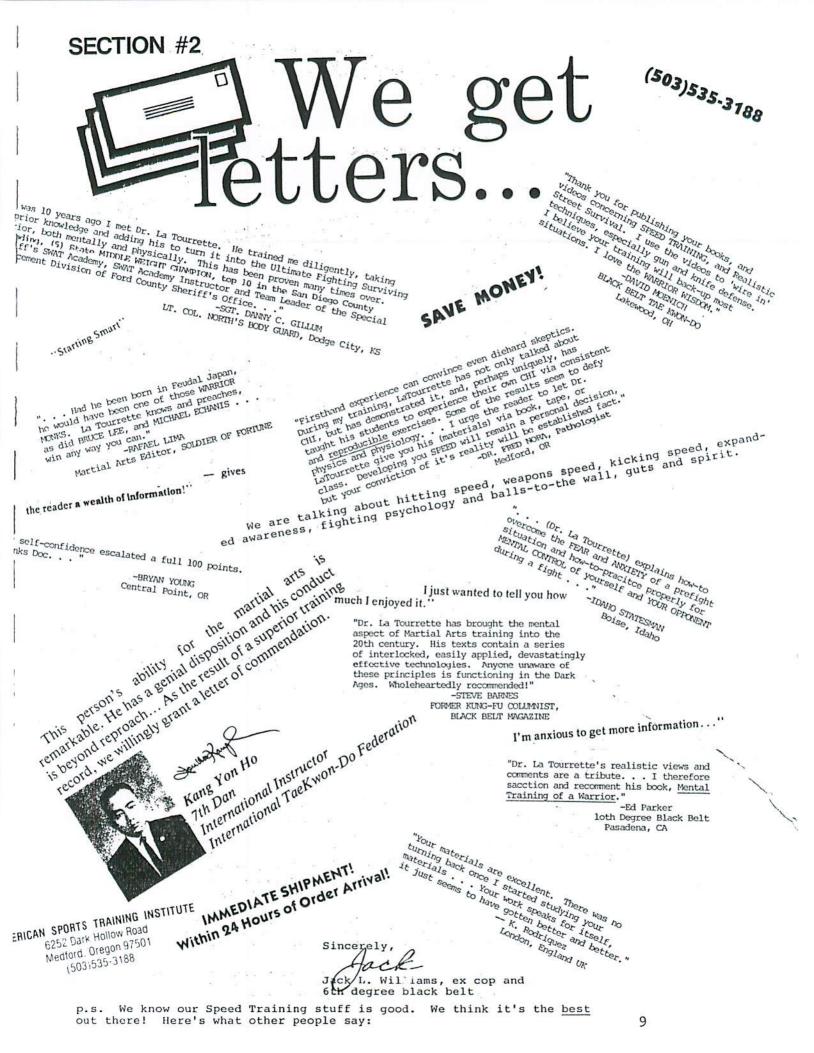
p.s. #2. Be sure and check out the six pages of the unsolicited letters the Doc gets from his readers, clients, and personal students. You might find a friend among them.

P.S. #3. Also be sure and glance at the FIVE PAGES OF FREE COUPONS—A total value of more than \$900 bucks. Yours free just because you were wise enough to accept our offer, study and keep this special report.

THANK YOU FOR ATTENTION, GOOD LUCK AND GOD BLESS.



Dr. La Tourrette (front) and three of his Karate Illustrated magazine rated fighters. (left to right) Mr. Barry Benedict is rated in Black Belt Fighting, Weapons demonstrations and Kung-fu Karate forms competition. So is Mr. David Hemingway, Mr. John McFadden and Mr. Steve Hirst (not shown).

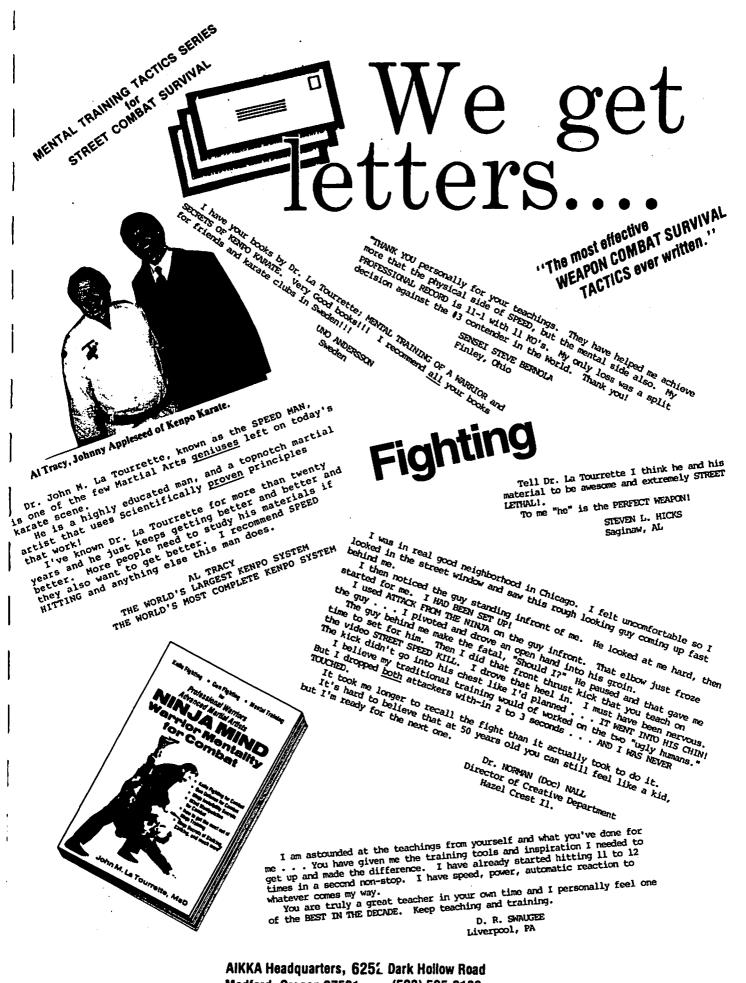


"10 months ago I made an order out of Black
Belt magazine that would effect me and my
martial arts training for the rest of my life.
I ordered your SPEED HITTING, and Devastation
Enhancement series. Upon completion and
studying of the information, I have been
clocked at 16 hits in .93 sec. Keep it coming!"
—SAWIEL SIEVEN BERNORA BILL WILLIAMS, taekwon-do, spokane, WA - I've been training 15 years and hold a 1st the best investment I've ever made in furthering black. The speed training materials are the best investment I've finally found the secrets a fighting philosophy I knew plack. The speed training I've finally found the secrets a fighting philosophy I knew martial arts abilities. I've finally found the secrets a fighting philosophy I knew martial arts abilities. Sizobelt formette binne de la filosoficial de la filosoficia de la FASTER Black belt. earned a (high ranking) black belt. earned a (high ranking was viacidal reaction) placed on practical recent books are defense. ... whish in a secont of special emphasis was placed agreement of special emphasis was a secont of special emphasis was a secont of special emphasis was a secont of special emphasis. ... whish in a secont of special emphasis. whom we have small the policy of the policy WALTER HURLBUT, jujitsu, Redding, CA- I was hesitant on the videos. I'd been ripped off before. So, I only got one video, Speed Hitting. Man was I surprised! I bet if Bruce Lee before. So, I only got one video, speed Hitting videos and love them. was still alive, he'd buy all the speed training videos and love them. They make Karate People VISA or Mastercard No. Make checks/money orders payable to: AMERICAN SPORTS TRAINING INSTITUTE 6252 Dark Hollow Road "Thanks you for the valuable information that you so openly shared with me. . The wealth of your experience. I remain in gratitude." -Bill Shaw Bill Shaw Kung-Pu Karate Enclosed find my check/money order for \$ State (503)535-3188**Expiration date** TOTHE PASSON SHEET The state of the s Ed Parker, P circle one above Name (print) The state of the s Address . STREET COMBAT SURVINAL TRAINING. " water little and a collect mode

These new guerilla training videos will not be sold at this price by the company in any store . . . in fact the normal price of each video is \$69.95. You have the savings of \$20 per video when you order now, within Medford, Oregon 97501 daysı

Anyway, if you are interested in this offer, please respond right avecan either call my office direct at (503) 535-3188, or else use the order form and reply envelope. Thank you for your attention.

fifteen



Medford, Oregon 97501 (503) 535-3188

TVB 6VBF SEBR. factics are the deadliest and most functional Fighting is light years beyond them. The knife to ECHANIS. The Warrior's Guide to Knile knife fighting book available from FAIRBAIRN KUNG-FU ASSOC. 85 "I've studied every Described by AMERICAN INTER. KARATE







TRAINING TOUTERELE STATES TO THE STATES THE STATES TO THE STATES THE S VILA WEW ROLFIAM SSFE-ZEE(EOZ) !RSTER! (503)535-3188 A Secretary of the second seco Property of the state of the st . SANAN TEB BUTT ANNAS . 1991, TORRE LOULED W. TORRE LOULEd RAFIEL W. TORRE LOULED LOUPE LOULED LOUPE LO

proud of it." Se source of the second of the ZINE: Come across... Mike (Echanis) would be Se iedman hamisani na RAUDOS ya badiiseg Described by SOLDIER of FORTUNE ham chann secritored

& Advanced Martial Artists Training for Professional Warriors Street Mind — Knife — Gun

The state of the s nugbned a had silvable than a handgun. mind skills enemy manipulation like hypnosis, dynamic Solution advanced mind control methods of control m Fu Winja . . . body skills of knille fighting, gun punghode of knille fighting, gun phode of this of knille fighting and home of this adopted by a new bread of warrior, the Kung. SE . JOSZA USTULNIN NAZZAT yd bedingeg

My thanks to Dr. 12 fourrette for teaching me what my "old" instructor teaching me was feet and awar feet

1991 Randi Torre Women's STATE CHAMPION

LEDLENT OF A LENDERS AND WITH THE LED TO THE SENT WITH THE COLD BY SENTEN WITH THE SENT WITH THE SEN

The state of the s I PAVE EVEE BEEST. oved I seek able welvery that the treatment and sail cals bluck I lained at a statistic material and sail asserting the sail materials and sail asserting and its sail asserting in the sail as a sa

Adamsv111e, JOEN BURKS

SECTION #4

FOR THE READER—THOUGHTS TO PONDER UPON

If you haven't figured it out by now, I am a very biased human.

I can also say with complete conviction, THAT HADTHESE SPEED SECRETS been available to me in book or video form when I started my marital arts training (1957), my progress would have been faster and my results better.

These Master Keys on SPEED TRAINING are for your use. When the book TRIGGER'S many thoughts or ideas of your own, then turn the page down, get to your feet and do the drill . . . or write down the idea in the margin, or go over the sequence.

Long ago a wise man stated it very clearly when he said, "I hear and I forget. I see and hear, then I remember. However, when I see, hear, and do, then I really understand."

I just can see you saying to yourself, "Yea, I know."

Every once in a while when I demonstrate SPEED HITTING in a seminar some know-it-all black belt will indicate with a nod of head that he <u>already knows</u>, or has heard the information before.

Sometimes I put them on the spot and ask them, "What have you done with the knowledge?" Usually they've done nothing with it.

Pay attention now, this is important.

Unless and until you do something with what you have learned . . .

"YOU MIGHT AS WELL NOT HAVE LEARNED IT!"

The black belt who won't fight is no better off than the black belt that can't fight.

The black belt who knows SPEED HITTING, but won't use SPEED HITTING is no better off than the black belt who doesn't know speed hitting principles, strategies and tactics.

It's very simple.

If you don't get started, you won't get started!

If you don't get started, you won't get started!

If you don't get started, you won't get started!

The above is not an error. I said it three (3) times because it is very important. (continued on next page) 18

Don't wait until you are ready. Don't be one of those gonna-do-ers.

Most people wait until everything is just right before they jump in and get their feet wet. They usually have some excuse for not starting right away.

I've known a lot of karate practitioners who were "gonna-do SPEED TRAINING" tomorrow, or just as soon as they made their black belt, or they were gonna do it when September is here, etc.

These "gonna-doers" are close relatives to those . . .

"HALF-A-MINDERS."

If you've a half-a-minder, or a gonna-doer, what you really are is a . . .

"NEVER DOER!"

These never-doers are close kin to the "SUCKER-UPPERS". These sucker-uppers are prisoners of hope.

The sucker-upper's message is, "If I just had someone else's ability, what wouldn't I do? They just wish they could hit, kick, spar, fight, break, jump, move, etc,. like Van Damme, or Bruce Lee.

These Prisoners of Hope are the black belts who <u>hope</u> that someday they will go into their karate school and their MASTER will give them <u>all</u> the HIDDEN KEYS TO THE UNIVERSE.

These Prisoners of Hope, hope for the BIG BREAK when some movie producer will see them at a tournament, put them in a movie and give them instant fame, fortune, and glory.

These Prisoners of Hope are like the lottery player, spending one dollar and hoping to make five million dollars. Like the religious follower who flocks to their leader asking them to intercede with God so they can go to heaven.

The fact is, NONEOF THESE PRISONERS OF HOPE will do a darn thing unless . . .

"THEY FIRST USE THE ABILITY THEY HAVE!"

The truth is, you already have the inborn ability necessary for success with SPEED HITTING. By your works yea shall be known.

The story of life repeatly demonstrates that <u>if you use</u> what you have, you will be given more to use! Life also demonstrates that if you don't use what you already have, you'll lose it.

Don't use the excuse of the NATURAL BORN ATHLETE. There is no such animal. I've traveled in Korea, Japan, Mexico, Canada, Latin America and all through out the United States of America.

I've yet never seen where a woman has given birth to a SPEED HITTER, a black belt, a kung-fu Master, a weapon's expert, a tournament champion, or any other type of Martial Arts expert.

But you never hear a LOSER say, "I'm a self-made failure."

Do you know what a loser does? A loser points his index finger at someone else and says, "I can't fight because my instructor is lousy." Some losers say, "I'm so good, but the refs just can't see my points." Some losers blame everything from skin color, or religious beliefs, to lack of education, or physical deficiencies.

Some losers say they are too old . . . or too young . . . or too fat . . . or too slim . . . or too tall . . . or too short . . . or too tight . . . or that they don't live in China, or Korea, or Taiwan, or Japan, etc., where they can find a TRUE MASTER.

Be aware that your success with SPEED TRAINING starts with YOU.

You've got to take that first step then you got to keep moving forward. And, when you move forward . . .

"MAKE SURE YOU ARE GOING IN THE RIGHT DIRECTION!"

Some times an athlete is told to run West to see the sun rise. The fact is, no matter how fast that athlete runs West, he is not going to see the sun rise because he's going in the wrong direction. And some well meaning brain dead small minded Master has GIVEN HIM THE WRONG DIRECTIONS!.

The same thing might have happened to you. If you are not where you'd like to be with your SPEED HITTING, if you are not as fast as you'd like to be with SPEED HITTING, if you are not as flexible as you'd like to be with your SPEED KICKS, it could be that your well meaning teacher has . . .

"GIVEN YOU THE WRONG DIRECTIONS!"

Perhaps you wanted SPEED HITTING FOR SELF-DEFENSE, but you joined a sport karate school because they lied to you. Then the <u>best</u> sport teachers gave you poor advice and the wrong directions because that was the <u>only</u> path they knew.

As a result, those guys inadvertently pumped so much $\underline{\text{rigid}}$ $\underline{\text{thinking}}$ and $\underline{\text{sloppy}}$ patterns into your $\underline{\text{mind}}$ that you now suffer from a hardening of the attitudes.

NOW FOR THE GOOD NEWS.

You can easily overcome all that garbage. You see, all those things that have happened in the past are over and done with.

Now you need to lay plans for your karate future. I believe that you can start from where you are with what you have and get what you want.

Since you are reading this book on SPEED, and the MENTAL AND PHYSICAL TRAINING necessary to achieve blinding fast SPEED, I \overline{m} assuming you want that knowledge.

Remember. There is no elevator to the top. There are only steps that you must take and you must take the responsibility for taking those steps.

(continued on the next page)

You see, WE CAN'T MULTIPLY ZEROS. If you don't move, you won't get the SPEED you want. The price of success for tremendous POWER and LIGHTENING FAST SPEED is much lower than the . . .

"PRICE OF FAILURE!"

"GO FOR IT!"

"AND GOOD LUCK."



It is better to stay out of a fight than try to get out of one. But the knowledge that you can defeat him easily gives you the confidence to stay out of it.



Secrets of Speed Hitting

How to Hit a Man 11 Times or More in 1 Second or Less, and Explode into Action Before He Can Blink an Eye!

SECTION #5



There is TREMENDOUS
power in SPEED and
MOMENTUMP
—The SPEED MAN—

(This material contains information from the Oct. 1992 issue of *Black Belt* magazine.)

Take a close look at the above title, sub-title, and photograph caption.

As you read it you'll notice that Jack Williams promised you a heck of a lot of SECRETS . . .

. . . and, because you've gotten this far in the book you have already plowed through some of them, and you've gained a lot of knowledge.

What are these secrets?

Secret #1, . is the SECRET OF SPEED HITTING.

Secret #2, is the SECRET OF HOW-TO-HIT A MAN 11 TIMES OR MORE IN ONE SECOND OR LESS.

Secret #3, is HOW-TO-EXPLODE into action before he can blink and eye.

Secret #4, is the UNIQUE HOOK-UP OF SPEED AND MOMEMTUM to achieve TREMEMDOUS POWER.

When you look at the above four secrets closely you'll notice that they <u>all</u> are <u>different!</u>

They are not the same secrets!

And . . . if you think they are the same secrets, then you are missing the whole point of this training book.

Look. Let me define them for you.

The SPEED HITTING SECRETS are concerned with initial motion.

For example, what can I do first, and fast to hit him before he can hit me?

A trained fighter, through lots of conditioning, proper vitamins and mental conditioning can increase his neurology a little, BUT NOT MUCH.

It comes down to fast twitch muscle fiber, or slow twitch muscle fiber.

If you've got fast twitch muscle fiber, you'll be fast. It seems to be a genetic thing.

Current research has shown with certain weight lifters doing special drills have increased fast twitch muscle fiber a little, but, for the most part . . . for most of us . . . unless we want to go through lots of pain and muscle tearing down and restoration, we probably have a physiological top speed already.

Don't be too disappointed.

Now the good news.

If you're like the other 4 billion humans that live on this planet, you have not come anywhere near the top peak of your speed reflexes. Plus you can get rid of wasted motion and use complementary energies to increase your speed, power, and momemtum.

Remember the three parts of reaction time? They are:

- 1. See
- 2. Decide
- 3. Take action

When the third segment, take action, is a little slow, don't waste too much time on it until you've developed the first two parts.

THE SEE AND DECIDE PARTS.

First learn how to put yourself in a high visual mode of external awareness.

THEN learn how to recognize, through training with live
people what the attack is coming at you, or that might be coming at you.

This is for avoidance (slipping), or for STOP-HITTING, or for intercepting and going throught . . . IT IS NOT FOR BLOCKING.

When you waste your time on blocking, YOU WILL NEVER BE A SPEED HITTER.

Why?

Because if you don't have the right attitude . . . If you're in a fight and you start thinking about HIDING, or RUNNING AWAY, or BLOCKING . . . you THEN CAN'T think about hitting him. Your mind is only capable of one thought at a time.

Let me clarify this topic of the proper attitude.

(continued on next page)

Let's talk about dogs a little bit.

Have you ever had a dog on a leash, and then your dog sees another dog?

Well, what does your normal dog do?

Your dog, BECAUSE IT'S ON THE LEASH becomes the BRAVEST dog in the world. I mean that dog starts jumping up and down . . moaning and groaning.

It'll snarl. It'll roar. It'll growl . . . but if you let it loose, IT WON'T DO SHIT.

Now let's take a dog that's <u>not</u> normal. Let's take a pit bull, an animal that has been bred for gameness. For the point of my story I'll define gameness as the ability to focus and go through it's chosen opposition.

Pit bulls don't snarl. Pit bulls don't growl. Pit bulls don't pretend to be the bravest dog in the world.

WHAT DOES A PIT BULL DO?

The pit bull, if it makes eye contact, will GO FOR THE OTHER DOG. It'll grab hold and sink in until the fight is over.

When the pit bull is trained for attack, it will GO FOR anything you point it at.

Did you know that in real tests a fifty pound pit bull can lock his teeth and pull 4,800 pounds?

If a pit bull grabs a bull by the nose, it can pull it over to the ground.

If a pit bull grabs ahold of your leg, it'd drag your ass all over the yard. Once a pit bull locks it's teeth on, it will not let go.

Period.

This not letting go is a mental attitude, a programmed mind set.

And, it is not because of his jaw structure.

Another interesting point.

The bigger a pit bull is , the more normal he becomes in his attitude.

The bigger pit bull is lazier.

The bigger pit bull is not as game.

The bigger pit bull gets tired quicker.

(turn to next page)

The bigger pit bulls seem to lose some of that attack mode conditioning.

Onward.

So . . . to be fast, to be a SPEED HITTER, you gotta be in attack mode . . . just like that pit bull I was talking about.

Condition yourself mentally that you are going to put your opponent out of action.

Even if you are only in a sparring match, and you get hit, don't give up. Instead, keep going as if your life depended upon it.

If you do that, have an attitude, your confidence will return and you'll probably do better in the rest of match.

Okay. Enough about the attitude.

Let's give you a top level psychological skill, that once achieved will seem to be like magic to you.

What is this skill?

This skill is the skill of high visual awareness. It is a way to focus your inner mind through advanced SPORTS PSYCHOLOGY TECHNOLOGIES where visual awareness will just be there.

I call it THE UP-TIME AWARENESS ANCHORS.

NOTE: Be sure and run through this drill, or it won't do you a damn bit of good.

Let me first ask you a question.

Do you want to be able to see him with your awareness INCREASED by up to 2,000 times? Or, do you want to continue going through life half asleep, and not knowing it?

If you do want increased awareness, DO THE DRILL. I knew this drill for nine years before I integrated it for myself.

Don't be as slow as I was. There's no telling how much I've missed out on, that I would have got, IF I'd done this anchor in 1980 when I first came across it.

- STEP #1. Find a place, either indoors, or outdoors, where you can sit or walk around for a while and enjoy the world around you.
- STEP #2. As you observe your surroundings, practice focusing and tuning your awareness of your external environment to each of your representational systems:
 - a. Seeing things using both panoramic and detailed viewing of the various objects, colors and movements in your environment.

- b. Feeling the temperature of the air, the textures, shapes and hardness of the objects around you, and the feelings of your skin and muscles as you sit or move through the environment.
- c. Listening for the differences in the tones and location origins of the various sounds around you and for the changes in your breathing and the pitch and tempo of any voices near you.
- d. Smelling the air and the objects around you noticing which smells are sharper, which are more
 subtle and, if you wish, take note of any changes
 in the taste in your mouth.

As you access each of these systems, you may screen out your other channels by closing your eyes and plugging your ears and nose in various combinations. Be sure to access each system as completely as possible without any internal dialogue, internal pictures or feelings.

- STEP #3. With your right hand grab hold of your left wrist. As you judge that you are able to access each system in succession, squeeze your wrist -- only as tightly as you are able to completely access the sensory channel you are using. The more you can see, hear, feel and smell clearly the experiences around you, the tighter you squeeze your wrist.
- STEP #4. Begin to tune into all representational systems simultaneously so that your attention is completely focused outside of you through all of your channels. Squeeze your wrist only as tightly as you are able to do this successfully.
- STEP #5. Keep repeating the process until all you have to do is reach over and squeeze your wrist and your attention automatically begins to turn outside of you to your external environment, without any conscious effort."

Okay. Good you've done the drill.

Now we need to integrate this increased awareness into SPEED TRAINING.

It's easy to do.

The TRIGGER I have adapted to this high visual awareness is a closed fist with my thumb on top of the index finger.

The reason I use this physical trigger mechanism is because it fits with my non-aggressive fighting stance and all of my aggressive modes of fighting also.

Just by putting my thumb on top of my closed fist, I immediately zip into up-time awareness for attack mode . . . just like that pit bull.

If you want to see what it looks like, attack mode and my thumb position, then just turn back to the picture on the front of this chapter.

On the chapter about Bruce Lee and his speed skills, I'll cover in even more detail SPEED.

Stay tuned for that later.

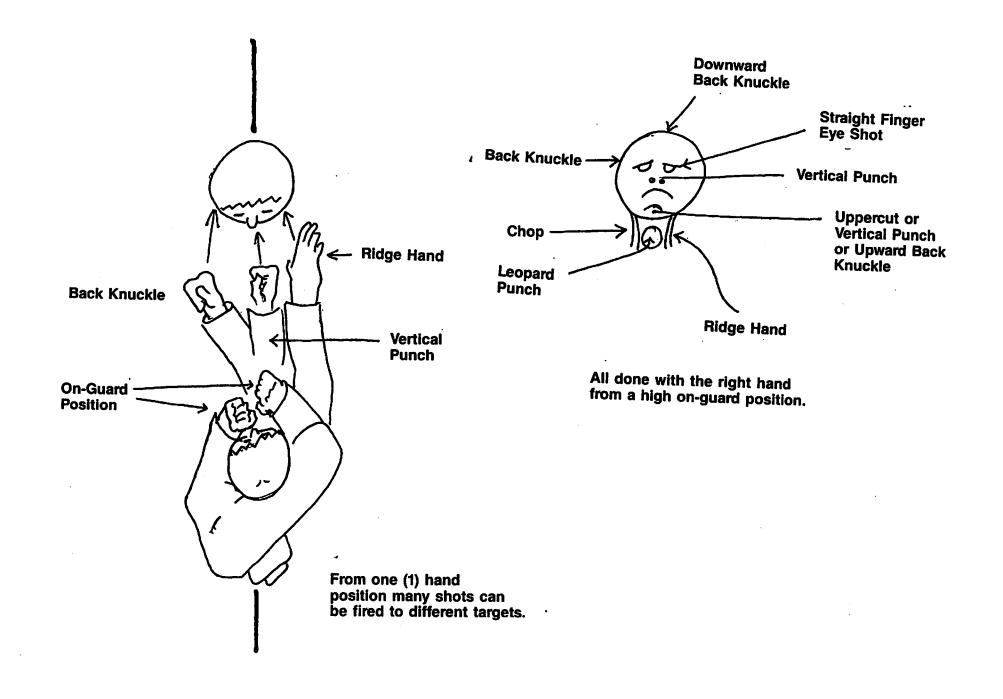
Now a little more about awareness. So, now that you are more aware, what targets should you be looking for? The answer, all valid targets. It's amazing how once your eyes are open how many targets are available to you. One's that were there before, but you never saw.

Check out the examples in the following drawing to see what I'm talking about.

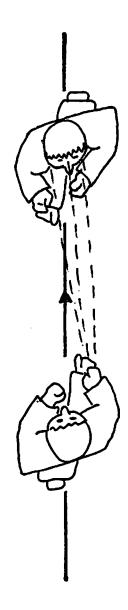


Advanced Ninja mind technique for pain and bleeding control. There was no bleeding nor pain as Mr. Echanis whirled around and around with the full bucket of water suspended from the large pin inserted through his neck. Mr. Michael D. Echanis, deceased, one-time student of Dr. La Tourrette, overcame severe physical disability to become a Master Ninja under Supreme Grand Master of Hwarang-do, Mr. Joo Bang Lee.

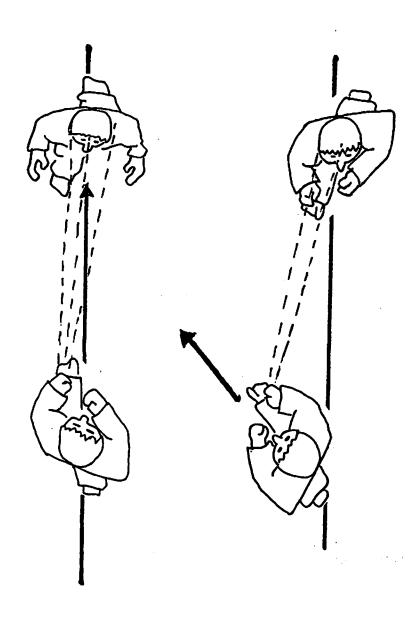
Photo courtesy of Soldier of Fortune magazine



Direct
Facing Stance
Neither can move
or explode forward



Closed Facing Stance



Open Facing Stance

Push-Step Closing Gap with Angular Attack

د

Do You Have What it Takes to Become a Speed Hitter?

If you can honestly answer "YES" to these five (5) questions, then you might qualify. You already have an interest in SPEED HITTING or you would not be reading this book, or watching the accompaning video. Now come the <u>real</u> questions:

- Do you sincerely enjoy training at karate: And getting better, day by day?
- 2. Do you want to see SPEED RESULTS NOW --- not in four years when your "MASTER" decides to reveal his hidden secrets to you?
- 3. Are you a positive person, willing to say, "I can do it" --- rather than, "Why bother, SPEED HITTING won't work?"
- 4. Are you the type that PREFERS try first, because you prefer to judge and decide for yourself?
- 5. Are you willing to give some of your training time, about thirty to forty-five minutes a day, to making your SPEED grow --- and to keep training as your SPEED, WISDOM AND SKILLS GROW?

If you can say "YES" to these five questions . . . GOOD!

You'll find this book of GREAT IMPORTANCE. As a matter of fact, this book on SPEED HITTING could change your life!

You see friend,

There are two basic requirements for every self-made karate athlete, and all great martial artist are self-made . . . I believe you may already have one of them.

"THE FIRST REQUIREMENT IS THE RIGHT ATTITUDE. WHEN YOU'VE GOT THAT, YOU ARE HALFWAY THERE. AND, IF YOU ANSWER 'YES' TO THE FIVE QUESTIONS, IT'S LIKELY YOU DO."

The second requirement is knowledge. That is something I can give you.

Actually it's something a group of SPORT PSYCHOLOGISTS can give you because I've brought them together in an exceptional research program where we've studied what really works and then I've put these hidden Master Keys together into this book to help take you from being a wisher, and help turn you into being a winner, into being a SPEED HITTER.

(continued on next page)

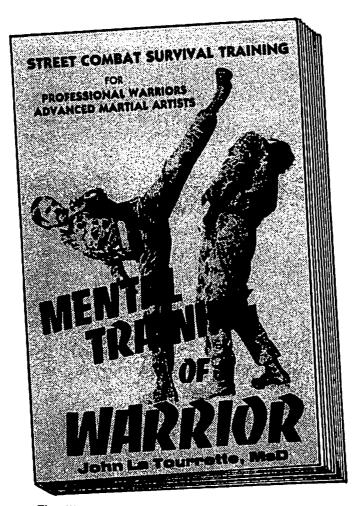
There is something I'll point out right now. I run a SPORTS TRAINING facility. I train karate people to be superior athletes. My institute is not MGM productions, nor Walt Disney Interprises. We are not out to impress you with fancy graphics, scenes on the beach, nor with photographs of gorgeous women. My job is to give you the best contents in the world of SPEED HITTING. These ideas concern physical training methods, mental training method, and emotional training methods. People who train with us get the best in the world in those areas.

As one superior older black belt told me, "Doc, I'm no longer interested in being impressed. Now I want to be informed!"

All I'm concerned about doing in these books, training manuals, and guerrilla videos is informing you of SUPERIOR SPEED TRAINING TECHNOLOGIES without having to charge you for Walt Disney productions.

AMAZING NEW BOOK

Mental Training Of A Warrior



The Warrior's Bible on combat survival tactics. Chapters on fear, stalking, striking, awareness, suprise, combat and target penetration.

SECTION #7

Secrets of Effective Hitting

What is a hit?

Good question. If a man is a .45 hand gunner, in HIS OPINION the only valid hit is one from a .45 caliber automatic, or a larger bore gun.

In their mind, anything smaller, i.e, a .22 caliber is non-functional EVEN IF IT KILLS YOU!

People base their idea of what a hit is UPON THEIR OWN PREVIOUS TRAININGS, or how-ever they were brain-washed first.

According to the Merriam-Webster dictionary a hit is:

- 1. To reach someone with a blow, or
- 2. To come or cause to come in contact, or
- 3. To affect detrimentally

As used in SPEED HITTING a hit is not only a reverse punch from shotokan karate, nor a 360° spinning back kick from taekwon-do, nor a verticle punch from wing chun.

Yes. Of course. All the above are hits.

But also, in our opinion, so is a trap, or a brush parry, or a knee check, or a nerve cavity strike, or an organ shot, or a bone lock, etc.

So. A hit is a <u>movement we</u> do, that comes in <u>contact</u> where we choose (specific target) on the opponent to affect him detrimentally.

In our definition, when an opponent throws a kick, or a punch at and we stop it (a block), divert it (a slap parry), paralize it (nerve cavity technique), or destroy the weapon (break the bones with a strike, or with a twist, or with leverage) all of the above, plus a lot more not mentioned constitutes a strike.

But, because much of what we do is with small weapons, sometimes you might need more than one strike to stop him.

Some ignorant man told me once that a .22 pistol was ineffective as a self-defense tool. I told him the .22 was only as ineffective as the man holding it.

So, if a .22 was an ineffective weapon for him . . . he was the real ineffective person.

Let me repeat these words of wisdom . . .

"A HIT FROM A BB GUN IS MUCH MORE EFFECTIVE THAN A MISS FROM A CANNON."

(please turn the page)

But, if you are gonna use BB's, it's nice to have an unlimited supply of them. So. For SPEED HITTING, I suggest all attack plans have a minimum of three hits in them.

The first hit is the appetizer. The second hit is the main course, and the third hit is the desert.



The tactics of defense where only submission of a knife wielder is your intent best be left in the self-defense studio. When a man points a knife at you, assume he means to use it, then take practical appropriate action to save your own life.

Total Quality Speed Hitting (An Overview of the Speed Model)

Attention
Do Not Skip This Section . . .
Even If It Bores You!

According to SPORTS PSYCHOLOGY, the basic process of achieving better speed involves 1) Finding out what your present speed is, and 2) Adding the appropriate resources to lead that person to 3) The desired state of more speed.

PRESENT SPEED + APPROPRIATE RESOURCES = DESIRED INCREASED SPEED

As you move along the pathway to more and better speed there are a number of interferences that will arise and become road-blocks to your progress. COUNT ON IT. It happens.

So, you must be able to idenify these roadblocks and be able to go thru, over, or around them if you want to get lightening fast.

This is <u>CRITICALLY</u> <u>IMPORTANT</u>: When you can't recognize <u>what</u> roadblocks are infront of you . . . you <u>can't make progress</u> beyond that point . . .But, once the roadblock is known, at least you know you have a flat tire and now you are faced with the various ways of fixing that flat tire. The different ways of fixing the tire (i.e., overcoming the roadblock) are called <u>potential</u> resources.

In SPORTS PSYCHOLOGY these resources are classified under the psychological model of the eight "C's."

1. CONTENT

The first "C" is called <u>content</u>. This is the old computer jargon of, "When you put garbage in, you're gonna get garbage out!"

Content problems are a function of having improper building blocks, erroneous, or harmful information, etc. In SPEED HITTING these problems may be brought on by the style of karate you train in, incorrect foods that you eat, the type of imagery that you are trying to make, the degree to which you understand how your limbs, body and mind interact.

All of the above are the raw materials, the basic elements you are building your speed from. The quality of the raw materials you use will determine the quality of the speed, power, and results you get.

There are lots of erroneous and even harmful ideas and beliefs about SPEED TRAINING in the martial arts - even from some of the "fastest" kicking and punching experts.

Generally these erroneous ideas are due to an incomplete understanding of the total system of speed training. Our knowledge about SPEED TRAINING and the mind-body connection is growing and changing all the time.

Karate skills thought to be impossible in the early 60's are now routinely taught effectively. This is because coaches and athletes have used SPORT PSYCHOLOGY PRECISION MODELING skills to develop their awareness of SPEED EXPERTS to see what is really happening in SPEED HITTING. These experts then see if the new model works for them, and if it can be taught to others.

These SPORTS PSYCHOLOGIST must decode what they see and decide through evidence procedures if it is relevant and ecological for them.

For example. Taking certain drugs have very quick speed benefits, but because of personal beliefs about health, might not be appropriate for a karate athlete. Other chemicals which are tremendously powerful to help grow muscle and regenerate new body tissues for physical restoration should not be consumed by any person under 18 years of age. And the list goes on and on.

SPORTS PSYCHOLOGY provides a number of MENTAL TOOLS (strategies) for this area such as well-formnedness conditions (see index) for outcomes, and other ecology and relevancy procedures that allow a SPEED TRAINING STUDENT to effectively filter the quality of the content being used.

2. CONFUSION

The second "C" stands for confusion.

Speed training PROBLEMS related to confusion stem from lack of clarity about goals, next steps, etc, - in essence the specific how-to of the SPEED TRAINING process.

Confusion relates to the truth, "That the chain is no stronger than it's weakest link." Confusion and frustration are created by weak links and missing links. If you're not sure what your desired state of hitting speed is, there could be confusion in any number of places.

SPORTS PSYCHOLOGY provides tools that help you gain the ability to uncover, identify, and fill-in or clarify weak links, or missing links in the path or strategy we are pursuing to reach our SPEED TRAINING goals.

These tools are verbal and non-verbal information gathering skills.

For instance, the META MODEL (Bandler and Grinder, 1975) is a linquistic model identifying potential problematic words and language patterns that can generate confusions and distortions. The META MOTEL also provides a system of questioning (called the PRECISION MODEL OF THINKING, see index) through which these problem areas may be challenged, explored and enriched.

SPORTS PSYCHOLOGY also provides many means of expanding and increasing sensory acuity to become more aware of unconscious non-verbal signals and communications that can be essential in hitting the opposition before he can hit you . . . or even before he can mentally process data, or even blink an eye!

The Eight C's Model

- A. BELIEFS Generalizations about ourselves and our world.
 - 1) What is possible? Where are the boundaries?
 - 2) What does it mean? What is important/necessary?
 - 3) What causes it? What does it cause?
 - 4) Who am I? What am I capable of?
- B. PHYSIOLOGY Physical properties necessary to reach the goal.
 - 1) : Specific sequence of behavior required to get to the goal.
 - 2) Accessing Cues (i.e., eye movements, posture, breath, etc).
 - 3) Physical state (Immune function, nutrition, strength, etc).
- C. STRATEGY Mental map or program that organizes and guides our physical behavior and responses.
 - 1) Sensory system (sight, hearing, feeling, smell, or taste)
 - 2) Sub-Modalities: Quality of the sensory representation (i.e., intensity, speed, location, etc).
 - 3) Specific sequencing of steps in the plan.
- D. OTHER RESOURCES Appropriate skills and techniques needed to offset interference (see below).
- E. INTERFERENCE Factors that get in the way of reaching the desired goal: The Eight C's.
 - 1) Content Having improper raw materials, inputs, etc. (Garbage in, Garbage out).

 Resources => Sensory acuity and relevancy filters.
 - 2) Confusion Lack of clarity about goals, steps, etc.
 Resources => Information gathering skills (Meta Model
 - 3) Catastrophes Past traumas and negative imprints from personal history. Resources => Anchoring, disassociation, re-imprinting.
 - 4) Comparison Inappropriate expectations and criteria.

 Resources => Modeling & chunking skills (Behavior Generator)
 - 5) Conflict Incongruency, secondary gain, hidden agendas. Resources => Reframing, rapport & negotiation skills.
 - 6) Context External impediments.
 Resources => Sensory acuity and behavioral flexibility.
 - 7) Conviction Doubt about achieving your goal.

 Resources => Future pacing & belief strategy (swish pattern)
 - 8) Commitment Unification with George to stick to the training.

 Resources = > Anger and other strong emotions.
- F. ECOLOGY Factors from the surrounding system that need to be considered or preserved in the desired goal.

3. CATASTROPHE

The third category is the "C" of catastrophe.

from your karate instructor, or down to him by his past instructor. SPEED and POWER in limiting ways that were passed down to you generalization. Limiting beliefs and behavior patterns that effect from your personal history that creates a limiting or inappropriate A catastrophe is generally a past trauma or negative imprint

they deserve. failures and difficulties because they are given more weight than help create a false or inappropiate self-identity which might cause These old-fashioned beliefs and values about SPEED HITTING

maybe even better. model of karate imprinted on them at their time of learning, DESTROYED by something different . . and to be rather blunt . . REFT - GOOD - FAST Karate, which is really a deluded impoverished come from teachers with a fear of having their interpretation of Most of these inappropriate SPEED HITTING generalizations

thing not taught to them previously. causes them to have missing links in their understanding of anykarate model. This confusion caused by their prior training These people do karate through a narrow or impoverished

street situation and has found out that his instructor's teachings Then the well-meaning student has gotten into a real skįjj. Sometimes a student has been lied to about a certain karate

good, that must mean that all karate is no good. just did not work! so . . if his instructor's karate was no

pain and trauma of getting his ass kicked. a total viewpoint, instead of the one caused by the frustration, The tool needed here is to be able to see martial arts from

ing and applying these resources such as: SPORTS PSYCHOLOGY provides many tools to help with establish-

Limiting Feelings The Skill Of DISASSOCIATION From Over Whelming, Or

Positive States and Experience, and The Ability To Purposefully ANCHOR (index) And Reframe ٠2

Through Such Processes, Generalizations Relating To Training Are Transferred Back Into Past Traumas. Which Have Been Developed or Cultivated Later in The Process of REIMPRINTING, In Which Resources

One's SPEED HITTING Abilities and Self-Defense Systems

Are Up-Dated.

4. COMPARISON

The fourth "C" area to explore is comparison.

What it really comes down to is, "If you compare yourself with God, you are gonna appear inadequate."

Problems of comparison have to do with inappropriate expectations and criteria relating to success. To overcome incorrect comparisons with your SPEED TRAINING ask yourself the following questions:

- 1. Am I As Far Along With My SPEED HITTING As I Should Be?
- 2. Am I Doing As Well As The Other Instructors Say I Should?
- 3. If I'm Not, What Does That Mean, And Whose Fault Is It? Mine, Or The Instructor's?

With comparisons, you often run into disappointment.

Just remember that disappointment requires real planning. When you don't know where you are supposed to be, you can't be disappointed with where you are. But, by the same token, if you don't have a plan or path, how do you know if you are headed in the right direction?

Comparing your speed with someother expert often leads to the phenomenon of <u>blaming</u> and <u>reblaming</u>. If you think that you're supposed to be somewhere and you are not there, then whose fault is it?

This is a very serious matter in the area of karate. One instructor tells you to cock your hand to your hip. Another says, "No! That's wrong! Instead cock your hand to your breast line." A third says, "No way. You've got to be able to hit from where ever your hands are at." A boxer will tell you one thing. A Shotokan expert another. A Wing Chun kung-fu stylist another. Now here we are, telling you something even more different.

So . . . if your training doesn't live up to your expectations you've got to realistically find out where to put the blame.

To do this you must first have valid expectations on SPEED HITTING. Knowing exactly where you should be will empower you to take corrective actions when expectations are not kept.

SPORTS PSYCHOLOGY provides skills and tools that allow SPEED HITTING STUDENTS to model and transfer the behaviors and strategies of exceptional FAST HITTERS.

SPORTS PSYCHOLOGY also provides ways to chunk large goals down into a pathway of attainable micro objectives through techniques such as the NEW BEHAVIOR GENERATOR (see index).

In general, accomplishing hitting speeds IN EXCESS OF 14 STRIKES PER SECOND involves a series of successive approximations and operations to break the goal into a series of smaller goals.

A SPEED HITTING GOAL (i.e. 14 hits in one second) often starts the <u>vision</u> of a possibility. Through a <u>plan</u> the the vision is broken down into a series of milestones that make you lightening fast.

SPEED DRILLS are applied along the path to define and accomplish (continued on next page)

38

specific objectives.

The application of certain concepts, i.e., syntax of motion, alveolar breathing, speed physiology, economy of motion, visual "CHI" focus, flow hitting, etc., along with specific training techniques breaks the objective into sub-goals. Skills and tactics are employed to help achieve these sub-goals.

5. CONFLICT

The fifth category is the "C" of conflict.

Conflicts arise out of incongruencies, secondary gains or other ecology issues that have not been adequately dealt with, and hidden or unconscious assumptions or agendas.

Internal conflicts can create the kind of ongoing stress that can exaggerate SPEED TRAINING problems as well as produce conflicting feelings about continuing with the speed training drills.

For example, we had a 3rd degree black belt in Kenpo from Walla Walla who saw our advertisement and telephoned up just to tell us that we were full of crap. Why? Because, in his mind, no one could do what we said we could do. I asked him why he thought it was impossible and he answered, "Because if he couldn't hit a man eleven times or more in one second or less, than no one could!"

On the other hand, another kenpo black belt (also a holder of the 3rd degree promoted by the same instructor) saw our ad and phoned asking about more details. He just needed more information before he could make an intelligent decision about SPEED HITTING.

After I gave more information to him, He FLEW DOWN AND TOOK SPECIAL TRAINING! He came down and spent 4½ days with us. During those 4½ days he went from 6 hits a second to 14.7 hits a second.

This man had a thinking process of "I WANT TO LEARN." The first ignoramus had a thinking process of, "I know everything there is to know about karate. So it must be impossible because I can't do it. Why waste my time?"

The second kenpo black belt was able to identify with what our SPEED HITTING is all about. He used special techniques to uncover and reframe conflicting criteria, values and assumptions about SPEED HITTING.

SPORTS PSYCHOLOGY provides a number of tools and skills for addressing potential conflict situations beginning with the development of specific rapport building and communication skills.

Operating from the premise that <u>all</u> behavior, no matter how irrational it seems to us, stems from some positive intent, SPORTS PSYCHOLOGY employs the principles of pacing and leading.

Pacing and leading allows each karateist to first be recognized and acknowledged and then new choices are explored on how-to-hit

(turn to next page)

faster and better - not imposed.

Conflicts rarely arise when people feel understood. The SPORTS PSYCHOLOGY techniques of reframing and internal negotiations allow non-speed hitters to identify and communicate with parts of themselves so they can find the positive intentions behind their conflicts and enrich the choices available to more effectively accomplish those new SPEED SKILLS without clashing with their previous belief systems. For example the ignoramus from Walla Walla was trying to perserve the wisdom he had received from his NOW DEAD karate guru. If any new knowledge seemingly conflicted with his dead instructor's MASTER KEYS . . . then it must not be valid. Little did he know that many of our SPEED CONCEPTS actually came from the same source he was in awe of. TOO BAD!

6. CONTEXT

Following conflict is the "C" of context.

Problems of context relate to external impediments in the environment. Context acknowledges that there are external factors beyond our control which may need to be addressed - Some of which may appear unexpectedly. Resources to address contextual problems relate to both physical-preparation and mental flexibility.

In SPORTS PSYCHOLOGY, effective SPEED HITTING behavior is characterized by the establishment of three (3) essential elements.

1. A clear future goal - i.e., "I want the speed, agility, and sensory acuity to be able to hit a man ll times or more in one second or less." NOTE: The above statement does not infer that you need to hit anyone at anytime with ll hits or more in one second or less.

Number one, if you really did that in a fight you'd be thrown in jail for mayhem. If you did it in a tournament the <u>normally</u> trained ref <u>could</u> <u>not</u> <u>see</u> your hits because they are not trained in the <u>skill</u>. And, #3, and this is important; SPEED HITTING is <u>not</u> appropriate for all situations. It's a tool to help your individual development, <u>not</u> to replace everything else.

- 2. Appropriate evidence to gauge your progress in SPEED HITTING. This could be feed back from your instructor. One of the best ways of getting accurate feed back is to use a video camera and create a video tape of before, during and after. Because of our own personal involvement it's difficult to actually feel our own improvement. So use a video camera so you have access to a realistic evidence procedure.
- 3. A range of possible means and actions with which to accomplish the goal of hitting fast and hard. That's what this book and the accompaning video is all about.

In other words, you have a fixed future goal and a flexible range of choices and training methods with which to accomplish the goal.

(continued on next page)

The above FORMULA OF SUCCESS is drawn from the LAW OF REQUISITE VARIETY in cybernetics. The Law of Requisite Variety states that the amount of variation required to achieve a particular goal in a complex system (like SPEED HITTING) is directly proportional to the amount of potential variability in the system itself.

That is, <u>if</u> there is a lot of potential variation in the system, then there must also be a wide range of choices and flexibility in the <u>ways</u> to achieve SPEED HITTING.

This principle is very different in some very fundamental ways to the manner in which SPEED is taught. Most self-defense instructors teach speed as a one-step process; i.e., the speed with which you throw a punch out. In other words, "How fast can you hit an opponent once!" Not, "How many times can you hit him in five tenths of one second?" or, "How many times can you hit him in one second?"

This thinking, LOCK-OUT PUNCH HITTING, leads nowhere except to disaster for a martial arts athlete.

The next stage up, very similiar to boxing, or Shorinji Kempo Karate, emphasises a different approach we call PISTON HITTING. Piston hitting, going in and out like the piston's of a car's engine, is very superior to lock-out hitting...but still only gives you 6 to 8 strikes in one second.

A third approach that we call "flow hitting" is a concept of straight lines ended with small circles, and circles ended with straight lines where speed is never lost because of the continous flow. The element of POWER is easily added to the formula by unique breathing methods used to add body mass to each and every strike.

Multiple targets and nerve cavities are taught to maximize STOPPING POWER. Proper hip rotation, gravitational marriage, internal strength skills, plus many more elements are coordinated with the striking movements to make them effective whenever and wherever you choose.

SPORTS PSYCHOLOGY has many tools and processes with which to increase visual - kinesthetic sensory acuity in order to more effectively perceive and gauge progress in SPEED and potential problems with effectiveness.

SPORTS PSYCHOLOGY also has many ways in which to enhance behavioral flexibility to enrich the many different ways you have in order to achieve your SPEED HITTING GOALS. If something is not working, change it. Many people just don't notice its not working.

7. CONVICTION

The seventh "C" is conviction.

Problems of conviction stem from doubts about achieving your SPEED HITTING GOAL. When the going gets tough, even the tough

have doubts. You start to wonder, "Am I really as fast as I seem to be, or, is it just temporary? Is it going to last? Can I really STOP SOMEONE in their tracks with this SPEED STUFF?"

Conviction relates very strongly to your beliefs. Those habits and patterns imprinted into your subconscious mind.

You see, <u>all</u> martial arts athletes <u>want</u> to acquire SPEED HITTING, but not all of them <u>want it enough</u> to go through the learning stages of unconscious incompetence (discomfort and confusion) to the EMPOWERING STATE of unconscious competence.

Many karate athletes think they have the $\underline{\text{will}}$ to change, but they only have the $\underline{\text{whim}}$ to change.

Unfortunately, sometimes we have to "hit bottom" before we focus our concentration and really go for it. Internal fears, self-paralysis, and just being in the comfort zone stop us from taking action until we finally realize we are dealing with a serious situation. Either improve or lose face, get hurt, or become a "has-been."

In my case, at the young age of 35, I was almost a "has-been."

I was doing a lot of drinking and did not know that with every bottle I drank, I GOT SLOWER. I still remember that skinny 17 year old brown belt snapping those kicks into my guts. It's been 14 years since then, and I haven't had one bottle since. In less than 30 days my speed was back.

It seems that finally something clicks inside our guts and we plow through the roadblock of just thinking about being a SPEED HITTER to having a do-or-die commitment to being a SPEED HITTER.

Learning something new doesnot happen until we commit to it both consciously and subconsciously. Some karate athletes state firmly, "I'm committed," but when heavy obstacles fall in our path, like sweating every day at a certain time, their commitment may waver.

You must remember that commitment means NO MATTER WHAT! When you commit to SPEED HITTING, you stop wondering if someone else out there might not make an even better instructor for you.

When we commit to hitting hard and fast before he can blink an eye, we give it our best and waste no time toying with other possibilities.

To keep commitment from becoming BLIND STUBBORNESS you should adopt the following two (2) step plan to your training.

STEP 1. If my lightening fast back knuckle is as slow as a fly trying to swim through cold molasses, first I do everything I can to make it work. I FOLLOW INSTRUCTIONS. I chunk it down. I practice relaxation. I explore all the training options and choices, rather than passively tolerating the situation or stating some demented belief that, "If God wanted me to be

a SPEED HITTER he would have given me naturally fast hands . . . like he did to BRUCE LEE." It really sounds corny doesn't it? But I've heard it from black belts who have a whim to be faster, but no real force like a burning desire driving them forward.

These guys don't know that the "best" way to escape from a problem is to solve it.

STEP 2. If, after giving the training my best intelligent shot for a reasonable time (ranging from 2 months to a couple of years, depending upon the skill to be learned. In our case a minimum of 30 days or you violate our guarantee), your speed still doesn't get better, then I leave it with full confidence that I've done the right thing.

Beware of the "zero" trap. If you want to walk a mile you must take that 1st step and continue until you've walked the mile. If you are a zero and you do nothing . . . then you will get nothing. In training and in expanded awareness, our speed will evolve.

8. COMMITMENT

The eighth and last "C" is commitment.

As you can see from the above commitment and conviction have much in common. When we have conviction what we are doing is, right then and there, an instant commitment . . . for at least an hour or so.

Unfortunately commitment fades with time. This is because our subconscious mind (George) takes between 21 days to 30 days to have a new training routine installed so it's not resistent to doing it.

George (our subconscious mind) is attracted to any training that is exciting, fresh, and new, but can also be bored very easily and quickly.

Sticking with a new SPEED TRAINING PROGRAM challenges most of us after the newness and fresh enthusiasm has worn off and before it has been established as a habit pattern.

What it really comes down to is this: If we can MAINTAIN the new training for about 30 days the subconscious mind will recognize this as a new pattern.

After 30 days George will support SPEED TRAINING in a way that it had not supported it before. It now becomes a part of our daily routine. Remember, the 1st 30 days are the most difficult. THEN IT GETS EASIER. After 6 months it gets easier yet.

And at the end of one year you will be faster than you ever believed was humanly possible.

Both conviction and commitment relates very strongly to our beliefs. If we do not believe that something is possible, we become hopeless. Others believe that hitting 11 times in 1 second or less is possible, but that he personally does not have the capabilities to achieve it. This is helplessness.

The third negative belief is when a person believes that SPEED HITTING is possible, and that he even has the capabilities to achieve it, but does not believe that he deserves SPEED HITTING SKILLS for some reason. Maybe his parents, when he was a small child, told him never to hit another human for any reason, ever.

Obviously, mental resources relating to conviction involve the strengthening of the belief that a SPEED HITTING GOAL is possible, that the person has and will use the capabilities necessary to accomplish that SPEED SKILL, and that you, as a karate athlete deserve the change - That SPEED HITTING should be a natural part of your martial arts arsenal.

The SPORTS PSYCHOLOGY tools and techniques of <u>future pacing</u> and <u>belief installation</u> procedures are very effective ways of activating and strengthening these empowering beliefs.

SUMMARY

Remember, first you need to know where you are at now with your SPEED SKILLS. What is fast hitting to you?

Secondly, to achieve maximum speed, you need to know what the physiological resources are that you need to have available: types of physical drills, strength conditioning, super vitamins, all of the concrete physical things that influence speed.

Then, you need to have a way of installing those physical resources and using them appropriately - a mental strategy.

In addition to this, you will need other resources because you're going to be constantly subjected to interference as you are on your path to becoming a SPEED HITTER.

In a complex system of learning better speed, there's no one cause. You can have the most coordinated body in the world and the best reflexes belonging to a human, and if you are in conflict with yourself, you're going to run into difficulties in reaching your ultimate speed. Ultimate speed is a result of a kind of critical mass involving the integration of a number of factors.

In summary, success in accomplishing your personal SPEED HITTING GOALS involves three (3) basic elements:

- 1. MOTIVATION (Want To) You need to believe that SPEED HITTING IS ACHIEVABLE, and desirable for you.
- 2. MEANS (How To) You must have knowledge of the physical and mental steps necessary to achieve SPEED HITTING.

(continued on next page)

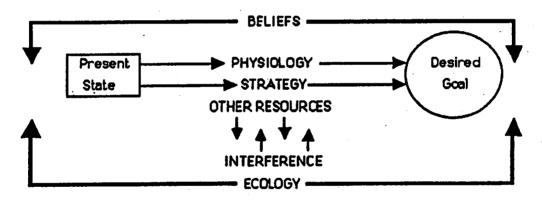
Putting it simply, if you run West to see the sun rise, you are going in the wrong direction.

As one Lima Lama student of ten years told me, "Doc, I spent ten years learning how-to-make myself slower, WHEN I THOUGHT I WAS LEARNING HOW-TO-BE QUICK AND DEADLY."

3. OPPORTUNITY (Chance To) - You must deal effectively with interference and resistance. One gentleman had bought our videos and used them to better his skills on sparring at his local Korean karate school. Within thirty days he was bopping his instructor on a regular basis.

His instructor told him his new technique was ineffective. It really wouldn't work because it lacked TRUE POWER. So, the new SPEED TRAINING DEVOTEE just kicked him in the head, knocked his senseless and stopped training there.

The Eight C's Model



Attention Do Not Skip this Section . . . Even if it Bores You!

Speed Winning—The Physical Side Identification of Speed Experts SECTION #9 That Were Winners

My first step was the identification of experts.

If you model mediocrity, you get mediocrity. The models I chose were "CN" and "TL." The skills they used became the primary tactics.

These were 1) lead leg wheel kick, 2) sun punch, reverse punch blitz, 3) lead hand back knuckle, and 4) lead leg side thrust kick.

Task Decomposition

Step number two was task decomposition. This is the process of breaking down the skill into specific components that can be reproduced by others to obtain the same or almost the same expert results.

In the case of tournament karate the goal is to score upon the opponent, and be seen by the judges, before you are scored upon.

To do this, in the case of the back knuckle, one must be able to easily, effortlessly, and efficiently perform eleven major tasks.

These are:

- 1) Get into a centered and fast moving position.
- 2) Assume a natural point of aim by adopting certain hand positions.
- 3) Identify the open targets as they appear, or identify the possible counter attacks around the barriors/guards, or notice their guards and eye relationships and where to place your own lead hand weapon/or rear hand trap in zero perception so your attack would be invisible to them.
- 4) Get your hands on target for the specific tactic in $\frac{*3}{}$ you would be executing.
- 5) Align your stance and compress your spring for the closing gap getting you there.
 - 6) Control your breathing.
- 7) Focus your attention on the NOW. Establish a trigger that will automatically release the attack at the correct time from the correct distance, to the correct target from the correct angle and points of zero perception.
 - 8) Make the attack.
- 9) Have other attacks on automatic to keep going, a maximum of three shots at multiple targets.
- 10) Develop an appropriate rhythm through expelling air by Kiai.

 (continued on next page)

 46

11) Return to the natural stance where you are controlling the distance and safe from counter-attacks.

In addition to the above ll steps you need to increase your awareness. This is done by watching the eyes . . . but DEFOCUS at all times.

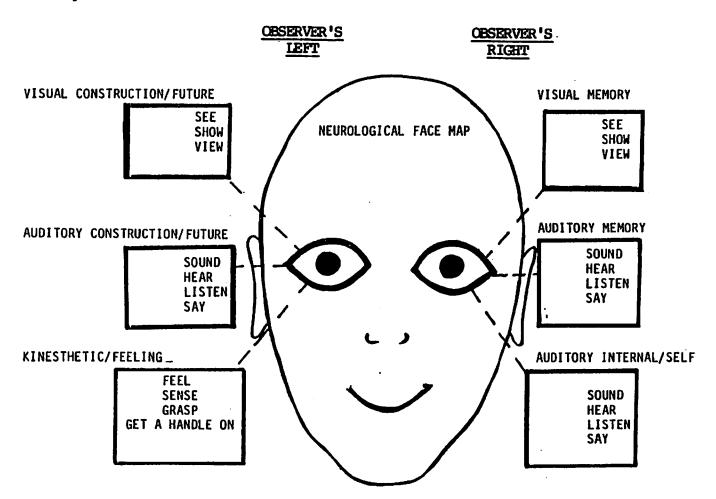
When their eyes become your monitor, even though defocused, you can easily detect their eye shifts when looking at targets, or upon change of attitude, i.e., getting set to attack.

You must externally defocus the eyes to detect their movement. Keeping the opponent's hands feet, body, head and eyes in sharp focus is not near as effective in detecting movement as looking at it out of the periphery of the eyes.

Also, keeping one area in sharp focus, then switching to another area of sharp focus causes one to unfocus and then again refocus.

BECAUSE OF THIS FLUCTUATION OF VISION YOU ARE THE SAME AS BLIND during the focus, defocus, refocus state.

A trained speed fighter who knows how-to-read eye accessing cues can hit you at that time because he knows you won't see him coming. YOU MIGHT AS WELL BE BLIND.



Three Qualities for Championship Winning

NOTES

The experts have found that it isn't practice that makes perfect. It's perfect practice that makes perfect. You can practice all day long, but if you don't really know what you're doing, no matter how much talent you have, you're only perfecting an error.

There is no walk-ons for Grand Champion. The <u>level of performance for first place</u> is only partially a reflection of talent.

There are two other qualities that are indispensable in making it to the top: expert coaching and strong determination.

There is very little difference between one person and another, but what little there is can be very important.

To be a champion, we are concerned with the differences that make the difference between winning and losing.

If you will learn, apply, and practice the concepts presented here, you will go beyond any level of success you have already experienced. What is being presented to you here is a blueprint for maximizing your championship skills quickly.

It is a specific blueprint for moving you beyond point fighting as you have known it in the past.

Winners have specific beliefs about them-selves.

First, anything worth doing well is worth doing badly at first.

Was it worth learning to kick? I certainly hope so. When you learned to kick, did you learn

to kick all in one try, or did you lose your balance once, or did you lose your balance, miss your target, or over-extend dozens and dozens and dozens of times before you first mastered your balance, fold, penetration and speed on an elementary level?

Learning correct technique is a school of hard knocks, but the school of hard knocks has tough but effective teachers. The setbacks in learning gave you feedback to do better kicks in the future.

The insights you gain with each error are really stepping stones to excellence.

There is no failure when you make an error in learning, there is only feedback.

Think about it. If you pay attention and learn from trial and error, falling short of your expectations doesn't make you a failure anymore than experiencing the emotion of fear makes you a coward.

The second belief of champions is <u>I am</u>

responsible for my own wins. They do not believe
they are drowning victims in an ocean of circumstances. If they lost a match, it's not due to
poor referees, biased judges, nor superior
opponents.

They know they are responsible for their own successes. Even on your bad days. When you fight, it's show time. Through training, imagination, and discipline you can turn in your best performance in spite of attitude or coping without having anyone suggest you are anything less than 100 percent efficient.

NOTES

The third belief of champions is <u>training is</u>
<u>fun--fighting is fun</u>. You'll hear the best
champions stating, "Hey, let's go play a few
rounds." These people look forward with excited
anticipation of the fun, challenging matches ahead
of them.

If they see someone who might be a good match, they pair off with him first for the joy of matching skills with a challenging equal. These people love sparring. Championship trophies are only a by-product of doing what they love exceptionally well.

The fourth belief of champions is <u>in every</u> adversity are hidden the seeds of victory. This is more than making lemonade out of lemons.

There's excitement in challenge. If the opponents are not good, the champion will quickly lose interest. Setbacks do occur. They are part of becoming a champion—of going through the character—building nature of picking yourself up and redoubling the efforts. Losing can hurt the ego, but it lays the basis for ordinary people striving a little more effectively to do extraordinary things and, in doing so, becoming extraordinary people.

The fifth belief is things don't get better by accident; they get better by appropriate action.

If what you are doing doesn't work, find out what does work and do it. Many times I hear mediocre karate people say, "Man, I can't wait until the judging gets better," or "I hope I don't have to fight Mad Dog, he's too good, or too aggressive, or too mean."

As Bill Wallace put it, "True steel does not fear the test by fire." Those words embody the action orientation needed to become a champion. Take appropriate action. Make winning happen. Are your training drills, fighting strategies, tactics and habits carrying you to the winner's circle? If not, you've got some changes needed. If you are not getting what you want, almost any change you do is more appropriate. Inaction means no action. And no action means no change from the current course of not winning.

The sixth functional belief is <u>commitment is</u> the key to excellence.

Winning starts with knowing what you want, which leads to how to get there. You need a mission statement that tells where you are going and establishes the basis of figuring out how to get there.

Commitment starts with what makes us tingle. It relates to the work-is-play concept.

A second thing to know about commitment is, the less committed you are, the more difficult things seem. If you have low commitment it's hard to stay with a training program because when you don't REALLY want to do something, one excuse for procrastination is darn near as good as the next.

The reverse is also true. The more committed you are to something, the less difficult things seem.

The committed person knows that even if they don't become a champion, at least they gave it their best shot. They tried. They trained, they fought, and they got good results.

The seventh and last functional is "As ye sow, so shall ye reap." In the world of karate tournaments it's easy to slip into believing that fighting skills for winning trophies is the only motivator of significance of becoming a champion. But people's payoffs come in many forms, only one of which is sparring ability.

The art of winning is not the art of making enemies. The mark of a true champion is that he leaves respect behind, instead of being a poor winner who leaves hate behind. Respect your competition, respect your fellow humans. Almost everybody accepts losing to someone who fights hard but clean, someone who can win without arrogance, someone who clearly has earned his victory.

Not long ago, an up and coming tournament black belt competitor was asked to referee in a tournament.

Refereeing was distasteful to him, so he handled the matter quickly, without giving any consideration as to how he might be received. He told them he was there to win a trophy, not referee their matches for them.

This black belt gained a powerful enemy, the tournament director, in a situation where it was to his disadvantage to do so. The director went around to the other judges and referees and informed them of what a disagreeable arrogant asshole the black belt was. It was a simple matter for the judges to not see the black belt's points. The opinion was confirmed by the black belt's reaction to the poor point calling. The black belt

found himself blackballed at all tournaments where he was known.

Always keep in mind that the enemy you avoid making today may control something that's very important to you tomorrow.

Fit in your needs with their needs. Be friendly, attentive and helpful. Offer to help with the judging and refereeing. Talk to them about them, not yourself. Compliment them on a skill well performed, even if you defeat them.

Dan Anderson of Portland, Oregon, and Garland Johnson are well known and well liked for their helpfulness, back patting and friendly positive comments.

I still remember a time when Dan Anderson walked up to a person he had just defeated and complimented the loser on his lightening fast wheel kick.

Anderson eased the shock of losing with a friendly word. Anderson left respect and humanness behind in an energized success spiral of helping and winning.

Unfortunately, the reverse of the championship belief patters are more familiar in the karate world.

Take a look for yourself and see if they sound familiar. Anything worth doing well is worth doing badly at first. The opposite is, "If first you don't succeed, then give up."

The second, I am responsible for my own wins. The reverse of this would be, "Others are responsible for my winning or losing. I am simply a victim of poor calls."

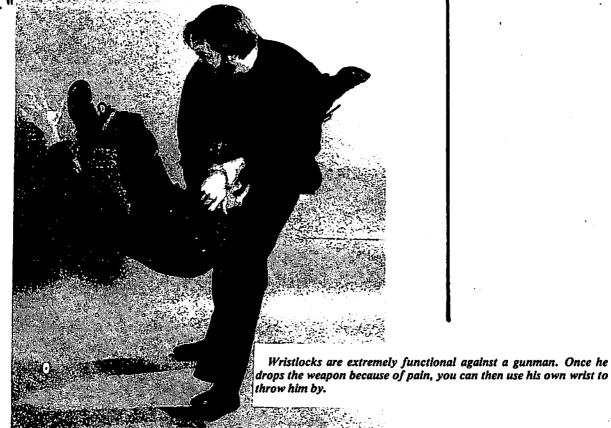
Third, training and sparring is play. The reverse of this would be, "Training is something I must tolerate until I get good enough to win."

Fourth, in every adversity are hidden the seeds of victory. The reverse would be, "Adversity is nature's signal that you are about to lose."

Fifth, things don't get better by accident but by appropriate action. The reverse of this would be, "You are either lucky or you are not lucky. Some are born with championship abilities, some aren't."

Sixth, commitment is the key to excellence. The reverse of this is, "Commitment limits me too much."

And last, if I give others what they want and need, then they will give me what I want and need. The reverse of that would be, "Only when somebody starts giving me what I want and need will I help them too."



Legal Implications of Speed Hitting, and How Not to Become SECTION #11 a Criminal Because of it.

This is important. If I just teach you how to do SPEED HITTING, and then you can go out and hurt a thug . . . and that's all I do . . . then I'm doing you a GIANT dis-service.

You see, even when you survive the STREET ENCOUNTER in one piece, after the police officer, the prosecuting attorney, and the Bad Guy's lawyer gets through with you, you might wish that he'd won the fight instead of you.

Be sure and ask yourself, "What will happen to me legally when I protect myself and my family against the Bad Guy?"

Right Off, the law seems clear. Let me quote from page 42 of Mental Training of a Warrior.

"If you can show that you were <u>prudent</u> in your use of the <u>Martial Arts</u> and used <u>reasonable force</u> and created no more damage than was necessary to <u>subdue</u> your <u>assailant</u>, you will be okay. It will be written off as self-defense."

. . . Or, as one old time bar fighter told me:

"Sir! (to the policeman.)"

"As long as he kept coming at me, I kept on hitting him!"

The above rules sound good don't they? In fact they're too good to be true.

Listen to this. In May, 1989, cab driver Holden Charles Hollom single handely captured a mugger who'd just knocked down a Japanese woman tourist and snatched her purse.

The mugger, a career criminal, pleaded guilty to the robbery and is currently serving a ten year sentence in a California prison.

This criminal, being a jail-house lawyer with lots of time on his hands decided to SUE Hollom for using EXCESSIVE FORCE in his capture.

Guess what?

The crook and his smart attorney succeeded in persuading a San Francisco civil court jury that the HERO was in the wrong and AWARDED THE MUGGER \$24,595.00 bucks as payment for the medical expenses of a broken leg and for PAIN and SUFFERING."

Can you believe it?

The Good Guy was penalized for doing a GOOD DEED.

(This material contains a portion of the text of *Mental Training of a Warrior* by LaTourrette.)

Here's another story that might make you think twice about using FORCE to DEFEND YOURSELF with.

One well known Korean Martial Arts instructor (name with-held to protect his privacy) was teaching his evening TaeKwon-Do class when a DRUNK came in and CHALLENGED HIM. In the following fight the Korean expert proceeded to bust seven ribs, dislocate one knee and break the nose of the drunk. And, he did it all in less than 5 seconds.

Of course the drunk sued the martial arts expert.

Just guess who the courts decided was in the wrong?

Yep. You guessed right. The jury found the poor karate expert guilty of aggravated assault because he used TOO MUCH FORCE than was necessary against that UNTRAINED DRUNK.

It only cost the expert \$25,000.

Let me give you a direct quote from the Indiana Supreme Court.

"It is a settled doctrine of the law, that if one be attacked he may defend himself using no more force than may be necessary to repel the attack; but should he go beyond this, and use more than necessary, he becomes a trespasser himself, and his assailant, though first in the wrong, may maintain against him an action for damages."

Wow!

Isn't that great news? Let me tell you. It \underline{is} great news because KNOWING WHAT TO SAY in advance of meeting the arresting police officer will SAVE YOU later on in court.

Remember, this is about STREET SURVIVAL. This means LONG TERM SURVIVAL, way past the point of who remains standing after the fight is over.

My point is this. If you don't know how they, the police, the criminal courts, the jury and judge interpret the LAW OF SELF-PROTECTION, these authorities, in their role as guardians of the peace will eat you alive.

Not only will Mr. Bad Guy be able to sue you for <u>all</u> the money you'll make for the next 30 years, what remains of your carcass might be shoved in jail for 5 to 20 years. CHARLES MANSON might get out before you do!

And, PLEASE, do not expect the arresting police officer to decide who was right or wrong. That type of decision is not their job.

It comes down to this: If you were there when the fight took place, you all might go to jail. It's not the police officer's job, nor do they want the job of judge.

(continued on next page)

These officers have their departmental rules to adhere to or they will lose their job and beblack balled from future law enforcement work.

Those people have themselves and their families to think about. To them you are just another STREET PUKE who was disturbing the peace saying, "It's the other guy's fault."

The cop has heard it a thousand times before. His job is to ARREST THE OFFENDERS, book you, and jail you.

What happens after that, he doesn't care . . . it's no longer his job. The matter then becomes the job of the BAIL BONDSMAN, the prosecuting attorney, and YOUR lawyer.

Many police officers consider you, and ANY citizens who are not a member of the SPECIAL LAW ENFORCEMENT FRATERNITY, the opposition, THE ENEMY!

And, in a sense, they are right. They are putting their lives on the line every day for low pay, chasing criminals who use laws designed to protect the innocent, for PROTECTING THE GUILTY.

Many officers become immune to JUSTICE $_{\rm VS.}$ INJUSTICE because they know that justice has nothing to do with who's put behind bars and who the jury, with their higher wisdom (sic), release to prowl once more on the street.

Now that I've scared the hell out of you with some legal mumble jumble, let me give you some answers that will cover your ass if you ever get it in a sling.

LEGAL FACT #1. A TRAINED FIGHTER should be the LAST one to ever use his skill in an AGGRESSIVE, UNPROVOKED manner. I've found out that if I have a smile on my face and I talk with a soft voice, I can neutralize many BAD situations.

More importantly, it'll put Mr. Bad Guy totally in the WRONG in the eyes of ANY bystandards. Even if he attacks, yell out, "Don't hurt me!" This cry will reinforce the fact to the witnesses that HE is the AGGRESSOR, attacking you with an unprovoked assault.

Then you can clearly show the officer, the jury, and the judge that you were the innocent victim who was on the defensive, and tried every way out before you STOPPED COLD the thug who was gonna murder you.

LEGAL FACT #2. Never fight by mutual combat.

The fact of law is this. If you agree to fight him, you cannot claim self-defense. If you hurt someone he can legally recover from you all the damages he received from you.

So, never consent to a fight. Always be attacked, or at least, make it look like you were attacked.

LEGAL FACT #3. Learn the legal definition of a DEADLY WEAPON, and <u>never become</u> one in the eyes of the law.

(turn to next page)

ITEMS OF A DEADLY WEAPON:

- a. Repeated and continous blows . . .
- b. To vital and DELICATE parts of the body, i.e., kicks to the head or face
- c. To a DEFENSELESS and UNRESISTING victim.

Remember the following four (4) items, because the officer on-the-scene will be sure and check them out.

ITEM #1. The nature of the injuries sustained by the victim. NOTE: There's one training technique I love to do. It's called the MEAT GRINDER. With that technique it takes a trained SPEED EXPERT under two seconds to execute 24 hits on an opponent.

But, according to the PENNSYLVANIA SUPREME COURT, the above self-defense training tool would be construed as a DEADLY WEAPON.

"Fists, though not ordinarily a deadly weapon, may become deadly by repeated and continuous blows applied to vital and delicate parts of the body of the defenseless, unresisting victim."

In a protective situation it would be wiser to pop the Bad guy in his beer gut and walk quickly away as he vomites all over his own shoes.

ITEM #2. Did the victim have effective means of defense?

If you and your old lady get in a fight over who's gonna have the last swig of wine and when the cops arrive they found you SMACKING and KINDA STOMPING on her face just because she threw a bowl of chip dip at you . . . you won't stand a chance of an ice cube in Hell of beating the rap.

On the other hand, if you weight 182 pounds and the 327 pound drug dealer is trying to kick your butt, then you viciously kick him in the head as he attempts to get up and assault you some more, JUST MIGHT be allowed.

Especially if you said, "Judge, I knew this man's reputation."

"He told me he was gonna kill me. He kept trying to get to his feet. So, because I FEARED for my life I kept hitting him UNTIL he stopped trying to hit me."

ITEM #4. Juries minds are inflamed when they learn you defeated the victim with LETHAL KARATE SKILLS.

The only way around this is to be able to prove that you used countervailing violence. That is, the only reason you hurt the thug was to spare yourself, or others from being criminally harmed.

You see friend, SPEED techniques that disfigures, multilates, permanently harms or kills the opponent can only be defended in

the courts if:

- You felt your life, or someone else's life, was in danger, or . . .
- 2. If your genius lawyer can sway the wise jury to your side with some type of emotional logic.

Let me give you an example of how a cold blooded murder was changed into a successful plea of self-defense.

HERE'S THE EXAMPLE:

Here in Oregon a woman shot her husband 16 times in the head with a SINGLE SHOT 22 rifle WHILE HE SLEPT!

She was acquited of the crime of murder by pleading self-defense.

Her story was that for 12 years her husband had always gotten out of bed in the morning, beat her, then went to work.

This morning, while gazing hypnotically at the flames in the open fire she had promised herself that it would never happen again.

While under that <u>hypnotic</u> <u>spell</u>, and <u>afraid</u> <u>for her life</u>, she had gotten the .22 single shot rifle and <u>loaded</u> it - shot him, loaded it, shot him and continued shooting him until she ran out of bullets.

"THE JURY, IN IT'S DIVINE WISDOM, FOUND HER NOT GUILTY!"

But, if you are a male, 6 feet, 2 inches tall, and weight over 200 pounds, I think you might have great difficulty in pleading self-defense under the same circumstances that poor depressed woman faced.

ITEM #5. If you are a TRAINED martial artist, your entire body has (supposily) been transformed into a veritable FIGHTING MACHINE. Remember that your hands are now KNIVES, your knuckles have been DELIBERATELY toughened into CLUBS, your feet are calloused and you are now a STREET TERMINATOR. if you get into a fight with an ORDINARY MAN, it might be treated as an aggravated assault.

Just a side note here. I was once sued in civil court because a thief, looking for a FREE RIDE, "said" I'd threatened his life.

After much time and lawyer fees it was finally thrown out of court.

Listen up to what Carl Brown says:

"One who by virtue of special training can employ his or her hands and feet as deadly weapons, graduates from

"ordinary man" status and should be treated no differently from the knife or club wielder. It is the <u>result</u>, serious harm to the victim, or its potential (not whether an animate or inanimate object inflicted that harm), which underpins and justifies aggravated assault statutes... A blow, or a side-thrust kick from a skilled karateka, should be considered as no less deadly or dangerous than an inept club assault from some hoodlum."

So now guys, just because you know karate, you've been put in the same catagory as a hoolum by the legal system.

In my 5th book, <u>Ninja Mind</u>, <u>Warrior Mentality for Combat</u>, I told a story about <u>LITTLE RED RIDING HOOD</u>. Because that story explains the mentality of what might happen in court, I'm going to tell it again.

ONCE UPON A TIME there lived a little girl called Red Riding Hood. One day her mother asked her to take a basket of fruit to her grandmother who had been ill and who lived alone in a cottage in a forest.

It happened that day that a wolf was lurking in nearby bushes and overheard the conversation. The wolf decided to take a short cut to Grandma's house and intercept the basket of goodies for himself.

The wolf arrived first and made advances to Grandma, which she resisted. The wolf then killed Grandma and ate her. Then he dressed himself in Grandmother's nightgown and jumped into bed to await the arrival of Red Riding Hood.

When Red Riding Hood arrived, the wolf made overtures to the girl and tried to grab her. The terrified child ran screaming from the cottage.

A woodcutter working nearby heard the cries, rushed to the rescue and killed the wolf with his axe.

Red Riding Hood was saved.

The townspeople, when they learned of the rescue, converged on the scene and proclaimed the woodcutter a hero.

HOWEVER, at the INQUEST certain FACTS emerged:

- (1) The wolf, prior to his execution, HAD NOT BEEN ADVISED OF HIS RIGHTS!
- (2) The woodcutter had made NO WARNING SWINGS before striking the fatal blow, and had used UNREASONABLE FORCE.
- (3) Representatives of the American Civil Liberties Union stressed the fact that although the killing and eating of Grandma may have been in bad taste, IT IS THE NATURE OF WOLVES TO do so and because he was merely DOING HIS THING, he did not deserve the death penalty.

(continued on next page)

(4) It was also determined that THE WOLF WAS OF A SUB-SPECIES WHICH WAS ENDANGERED. Further, ACLU lawyers contended that killing Grandma could be construed as SELF-DEFENSE, inasmuch as the WOLF'S INTENT was to MAKE LOVE, NOT WAR, and it can be reasonably assumed that Grandma RESISTED and might, given the opportunity, have killed him.

Also, an elderly neighbor testified that Grandma had occasional male visitors and MAY HAVE BEHAVED IN A SEDUCTIVE MANNER.

Based on these considerations, it was concluded that the woodcutter was GUILTY OF UNAGGRAVATED ASSAULT with a DEADLY WEAPON and was so indicted, arrested, arraigned, convicted and sentenced to twenty years without possibility of parole.

The night following the sentencing, the woodcutter's cottage was burned to the ground and one year from the date of the "Incident at Grandma's" her cottage was dedicated as a SHRINE FOR THE WOLF who had bled and died there.

At the dedication of the shrine, Red Riding Hood gave a touching tribute.

She explained that while she was grateful for the woodcutter's intervention, in retrospect she realized that HE HAD OVER-REACTED; the wolf, after all, HAD ONLY WANTED TO SHARE HER WEALTH, which of course was his right and privilege.

As Red Riding Hood knelt and placed a wreath in the memory of the wolf, there was not a dry eye in the forest.

HOW TO SURVIVE THE LEGAL SYSTEM

The law appears to favor the Bad Guy.

In some jurisdictions, it is held that the victim of an attacker must, above all, attempt to escape. This is a nice legal concept but in reality does not apply.

Laws vary and we cannot be expected to memorize all of them. We are concerned about our survival first, not about legal jurisprudence first . . .

. . . But there are some THINGS you can ARRANGE to protect yourself.

Remember that the martial arts EXPERT could be found guilty of aggravated assault more readily than a NOVICE martial artist.

You are also NOT CONSIDERED AN EXPERT unless you are a VALID BLACK BELT, not self-promoted after reading a paperback book, or watching a training video.

ARRANGEMENT #1. If you train in a karate school, train under an ALIAS, an assumed name, and HIDE THE FACT that you are training from your friends and significant others.

Keep your record clear. SECRECY is the key word here.

WARNING: Many karate athletes are on an EGO TRIP and LOVE to brag about being the next Bruce Lee.

There are a couple of problems with bragging.

The FIRST PROBLEM is, DECEPTION is a MASTER KEY to winning. Him not knowing that you have disproportionate powers is a source of STRONG INTERNAL POWER for you!

Don't tell the Bad Guy, "You had better watch out, I'm a black belt in karate." If you do, you are warning him of a proficiency you have. This warning will make the Bad Guy more alert and he will watch you more closely. It might even trigger him to pull a GUN and SHOOT you before you can raise a hand in your defense.

The SECOND PROBLEM is the legal problems, criminally and civilly, which we've already covered.

So. When you are criminally attacked by the Bad Guy, use your secret science of SPEED FIGHTING to give you the tactics, the determination and the mind set to defeat the thug in the street, and later on defeat the lawyers in the judge's courtroom.

ARRANGEMENT #2. Train in the PRIVACY of your own home, once again SECRECY with a closed mouth friend or relative so you will not be considered a lethal weapon.

When that investigating officer asks if you've had professional martial arts training, tell him truthfully, "NO!"

By being a paperback - taught, or a video taught EXPERT, you (in the eyes of the law) don't possess lethal skills, and might be treated the same as a non-martial artist in the eyes of the law.

ARRANGEMENT #3. Do not condition or CALLUS THE HANDS.

A jury will call those KARATE KNUCKLES signs of an expert.

In the good old days, if you didn't have BIG KNUCKLES, you didn't know karate.

Now-a-days, all the fighting experts know that having BIG KNUCKLES has no more to do with being an expert fighter than having a big nose has to do with being a fantastic lover . . .

. . . But the courts have not figured that out yet!

ARRANGEMENT #4. If you must use violence, understand the 3 MASTER KEYS OF . . .

- ---APPREHENSION
- ---REASONABLENESS, and
- ---DUTY TO RETREAT

You must be apprehensive and have some fear for your safety.

EVEN if you don't, you'd BETTER SAY, and ACT AS IF you did.

jury will decide the facts of the case based upon the EMOTIONS, ages, sizes and strengths of the people involved.

You MUST FRAME THINGS so you appear the GOOD GUY.

REASONABLENESS refers to "How-Much-Force" you used when you responded to the Bad Guy. If, when he's down and out cold, you pry open his jaws, then place his teeth on the sharp edge of the concrete curb, then step on the back of his head to shatter his teeth, jaws and face, "Just to TEACH THE ASSHOLE a lesson he'll never forget," that type of violence will be considered OVER-RESPONDING to his attack. You will probably wind-up being sued, or criminally prosecuted, or both.

ARRANGEMENT #5 is called your DUTY TO RETREAT.

You are permitted by law to fend off an assault. You only need to believe his attack will hurt you.

Also, most courts will EXPECT you to try and RETREAT BEFORE taking any violent physical action in your own defense.

Only when confronted by an intruder in your own home do you have the RIGHT NOT TO RETREAT. So be sure and tell the cop how you tried to get away, but the Bad Guy WOULDN'T LET YOU.

You were so afraid to turn your back on him that you couldn't retreat because you thought he'd hurt you bad if you did.

You see, SOME COURTS think you "must retreat to the wall" before using physical force. Give them what they want!

Other courts still believe in DIGNITY and a sense of HONOR.

So, if a guy says, "I'm gonna kill ya!" or, "I'm gonna cut your throat," or if you believe for some reason (I am not suggesting you lie, or make up a story) that you are in DANGER of losing your life, or will be seriously HURT, you may then be able to get away with using violent force against the Bad Guy.

You will not be able to legally get away with shooting a guy, "Just because his snoring bothered you," like famed gunslinger Wesly Hardin did.

ARRANGEMENT #6. Never say you used karate to defeat the Bad guy with. Say, "NO SIR. I didn't use karate. I just kept hitting him until he stopped coming at me."

Let's continue onward.

Let us talk about fighting a GANG, or fighting MASS-ATTACKERS.

This means going against two, three, or more people.

Now, because of the numbers against you, you can get away with a legality called, ANTICIPATORY ATTACK.

When you REALLY FEAR for your life . . . When you have GREAT TERROR because the Bad Guys are coming for you, you can now STRIKE FIRST!

And, because of the UNFAIR numbers, you can go to softer tissue areas that stop them cold. But you can't kill sparrows with a cannon. For example, if 5 twelve year old kids ask you for cigarettes you don't break their knees, poke out their eyes and rip off their nards.

YOU MUST USE LOGIC AND SANITY.

Pay attention.

I was once attacked by a jealous, off duty, Washington State Police man. He was furious because I was dating his ex-girl friend.

I told him to leave.

He tried to push by me.

I wouldn't let him.

He then stepped in and threw a right haymaker at my head.

I easily blocked it and blew him backwards with a full power reverse punch between his eyes . . I hit him only one time. The jealous nerd dropped to his knees, out on his feet.

The ex-cop tried to file assault and battery charges against me, but even his own cop friends told him it was a NO GO.

He was trespassing.

He attacked first.

I only hit him one time, in a non-vital area.

He had no grounds for any criminal, nor civil legal actions.

He did have the BIGGEST PAIR OF BLACK EYES that I've ever seen.

Unfortunately if you are going against a real street hardened "Bad Ass," it won't be that simple. In some cases in comes down to . . .

"IT IS NOT WHO IS RIGHT THAT COUNTS, IT IS WHO IS LEFT THAT COUNTS."

When one lives through a fight, we will assume he is better off than if he does not live through the fight. Even though he might be there after confronted with legal action.

"LAW AND JUSTICE ARE NOT THE SAME THING."

(continued on the next page)

The law is whatever the jury decides it to be. The law has nothing to do with right or wrong.

You KNOW that you are in the RIGHT. The aggressor KNOWS that you are in the right, but it is his word against your word . . . and you can BET YOUR LAST dollar on the fact that he's gonna lie just to cover his own sweet ass . . . EVEN IF you have witnesses. The Bad Guy knows MOST WITNESSES will not remember anything because of the LAW OF NON-INVOLVEMENT.

There is also the possibility that your aggressor has more friends (witnesses) than you do, or, maybe he came from a higher strata of society than you did. Therefore, he is a GENTLEMAN and you are the ruffian.

The American judicial system is totally based upon the GOLDEN RULE, "Those who have the gold make all the rules."

If you go to court, make sure you have plenty of money.

In July 1985, Lisa was assaulted by a man with a tire iron.

Lisa avoided the tire iron and blew the man's testicles up to his belly button with a full power kick. The assailant kept on coming, the tire iron raised above his head.

Lisa smashed him to the jaw, then repeatedly struck him to the body, finally knocking him to the ground.

The assailant tried to get up, still intent on continuing his assault. Lisa then thundered multiple kicks to his head and body until he "stopped" attacking her.

Lisa then called the police.

When the police arrived, Lisa was the first one arrested. The first officer on the scene did not approve of the violent way in which Lisa defended herself.

He called it DEADLY FORCE, extreme savagery, and felt she SADISTICALLY rained blows and kicks upon her attacker.

The officer felt Lisa should have used EQUAL FORCE. This means the victim can respond with no more force than that by which she is threatened --- blow for blow, tire iron for tire iron, or deadly weapon for deadly weapon.

Lisa personally felt she used REASONABLE FORCE. This means she used a **SLIGHTLY GREATER DEGREE OF FORCE** than she was attacked with.

This saved her life, and discouraged the assailant from continuing his attack.

When the case went before the judge the "judgement of a reasonable man theory" was in her favor BECAUSE SHE'S A WOMAN.

But if a BLACK BELT IN KARATE, or a man had done the same technique . . .

(turn to next page)

Of course there are other ways of handling the situation.

Some people would have climbed into their pickup truck and driven away, SECURE in their own mind they had done what was necessary and not worried about the different moral viewpoints of the assailant, the police officer, or the judge or the jury.

PROVING to a jury that you were prudent and used REASONABLE FORCE, is sometimes hard to do.

A SANE MAN will try to avoid conflicts, but if a conflict does happen, he will STOP the opposition. The only rule to use when "push-comes-to-shove" is the rule of "NO RULES."

Your best bet, if you stick around, is to hire a very good lawyer regardless of the expense. If convicted, it does not matter how INNOCENT you are. Once the jury has decided you are guilty, you are guilty regardless of the facts . . .

Listen real close.

IT IS MUCH BETTER TO BE TRIED BY TWELVE THAN CARRIED BY SIX. BUT IT'S BETTER YET TO BE TRIED BY NONE!

Go to your best lawyer when you need legal advice.

Everything you tell him is confidential. If your lawyer is aggressive and skilled in legal tactics he will show you what to do and, or WHAT NOT TO DO OR SAY!

As one real good lawyer told CRAZY JOHN, "It's better to ask for forgiveness than to ask for permission. Sometimes it's better to let dead dogs lay. Never ever confess a wrong, or show your dirty laundry to the public, or anyone else.

If you hurt someone and get caught there is no substitute for a competant lawyer, skilled in the law, and experienced in the courtroom.

Courtroom skill is an entirely different skill than the skill that is needed on the street.

This subject is so important that I suggest you get 2 other books on this subject. We don't sell them. They are just good books.

BOOK # 1, AMERICAN LAW AND THE TRAINED FIGHTER, by Carl Brown

7

BOOK # 2, IN THE GRAVEST EXTREEM, by Massad Ayoob



SECTION #12 Smile — This Section Just Might Keep You Out of Jail!

One time I was in the State Court Cafe on State street in Boise, Idaho just walking to my table when some red necked nerd tried to trip me. Have you ever had a nerd try to trip you?

I stopped.

I front kicked his tripping leg out of my way. I then just stared at him.

He cursed at me and tried to get to his feet.

I easily pushed him backwards into his chair.

As he glared at me, I SMILED and said in a <u>quiet</u> voice, "Look guy, just because you're pissed off at work, or at your old lady, or what ever . . . DON'T TAKE IT OUT ON ME! I just want some ham and eggs.

The guy sagged as words punched a hole right through him. He mumbled an apology, turned away from me and took a sip of his coffee. The entire "dumb" but normal encounter was over.

He wasn't hurt.

I wasn't hurt.

He didn't face a loss of ego.

I didn't face a loss of ego.

I did sit down and have a good ham, eggs, and hashbrowns breakfast.

Now. If I were you I'd probably ask how that happened? How did I change that beligerant jerk into a NICE GUY without having to bust his face?

It's simple. I used a smile. I used a tone of voice that would calm him. But I used it backed up with true physical POWER.

Pay attention.

This might sound stupid, but prior to 1979 I didn't know how to smile. I didn't know how to speak sofly.

I also had very few friends . . . but I sure had a lot of people who hated my guts.

But that's okay. Their hate is what gave me the discipline to be so damn good at karate. It gave me a reason to train. It gave me a reason to get faster, and faster, and faster, and faster than anybody else.

(continued on next page)

(This material contains the complete text of the 12/8/87 issue of the LaTourrette Street Legal Newsletter.)

In the old days it seemed like every time I turned around some wise guy would push his face into my face.

Maybe it was the places (bars and dance halls) I used to go to, to be entertained. In the old days I used to drink. In fact I used to drink quite a lot.

And, all my friends drank a lot.

Drunks get into fights easier than sober people. When I quit paling around with drunks my self-defense needs deminished tremendously.

Any way. I still remember the first time I ever consciously practiced a smile.

I had just finished writting my second book, <u>Secrets Of Kenpo Karate</u>, and I was driving to Eugene, Oregon to train with my (at that time) instructor, 10th degree black belt and karate Grand Master Mr. Ed Parker.

From where I was living Eugene was a 12 hour drive. I had a lot of time to think. I had a lot of time to plan.

Well - I wanted a good promotional shot (photograph) of Parker and me, cheek to cheek, smile to smile and shoulder to shoulder for my new book.

On an impulse I adjusted my rearview mirror downward and took a close look at my face. I saw a beady eyed, tight lipped, very serious type of guy with a biker's Pancho Villa moustache... I didn't see the type of man that Parker would like to be a friend with.

So I Practiced.

I practiced for 12 hours things like:

- . . . different smiles
- . . . different head tilts
- • different ways of relaxing the eyes and the face • •

And it worked. Parker and I were buddies from the word "GO." If you ever get a chance, check out the photo of us together on page 33 of Secrets Of Kenpo Karate.

Onward.

I didn't think about smiling again until 1983 when I was undergoing a post graduate Internship at Boulder, Colorado. I was taking one of my required counciling courses on the road to obtaining my Doctorate in SPORTS PSYCHOLOGY.

I was attempting to lead this lady into a relaxed state with hypnotic tonal qualities.

About three minutes into the drill she opened her eyes and stated . . "You irritate the Hell out of me!"

Me being a dissassociated psychopath, I kept my calm as I asked her, "What specifically about me irritates the Hell out of you?"

She leaned back . . . thought for a moment, then replied, "It's how you stare right through me. It's the hard, harsh sound of your voice."

I then asked, "How should I <u>look</u> and <u>speak</u> so you'll be able to relax and go deeper?"

To make the story short, that's when I relearned how-to-smile and speak softly. Up to that time there was a standing joke around the other post-graduate students. It went something like this. "Watch out for that La Tourrette dude. He'll either KILL YOU or CURE YOU!"

Your next question would probably be, "What does the above stories have to do with looking out for number one and staying out of jail?

The answer is simply this.

Most fights occur because of ego trips, not because you are facing an enemy, or a crazy man in mortal combat.

You see friend, if I'm going to train you in SPEED HITTING and LETHALITY, I also want to give you some bullets besides HURT, MAIM, or DESTROY.

Let's make sure we look at our very practical SPEED HITTING training with some sort of intelligence and sanity.

Sure. If a jerk's trying to cut your throat, or crush your skull with a tire iron, that is not the proper time to smile at him, stick out your hand for a handshake and say, "Hi. I'm John. It seems like you have a concern about me being alive. What can I do to help?"

No. Being stupid is not cool - But, being arrogant and pushy is not cool either. Let me give it to you real straight.

Since I've learned some people skills to go along with my kicking butt skills, I have not been in a violent fight. To you it might not sound like much of an achievement. To Me it seems like real success.

Okay. Let me quickly go over some pointers that will help you to win friends and influence people, instead of kicking their ass and having a ball.

FRIENDSHIP RULE # 1. People like people who are like themselves. This is easy to understand.

If you are in a biker's bar, and you don't know them, don't wear a shirt and a tie. You won't fit in.

Remember that people fall into rapport very quickly and automatically with people who are like themselves. I'm talking about values, beliefs, dress codes, similar interests, how they identify themselves, etc.

When you're talking with a biker, you'd better know how to walk on his turf, because if you don't, your understanding of each other will be pretty much non-existant.

But if you know how to change yourself, to fit into the biker's world of perceptual experience, you'll be stunned at how easy it is to get along with him.

Look.

I'm not going to cover this subject anymore except to give you some source material you can research for yourself.

Why?

Because this is not a book about making friends. It is a book about SPEED FIGHTING, for taking care of NUMBER ONE.

I suggest you read, study, outline and memorize the following books:

INSTANT RAPPORT, by Michael Brooks

SELL YOUR WAY THROUGH LIFE, by Napoleon Hill

SUCCEED AND GROW RICH THROUGH PERSUASION, by Hill and Keown and,

HOW TO KEEP A MAN IN LOVE WITH YOU FOREVER, by Tracy Cabot

Yes. I know. The last title sounds like a woman's sex book. Well. to the simple minded it might be construded as that, but to those of you with a little more insight you'll find it's the best book ever written on HOW-TO-MANIPULATE MEN.

Now tell me. When you are in a fight, do you beat up on men or women?

Men? Right. So study the book. Practice all the psychological techniques this conniving female is teaching other women to use against us men without us knowing anything is even going on!

Learn about visual people, auditory people, feelings people and how-to-make them like you.

Learn about MIRRORING to create a COMFORT LEVEL.

Learn about ADVANCED MIRRORING to get what you want.

Learn about HOW-TO-ANCHOR good times so that thug will either fear you, or like you. But it's your choice.

(turn to next page)

Learn about HOW-TO-WIN without fighting.

Learn about how-to-do the SHOCK TREATMENT to stop his thoughts so you don't need to punch him out.

You see friend, those books I mentioned will give you a skill I call "flexibility" --- You'll learn how to calibrate the other guy and read his internal thought processes.

After you learn how-to-read his verbal and non-verbal signals you'll then have the skills to communicate with him in a way other than by the physical force of might makes right.

When you find points of agreement, then align yourself with them in a way that is good for you, then you won't have to face off eye-ball to eye-ball.

You won't have to hurt him or be hurt by him.

You won't have to face the judge, jury or prosecuting attorney later on in count.

Let me leave this chapter on how-to-not fight, with a quote from Lao-Tsu.

"The best soldier does not attack. The superior fighter succeeds without violence. The greatest conqueror wins without a struggle. The most successful manager leads without dictating. This is called intelligent nonaggressiveness. This is mastery of men."

How do you do intelligent nonaggressiveness?

It's done with something called the AGREEMENT FRAME. It consists of three secret phrases you can use when talking that will allow you to maintain respect, maintain rapport, share what you feel is true, but never resist his opinion in anyway.

Here are the three secret phrases:

- 1. "I appreciate and . . ."
- 2. "I respect and . . ."
- 3. "I <u>agree</u> and . . ."

This formula can be used with anyone --- He will feel heard and he has no fight! There is no disagreement. Because of appreciation, respect and agreement, you are impossible to fight.

The entire idea around this chapter is that you can persuade better through agreement than through physical retaliation.

Beating up the Bad Guy is not always the answer.

Most Bad Guys aren't really bad. They are just in a lousy mood and you happen to be the one they decide to take their MOOD out on. It's a psychological phenomenon called TRANSFERENCE

Icontinued on the mant manner

OF AGGRESSION.

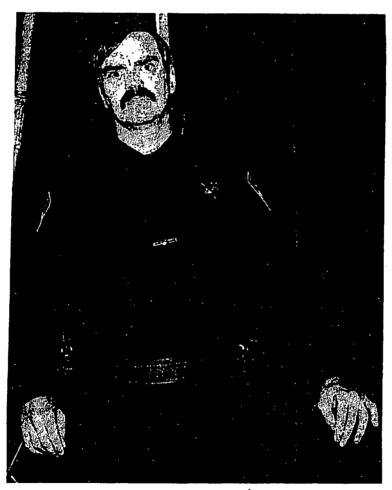
A person has a bad day at work. They go home and kick the dog. If their wife bitches at them, they go to a bar and get drunk and beat up another drunk.

There are other ways to respond successfully to his verbal, or physical attack, other than kicking his butt.

Let me end this chapter with this thought.

"Respond intelligently even to unintelligent treatment."

Lao-īsu, Tao Teh King



There are two types of law officers, guards and guardians. Guards enforce the rules; guardians protect the people. Which type is this officer?

Speed Fighting Secrets SECTION #13 for Instant Self-Defense

Okay. I've done my social duty. I've given you alternatives to violence.

But . . . I'm not asking you to be stupid.

My question to you is, "What are you REALLY gonna do if a real wierdo like SPECK wants to sexually assault your wife . . . your little girl . . . make YOU WATCH . . . and then kill you ALL so you won't be able to tattle on him?"

Did you know, that on the average, it's a 15 year jail sentence for robbery? Did you also know that it is the same time, 15 years in prison for murder?

There are violent criminals out there on the streets who KILL THEIR VICTIMS, just to keep them from talking. These people are deterred by only one thing; people who are prepared to kill them, or cripple them if their assault is not stopped.

Why do crooks fear cops?

Crooks fear cops because cops have guns to kill them with!

Do you remember Luby's Cafeteria in Killeen Texas?

If you don't, let me remind you.

George Hennard, age 35, crashed his Ford pickup through the plate glass front window, dismounted, and proceeded to work his way through the restaurant, FIRING AT PEOPLE TARGETS with two 9 MM semi-automatic pistols.

Ten minutes later, AFTER KILLING 23 people, and wounding another 27, Hennard blew out his own brains with a bullet to his own head.

Can you believe it?

There were over 150 people in Luby's cafeteria that froze in terror as one lone, sick minded mass murderer systematically shot anyone who caught his attention.

Time must go by real show when you are FROZEN IN TERROR. That ten minutes must have lasted eons for the victims . . . before the murderer decided to shoot himself.

My point is this: If there'd been ONE GUY in the cafeteria with a gun . . . NONE OF IT would have happened. As soon as George started blowing folks away, he would have been blown away.

Listen up.

Some people believe I'm a paranoid. Why do they believe that?

(continued on next name)

(This material contains a small portion from the video STREET TERMINATOR, 1992.)

These people believe that because I know there is real evil people out there. I also know that when they are shooting at you from 25 feet away, the best karate or knife fighting skills in the world AREN'T GOING TO HELP!

At that time you need other skills: Skills like deception, SPEED, maneuverability, and instant "take-um-out."

All of these are necessary skills for taking care of Number one.

Those scared people in Luby's Cafe tried a tactic called SUBMISSION. In that SITUATION, facing the crazy, submission didn't work.

Those people should have used that fear to come on hard and mean. Those people didn't know that behind every smile . . .

"YOU SHOULD HAVE STEEL TEETH!"

You see friend, when you are convinced that the Bad Guy means to hurt you, you gotta be ready to make a VERY DESPERATE MOVE to save your own ass.

And that's what this section of SPEED FIGHTING IS ABOUT.

I'm going to show you how to do it QUICK and DIRTY.

Fortunately for you, most Bad Guys don't just come in and start blowing good customers apart.

Usually they are not that crazy. . . But if they are, I've got some GREAT ANSWERS.

One word of caution. Be sure you re-read the LEGAL IMPLICATIONS part and UNDERSTAND the morale and psychological implications.

Some Good Guys, because of their upbringing, because of their beliefs, because of their subconscious values programmed into them when they were small children by their Mom and Pop, by their Church, by their School Systems, will cause them to HESITATE. That small hesitation is the difference between your life and your death.

ANOTHER WARNING: If you only hurt the Bad Guy, the police may tell you to PLEAD GUILTY.

The policeman's logic is that you'll only get a fine . . . not a jail sentence . . . So why waste all that time (their's) and money (also their's) and FORCE them to prove the case against you?

The authorities love to have ignorant people plead guilty. They'll even PLEA BARGAIN you down to a lesser offense . . . supposily.

DO NOT LISTEN TO THEM . . . DO GET A GOOD ATTORNEY. Don't allow an assault conviction to be slapped on your record IF YOU really believe what you've done was valid self-defense.

In court, the other guy will be lying his head off . . .

but all you need to do is show that you acted realistically in the face of the threat.

You will have met the TEST OF REASONABLENESS.

As I said in <u>Mental Training of a Warrior</u>, "I would rather be tried by twelve of my peers, than carried to my grave by six of my friends."

Onward.

The techniques I'm going to teach you, I HOPE YOU NEVER have an opportunity to use.

The following skills are real workable SPEED FIGHTING techniques that take only minutes to learn . . . Even if you are totally untrained, small, weak, and can't even run to the mail box and back . . . Let alone a mile.

Listen up. In a normal karate school it takes six to twelve months to learn minimal skills . . . and THOSE SKILLS are not as good as these are for stopping the Bad Guy instantly.

These skills actually work much too good.

That's why this book was advertised only to adults who hopefully have some sanity and some clarity of thought.

This "stuff" you don't do from a FIGHTING STANCE. You do it from a stance that does not let the aggressor know that you'll be attacking.

The entire INSTANT SELF-DEFENSE sequence is taken off of the VERTICLE PUNCH method. The verticle punch method is easy. You just poke your fist at him, putting your thumb on-top of your index finger and going through him.

The vertical punch is a NATURAL MOTION.

Because it is a natural motion, you DON'T HAVE TO WORRY about Master Keys like:

- 1. Hitting with the two large knuckles
- Hitting in a straight line
- 3. Keeping your elbow into your ribs
- 4. Your FIGHTING STANCE
- 5. Hip cocking
- 6. Or twisting your weapon through the target
- 7. Or any of the other important Master Keys for NORMAL karate hitting.

There are ten (10) reasons to learn this INSTANT SELF-DEFENSE Street Terminator's Course:

- 1. It's SO QUICK that the opponent can not stop it, even IF HE SEES it coming.
- 2. It's so EASY TO DO for any age, young or old
- 3. You need ALMOST NO TRAINING. The skills can be easily grasped by a six-year old child
- 4. It needs no hand conditioning . . . or no tough knuckles
- 5. KNOWLEDGE does replace FEAR
- 6. Knowledge does give you REAL PERSONAL POWER
- 7. The method DOES NOT TELEGRAPH your intent
- 8. The method works against anyone
- 9. Using a hard object gives you INSTANT FORCE
- 10. Using hard object gives you INSTANT PENETRATION

Most untrained people flaid when they fight. These untrained citizens try to hit you with circular, large motions. these large circular motions are TOO SLOW because too much distance is covered.

These blows are too easy to see because of the same reason.

Because of the limitations in the exaggerated swing, hitting specific targets is much too difficult.

When you use an exaggerated motion it makes the opponent move faster. He doesn't want to be hurt either.

So . . . To make the verticle punch almost UNSTOPPABLE, all you need to do is Lock-And-Load some type of ORDINARY OBJECT in your hand, (I'll show you how specifically in a few minutes), and execute the Stick-And-Poke method on them.

Make sure the object you poke him with <u>IS NOT</u> something that the prosecuting attorney will say that you were CARRYING WITH INTENT TO GO ARMED. So this legal rule leaves out knives, baseball bats, M16 bayonets, or an ice-pick.

The object, whatever you choose should be something not made for, nor adapted to use for causing bodily injury.

Then, the police will have to prove that you were carrying the tool as a weapon. The whole point is the intent to go armed.

Proving that you had INTENT TO GO ARMED will be <u>real tough</u> for the police and opponent's lawyers . . . especially if you keep your mouth shut.

No one would contest your right to carry a pair of nailscissors, a comb, ball-point pen, magazine rolled up, a can of pork-and-beans, a cup of coffee, a sea shell on the beach, and all the other everyday items a SMART SPEED FIGHTER can find around him. All the above items are so much a part of a person's every-day equipment, it would be out-right impossible to bring a successful prosecution UNLESS you CONDEMNED YOURSELF out of your own mouth.

If you waved your nail scissors around in a dance hall, and informed everyone that you intended to stab "George" with them, that would be pretty convincing evidence that you intended to use them as a weapon.

If you are stopped by a policeman and you say that the CROSS INK PEN in your hand is not for writing, but TO STAB MUGGERS IN THE EYE, then you will have condemned yourself.

You need to be able to show that what you did was reasonable, and to be able to rebut claims from the prosecution that your actions were unreasonable.

Never mind that IN THEORY it is the prosecution that has to prove it's case.

When dealing with a blind or disabled teenager, the jury needs to feel sure that what you did was right - not that what he did was wrong.

There are seven (7) major SPEED FIGHTING PRINCIPLES of INSTANT SELF-DEFENSE. They are:

- 1. Learn what items you have around you
- 2. Learn HOW TO HOLD those objects, or tools of violence
- 3. Learn how to stick that tool STRAIGHT IN
- 4. Learn the SPECIFIC TARGETS to go for
- 5. Learn how to read SET POINT distancing
- 6. Learn how to breath to LOCK YOUR BODY behind the blow
- 7. Learn how to close the REACTIONARY GAP

These tools are far superior than the fist of an untrained person.

Now I'm going to give you sixteen (16) tools of an INTELLIGENT SPEED FIGHTER and how to hold them.

TOOL # 1. PENCIL - Put the blunt end in the palm of your hand and the shaft between the index finger and middle finger.

VARIATION - Place your index finger along the shaft to give the pencil additional support.

TOOL # 2. INK PEN - The same procedures as above. Just a side note, Grand Master Tak Kubota has an entire course on how-to-use a CROSS INK PEN for instant self-defense.

It might be interesting for you to study it.

- TOOL # 3. TOOTHBRUSH Same as above, with the brush part clasped in the palm of the hand.
- TOOL # 4. HAIR BRUSH Ditto.
- TOOL # 5. COMB The teeth are held in the palm of your hand, the index finger and the middle finger along side the shaft for more support.
- TOOL # 6. SCISSORS Stay away from the overhand stab.
 Stay with the stick-poke method. Place the handle in the palm of your hand, with the blades protruding between the index and middle fingers.
- TOOL # 7. PURSE MIRRORS This is never perceived as a weapon.

You can hold the mirror by the hilt and give the mirror to them straight,

- or, you can place it in your hand and do the verticle punch stick-and-poke-um method.
- TOOL # 8. BOTTLE Hold the bottle in the palm of your hand and slam it into their face like you've doing a palm shot.
- TOOL # 9. COFFEE CUP Put the cup in the palm of your hand, then poke them with the FULL CUP.

The hot coffee will distract them. Don't worry about the cup breaking.

You are holding the reinforced part, the bottom, in the palm of your hand.

TOOL # 10. DINNER PLATES - When I was a kid we used to tenderize our steaks with the cutting edge of a plate.

This plate edge would cut all the way through a tough one inch steak.

TOOL # 11. A CAN OF POP - Just put the can of pop into the palm of your hand and thrust it through them.

Even an empty aluminum pop can will cut them to the bone.

- TOOL # 12. SPOONS Hold the spoon like a pencil or ink pen. Lock it into place. Have the shaft supported with two fingers so even if its flimsy, it won't slip or bend when you thrust through the target.
- TOOL # 13. MAGAZINES Don't use a whimpy one. Take a NEW YORKER. Even without it being rolled up, just hit The Bad Guy with the HARD EDGE of the spine.

Some of the toughest, most skillful and experienced defense experts are the handful of professional bodyguards who protect the richest and most important people in Europe, as well as visiting

dignitaries and foreign heads of state.

In a country like England, except in extraordinary circumstances, only foreign heads of state are allowed to arm their bodyguards, so the professionals need something to REPLACE THEIR BANNED FIREARMS.

That is why you will often see the best bodyguards walking discreetly behind their charges, carrying a copy of one of those heavy magazines on interior decorating or gardening.

It isn't that the pros are becoming bored with duty, or are planning for their retirements; these publications make excellent weapons.

A tightly rolled copy of PLAYBOY MAGAZINE is nearly as solid as a baton. In the hands of a skilled practitioner the magazine turns from a light read into a FEARSOME WEAPON.

And, in YOUR hands it can do the same.

Another way the best bodyguards us a magazine is to carry it unrolled. If there is any sign of danger, the bodyguard throws the open magazine straight into the suspect's eyes.

This throw buys a couple of precious seconds to either get their client away, or tackle the Bad Guy.

You can take a tip from the professional bodyguards by using a good heavy magazine to protect yourself.

Roll the magazine up as tightly as you can, but resist the temptation to twist it at the bottom so that it goes cone shaped.

Keep the magazine in a single roll because that makes it harder and tougher.

Roll from the outer edge in towards the spine and make sure it is good and tight.

You can bind it with duck tape, or slip a large rubber band around it to keep it in a compact, tight shape. But that could get you into trouble with the cops.

A policeman might take the view that by deliberately rolling the magazine and binding it, you had set out to use it as an offensive weapon, and as you know, THAT IS AGAINST THE LAW. It is a CRIMINAL OFFENSE and we would never do that, would we?

- TOOL # 14. UMBRELLA Have the umbrella closed and hold it in the center and use it like a rolled up magazine.
- TOOL # 15. A BROOM Grab the middle and poke.

 The same with a stick, a fishing pole, a cue stick, etc.
- TOOL # 16. A FLASHLIGHT Hold the flashlight in the middle, like a magazine. The light even has a hilt so your hand can't slip when you shove it into them.

An ordinary "cheap-o" flashlight will work . . . once.

I advise you to check out the book The Truth About Self-Defense, by Massad Ayoob. Ayoob has an entire chapter about FIGHTING FLASHLIGHTS.

Interestlingly a 4-cell B-lite will easily shatter a one-inch board. In the martial arts world it is generally accepted that a blow that will break a one inch board will break most human bones.

I caution you about hitting your opponent in the top of the head with this B-lite. According to Ayoob, one Southern police officer went to jail after he hit a Bad Guy once on top of the head with such a flashlight, and the Bad Guy promptly died.

Enough said.

The list of possible environmental weapons is endless.

The list I've given you is a good illustration of the frame of mind that needs to be adopted to understand that, in an emergency, anything can be used to save your neck.

In general, almost anything that can be picked up can be used.

Remember. Lots of people have been killed unaware that the weapon that could have saved their life was in their shirt pocket. Or on the table infront of them. Or somewhere within hand's reach.

The drawback with make-shift weapons is that they have to be used to be effective.

Let me make my point even more clearer. It is useless to threaten someone with a kitchen pan. The Bad Guy won't recognize it as a weapon and therefore won't feel threatened by it.

Only when the Bad Guy has been scalded and clubbed with it is he likely to appreciate how effective it can be.

This may sound unnecessarily bloodthirsty and violent, but there is no point in trying to be nice to someone who is trying to hurt you. Half measures will not do.

It is often extremely hard for normally peaceful and law abiding Good Guys to imagine themselves doing anything so awful as throwing the scalding contents of a pan over someone. Let us hope it never has to happen.

But, in order to protect yourself, it is necessary to be aware of all the options. THE BEST AND THE WORST. Obviously, if you think you can TALK YOURSELF OUT OF TROUBLE, you should try it.

If you can escape, you must do so. But if neither of those (turn to next page) 80

options are open, the only alternative is to fight back. And, if you are going to do that, you must do it with every ounce of strength and determination you possess.

OTHERWISE YOU WILL FAIL.

You also must not fall into the trap of thinking ONE BLOW may necessarily be enough. You will probably have to rain blows down on his face and head to get him to release you once he has a grip.

Also, expect plenty of blood. Hitting someone with a can of beans is bound to produce cuts and massive tears on his flesh when it is done properly. But that's good . . . because the injuries will help to identify the Bad Guy later on.

By and large, cuts over the eyes and forehead are more effective than those below the eyes. This is because even quite minor cuts to the scalp and forehead bleed profusely, and the blood runs into the eyes, making it difficult to see.

Now I'm going to teach how-to-turn your empty hands into lightening fast weapons, without harming them.

The six best SPEED FIGHTING METHODS for a non-trained fighter are:

 THE CHINESE VERTICLE PUNCH METHOD. Close your hand so the knuckles of the index finger and the middle finger hit the target . . . not the weaker two knuckles.

Hold the thumb on top of the index finger.

- 2. BEAR FIST STRIKE. The palm strike. Use the "V" of the palm. Hit the point of his chin.
- 3. THUMB GOUGE. This is the same fist shape as the verticle punch, but the thumb point placement is extended past the index finger.

Go straight to the throat, thyroid sheath, hollow of the throat, the eye socket.

- 4. LEOPARD'S PUNCH. Hitting with the 2nd knuckles, not the 1st knuckles. Only use for soft tissue areas, throat, side of neck.
- 5. TWO FINGERS. Index and middle fingers together.

Thumb reinforcing the index finger side.

The fourth finger curled and reinforcing the middle finger.

This strike is the FASTEST HAND STRIKE. Use only on soft tissue.

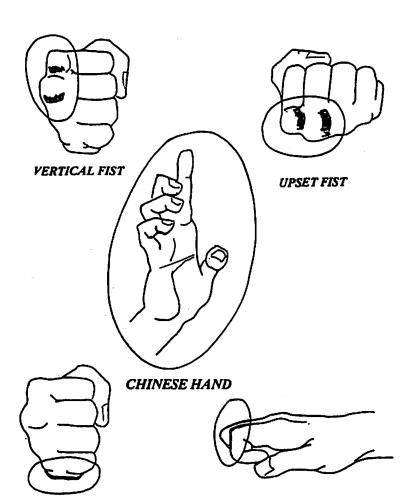
6. SWORD EDGE OF THE HAND. For strikes to the side only. Raise the elbow PAST where you want to hit, then snap



RAMS' HEAD

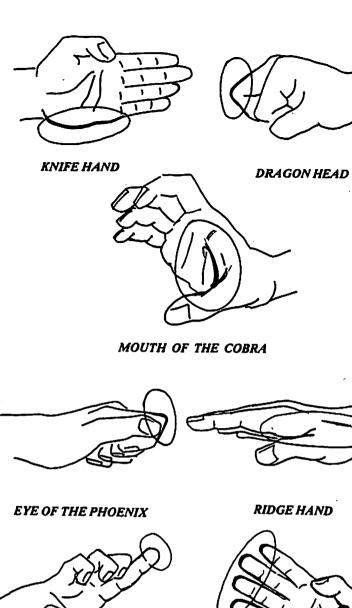


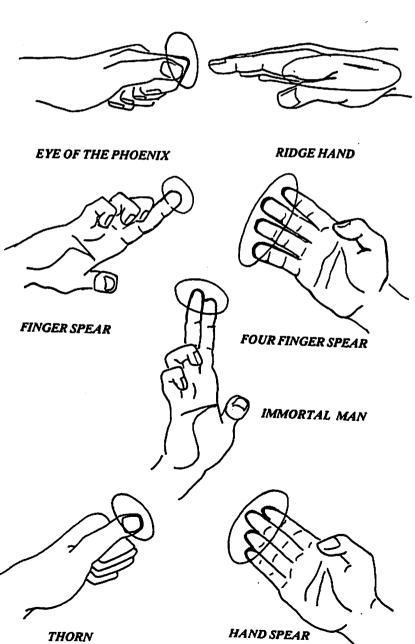
BACK KNUCKLE

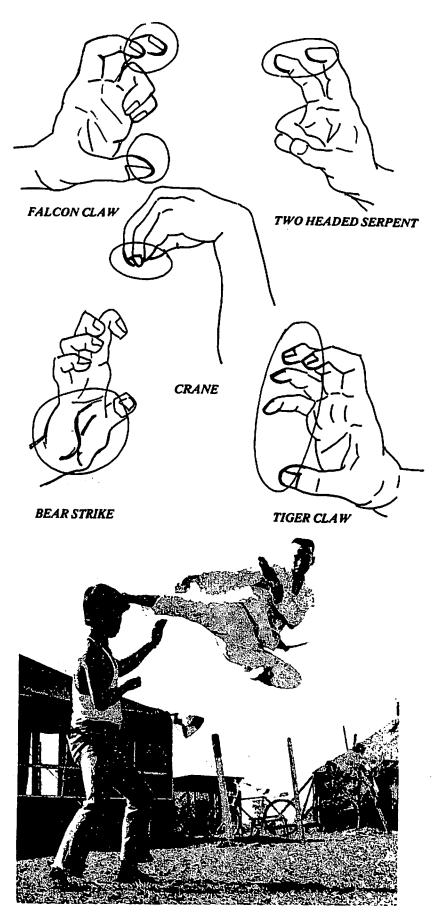


HAMMER FIST

LEOPARD STRIKE







THE AUTHOR, JOHN M. LA TOURRETTE DOING A TAEKWONDO FLYING SIDE KICK (KOREA 1967)

pressure on the target zone can greatly multiply the damage. In the following hand weapons observe the circles depicting the proper striking areas.

the hand out and back.

For a nerve cavity strike to the neck, throat, or the spine in the back of the neck.

Five IMPORTANT CONCEPTS of SPEED FIGHTING I suggest you use are:

Always shoot your attack out using <u>peripheral</u> <u>vision</u>.
 Use the kung-fu technique of "soft eyes."

Don't look at where you are gonna hit him.

Always use <u>deception</u> as a tool.

Don't let him know your own SET-POINT.

- 3. Go only for Targets That Work.
- 4. Always use a straight-line of attack.
- 5. Show no "attitude" or aggressive emotion <u>prior</u> to your explosive attack.

In fact, it would be better to show FEAR to add to the mental set-up.

Nine positions to use so you can set him up for easy pickings.

1. NON-ASSUMING STANCE. Hands in the "thinking position."

Your hands can guard . . . More importantly, they are closer to his soft targets, eyes, throat, and he could never prevent them once you're started.

2. OPEN STANCE. Hands relaxed at your sides.

From this position it's easy to explode to the front, explode to the rear, and explode to the sides.

- 3. MERCY POSITION. Hands held down low, palms outward like you are asking for a favor. This position tends to make the opposition think you are a whimp. He will then totally underestimate you.
- 4. NONCHALANT STANCE. Thumbs in your belt infront of you.

Your hands and arms totally relaxed. Very good place to start the stick-and-poke method from.

5. THE NERVOUS POSITION. Your hands are infront of your body about one foot. The finger tips of both hands are placed together, touching.

From this position, its easy to poke soft tissue areas.

6. HANDS-UP. The "I'm defeated stance." It conveys, "please don't hurt me!" to the Bad Guy.

From this position of fear it's so easy to go to the eyes, or drop to the throat, or to the belly.

7. ARREST POSITION. Hands on-top of your head.

You are telling the opposition that, "You give up."

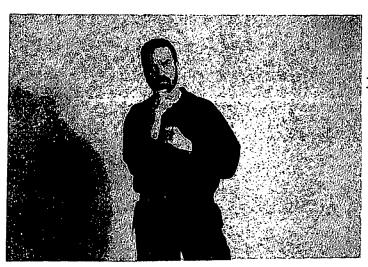
Once the opposition feels he's in total control, then you explode into action with YOUR SPEED TECHNIQUE. At that moment of his mental weakness, your attack is very easy.

8. THE PRAYER POSITION. Here you seem to be praying for help from God. But you, as a good SPEED TRAINED ATHLETE know that God only helps those whom help themselves.

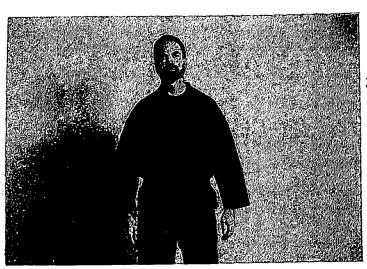
You are helping yourself by distracting him with a seemingly unusual weakness.

9. THE HIDDEN HAND POSITION. Arms are crossed from the side. Your chop to his vital area will be totally invisible from that position.

Be sure and execute your chop to his neck, throat, back of neck with the hand that is underneath, hidden from his eyes.

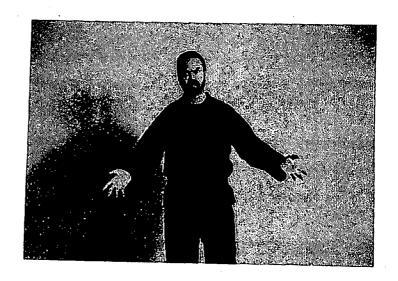


1. NON-ASSUMING STANCE

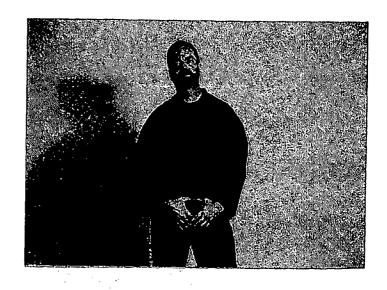


2. OPEN STANCE

3. MERCY POSITION



4. NONCHALANT STANCE



5. THE NERVOUS POSITION





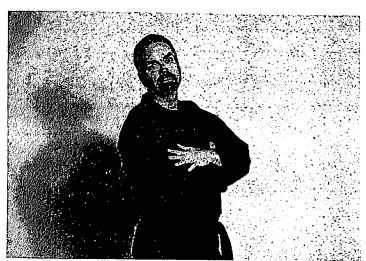


6. HANDS "UP"

7. THE "ARREST" POSITION



8.



THE "PRAYER" POSITION 9. THE "HIDDEN" HAND POSITION

The Suicide Syndrome, or SECTION #14 How Cowards Cop Out!

This suicide syndrome is closely related to FEAR OF THE LAW SYNDROME.

When you're taking care of number one you must first avoid the SUICIDE SYNDROME.

This suicide syndrome can easily be heard from the whiners of the world. People who have this syndrome go around to their friends saying arguments like:

- . . "I'd rather die myself than ever hurt another human, no matter what he's doing to me."
- . . "It's God's will (plan) if I'm attacked, mugged, robbed, etc. God did it to me because he had a lesson for me."
- . . "Maybe if I turn the other cheek, he'll let me alone so I can go about my own business."
- • . "I'll just ignore him. That way he'll pick on (beat up, rob, murder) someone else and leave me alone."
- . . "Gees. I'd better not fight back, because if I do, he'll really hurt me then."
- . . "I'm the Good Guy. I'll get a cop to arrest the Bad Guy to protect us innocent folks so he'll never do it again."

At this point, my question to you is this, "If your house were on fire would you just sit on the floor of your living room and turn yourself into a hunk of burnt meat as you moaned and groaned about the injustice of being barberqued inside a burning house?"

Or, would you get off your ass and run for it?

Or, would you get on the telephone and call the fire department, or others to help you?

Or, would you have preplanned for such an event happening and already have the equipment ready, and have trained yourself in a method of INTELLIGENT FIRE FIGHTING?

Right now you need to think about whether or not you prefer humiliation, embarrassment, injury, or death more than a hard fight.

You see, bending over and turning your butt up into the air like a surrendering baboon might not be an answer that will allow you to survive.

Some predators are more ruthless than you can ever imagine.

When you make the decision to fight back. you must have

text from SECRETS OF KENPO KARATE.)

self control over FEAR. Unfortunately, in a real situation, you might not win. If you try and put out a forest fire with a teakettle, it just is not gonna work. WRONG TACTIC!

In a fight, like in a fire, your job isn't to die for your beliefs. Your job is to STOP the other guy. To make the Bad Guy run, or to make the Bad Guy hurt for his beliefs.

That's the price of battle.

I still get the feeling I'm not making myself very clear. Let me clarify it somemore for you.

There are people out in the world that really think they are tough guys. You can neutralize some of these tough guys without violence. Instead of violence you can use...

- 1. avoidance,
- 2. or, friendship with a smile,
- 3. or talk them into a less tough guy attitude,
- 4. or, intimidate them with your reputation, body language,
- 5. or, PHYSICALLY stop them.

Now. When you get to the fifth step and you've been FORCED into a fight, one of three things can happen . . .

- 1. Either YOU get hurt, which is definitely bad.
- 2. HE gets hurt. And YOU might face criminal prosecution, or a civil lawsuit, which is definitely bad, or
- 3. You BOTH get hurt, which is also definitely bad.

It all looks bad, doesn't it? Especially when you take into account that Mr. Tough Guy might be totally pain free because of whiskey, black tar cocaine, or a drug called PCP or one of the advanced derivaties now common on the street.

Just a side note. When the Tough Guy is under the influence of PCP, you've got one hell-of-a-fight on your hands.

Trained cops have tried to subdue these druggies with little or no effect until the frenzied dope addict literally greaks his own neck while he was struggling so hard to get out of the inescapable sleeper hold.

If you are facing one of these berserkers and you think that you're sure to be killed, then be sure and run. If you can't run, be darned sure and pick up some type of "stop-um-cold" equalizer -- a Colt .45 semi-automatic works wonder in a situation like that . . . unfortunately they also make a very loud noise.

Remember this: Life is always worth living, unless it costs you your soul, your honor, or your principles for living.

Now don't adopt the suicide syndrome of . . .

"Since I can't do anything to survive in the worst situations, I might as well assume that it can't happen. Yet it may happen, so I'll escape from that mental anguish by telling myself I'd rather die than hurt anyone else."

Good news Good Guy. If you've followed the Boy Scout's code of BEING PREPARED, that means you have taken the necessary steps beforehand. You CAN SURVIVE almost all street situations.

You'll also have some great ways of avoiding criminal prosecution and civil lawsuits.

We ARE NOT going to make you the DEADLIEST MAN ALIVE in five minutes, but we will build you some good escape routes.

The first part of the floor plan is to by-pass the social brainwashing you've had from those around you.

What is this social brainwashing? It's the slogan that thoughtless people continually drum into our ears . . .

"IT'S NOT GONNA HAPPEN-BUT IF IT DOES-LET THE LAW TAKE CARE OF IT!"

Wise Americans NO LONGER BELIEVE the above myth.

Oops. SORRY. I forgot about the attitude that some pacifistic folks have. When they see a threat to their lives they say, "I won't worry about it. God will take care of me."

Have you ever heard that cowardly cope out?

Let me tell you what they are really saying.

They are saying, "I'm not interested enough to take specific actions that could insure my own survival. However, if I do get into a jam, God, could you please take care of me?

It reminds me of that old joke about the fanatical Christian and the flood.

Let me tell you that story.

"Once upon a time there was a flood. All the people except Timothy went to high ground for safety.

Timothy was urged to go by his neighbors but decided to stay in his house with the faith that God would take care of him.

The water rose higher. A boat came by to rescue Timothy. Timothy told them "NO", God will save me.

The water rose ever higher so Timothy climbed onto his roof. A heliocopter flew down to save him. Timothy waved them off saying, "If God wants me saved, he'll do it."

The water rose higher. Timothy was now clutching the chimney. The water was all the way up to his neck. A log floated by. Timothy thought, "NO. If God wanted me saved, he'd do it.

Poor Timothy drowned. Being a good Christian he went to heaven. While having his earthly debriefing with God, Timothy

asked him, "How come you didn't save me?"

God answered, "I gave you a brain to reason with. I then sent you a boat, a helicopter, and a log. You just didn't use the power I gave you to think for yourself. I gave you a brain, but I didn't give you a life insurance policy."

Remember that at PEARL HARBOUR a chaplain grabbed a machine gun and started shooting at Japanese airplanes. He uttered the classic line . . .

"PRAISE THE LORD . . . AND PASS THE AMMUNITION."

Well. That's my job in writting this. It's to give you plenty of ammunition and plenty of realistic target practice, well laden with TREMEMDOUS SPEED, ethics, wisdom, and SANITY.

Yes. There are some dangers in providing confrontational advice. In fact there's lots of them.

Before you start using SPEED TRAINING to beat up the Bad Guy you should take into consideration three things.

FIRST - The location of where the fight is.

SECOND - Your own personality, mental attitude and training about fighting, and

THIRD - The personality and motivation of that particular Bad Guy.

There is no one specific way to take care of the Bad guy. I am just showing you ways that work with speed and elegance. Take these HIDDEN SECRETS and add them to YOUR line of existing knowledge.

P.S. Nowhere do I ever recommend that YOU DO in a real street situation. That very important decision is <u>always your</u> own personal decision. You know what I believe I should do. What you do is totally YOUR CHOICE, YOUR DECISION, <u>AND</u> YOUR RESPONSIBILITY.



SECTION #15

How to Change Wimps into Warriors The Hidden Secrets of Walking Tall!

by Jack L. Williams

Listen up guys.

In 1983 Dr. J. M. La Tourrette, 8th degree black belt and Ph.D. in Sports Psychology, took four below black belt ranked karate students, taught them some skills that I call "The Hidden Secrets" . . . and by 1985 had them <u>all</u> top ten rated triple crown winners in Karate Illustrated <u>magazine</u>, AS BLACK BELTS!

Let me tell you.

These guys were nothing special. In fact they were the normal type of life that are attracted to training at a karate school for selfish reasons like personal power, glory, and bucks.*

Hank was a skinny, pimple faced short order cook that wanted to be the next Bruce Lee.*

George was a short, smart-mouthed, out-of-work construction worker.*

Bruno was an unskilled labourer in a trailor house factory with a pregnant girl friend.*

And last was Sam, a short long haired hyppie, ex-drug addict, and college drop out.*

All of these guys wanted glory. All of these guys wanted lots of money. All of these guys believed the Doc could give them the secret training to get them what they wanted.

So the Doc did.

I bet I know what your next question is. I'll bet it's, "What were the Hidden Secrets?"

Well. I'll tell you. But hold on a minute. Let's first talk about what some of these guys did.

Bruno was a green belt. In Dr. La Tourrette's system, green belt is four stages down from black belt. In training, time wise, it takes about two years to go from green belt to first degree black belt.

Just before a rated karate tournament in Fountain, Colorado,

(continued on next page)

* Names have been changed to protect the idenity of these students!

~ O

thrown by taekwon-do expert "Tiger" George, the Doc walked up to Bruno, gave him a black belt and told him he was entered in sparring, kung-fu fist sets, hard karate forms, and weapon's proficiency demonstration AS A BLACK BELT!

Bruno had been well trained by Dr. La Tourrette. Bruno just grinned, said "You Bet!", put on the <u>new</u> black belt, then went out and went to work to kick butt.

You see, Bruno already knew how good he was compared to "Joe Blow" black belt. He already knew, not hallucinated, he was a fast fighter. Bruno already knew how to manipulate the judges. He already knew how to throw the techniques that they were looking for, that they would appreciate, and that they would allow points for!

Enough of a build-up. The short side of it is that Bruno took . . .

- * lst place light weight black belt sparring
- * 1st place hard style forms
- * 2nd place soft style forms
- * 1st place weapon's proficiency demonstration
- * Grand champion sparring
- Grand champion forms demonstration

Listen closely now, Bruno, a lowly below black belt, two years away from black belt, beat the butts off of rated black belts in forms, fighting and weapon's skills.

He wasn't the only one of Dr. La Tourrette's students that did it either. At that time the Doc's headquarters were located in Colorado Springs, Colorado, just five blocks from the United States Olympic Training Center. His studio had only been open three months when the above tournament occurred, but his students walked away with a total of twenty-six trophies.

One Korean gentleman, a well known full contact fighter called the "AX MAN" walked up to Dr. La Tourrette and asked how come he had so many good students, so soon. The Doc just smiled, shrugged his shoulders and said, "Heck if I know. We must be lucky or some thing."

The Doc didn't tell the Ax-man the truth. Dr. La Tourrette didn't tell him his people won because they were prepared to win!

One of Dr. La Tourrette's favorite sayings is . . .

"THERE IS NOLUCK! THERE IS ONLY OPPORTUNITY. WHEN PREPAREDNESS MEETS OPPORTUNITY, THAT'S GOOD LUCK!

(continued on next page)

WHEN NON-PREPAREDNESS MEETS OPPORTUNITY, THAT'S BAD LUCK!

Dr. La Tourrette knew that planning was what winning really took, then enough guts, discipline, and perserverence to follow the original plan through to completion.

To get those guys all rated, the Doc positioned them geographically so they'd be going to different tournaments. That way they would not cannibalize each other's points.

One of them opened a studio in the state of Washington. Another had one in the state of Montana. Yet another had one in the state of Colorado. The last one went to another large town in Colorado.

By 1985 <u>all</u> four of them had been regionally rated in the top ten of Karate Illustrated magazine!

This is when Dr. La Tourrette left them alone to grow on their own. He had his own research to do. He, at that time was studying for his Ph.D. in Sports Psychology. The Doc just did not have the time to baby sit them, to do all his studies, and to run his own school in Colorado Springs, all at the same time.

There is this old wife's saying, "If you don't make love to your wife, somebody else will!"

It's the same with karate students. "If you don't teach them, someone else will jump into the gap and do it for you!"

Well, these guys are no longer with the Doc. But ... because of the way the Doc teaches (sometimes he comes across as a real hard core asshole), these ex-students had no idea of of the depth of the knowledge they had been getting. After about a year these guys went out on their own and joined up with a fat, self-promoted 10th degree black belt who promised to teach them the real Master Keys. The one farthest away, in Washington, slipped away first. He was soon followed by his three friends.

Since that time, all four ex-champions have dropped slowly from the spotlight.

As one of the ex-students told Dr. La Tourrette in early 1991, "Its like I don't know what I'm doing anymore. When I was with you I was making eleven to twelve thousand dollars each month, and I was winning tournaments everywhere. Since I've joined Master X's association my earnings have dropped to about three thousand per month and my winnings are far and few between."

After the Doc had trained those four students in the Hidden Teachings, he stopped training people in them! You see, from 1985 to 1987 Dr. La Tourrette had other students running his studio while he was finishing up his Ph.D. work in Sports Psychology.

By Januarry 1987, his original group had slipped away and the Doc just did not want to take the time and energy to "retrain" those who were left and running his school.

But, the Secret Teachings are not that complex. In fact they are rather simple.

Let me tell you how simple they really are.

In 1975 the Doc took a young "go-for-it" beginner who wanted to be a champion. He taught this beginner just one technique for one hour a day for thirty days. At the end of the thirty days, the Doc entered this aggressive white belt in a rated tournament as a brown belt. Guess what? Yes. You guessed right. This "go-for-it" beginner took first place!

The beginner's energy level was high. He was in full attack mode. His concentration was focused on only <u>one</u> thing, hitting his immediate opponent with his one technique, and continuing with a blitz attack until the referee pulled him off of his opponent.

Pay attention now. Dr. La Tourrette did it again, over in Oregon, in October 1991. The Doc took six students to a state qualifying tournament. The six students came back with fifteen trophies!

Dr. La Tourrette's students, many of whom had never competed before, cleaned up in the divisions they entered. This includes the divisions of sparring, forms demonstration, and weapon's demonstrations.

When one of Dr. La Tourrette's students, Mr. Michael Boyce, five times National Champion was asked, "How come you can do so good in several different divisions?", his answer was simply . . .

"HAVING ONE DISCIPLINE IN MY LIFE ALLOWS ME TO HAVE DISCIPLINE IN ALL OTHER ASPECTS OF MY LIFE!"

Onward.

Let's get right down to the nitty gritty.

All the stuff that is required for a certified black belt degree in any system is not a necessary requirement for winning a fight, or, for winning a tournament! PERIOD!

Now, if I were you, my next question would be, "If it's not necessary for really fighting, why is it done?"

Listen up Buckwheat. What is the primary reason people make love? Is it because they all want to procreate their species, and want to multiply and populate the earth because God demanded them to do so?

Well I know you won't answer my question, so I'll answer it for you. You see, everybody knows that sex is fun! Everybody also knows that if you do the same old thing, everytime, then . . .

"IT'S NOT FUN ANY MORE!"

(turn to next page)

INSERT

Eleven Steps to Courage

- 1. What is your present state in reference to courage?
- 2. What is your desired courage level stated in positive words?
- 3. How will you know when you've acquired your desired level of courage?
 - a. How do you test your courage level?
 - b. What specifically do you see, hear and feel when you have courage?
 - c. Is this acquisition of courage under your control?
- 4. In what situations do you want to demonstrate courage?
 - a. What event triggers the courage behavior?
 - b. Where, when and with whom is it appropriate to demonstrate the courage behavior?
- 5. How will the acquisition of courage affect your life?
 - a. What will be added?
 - b. What is worth saving from your current behavior?
 - c. What will you lose with courage added to your behavior?
- 6. What stops you from having courage all ready?
- 7. What resources are needed to have courage?
 - a. What courage skills do you all ready have?
 - b. What courage skills do you need to acquire?
- 8. Now train and develop the resources needed for #7.
- 9. Testing out your new courage skills to see if they meet criteria of original outcome.
- 10. Future pacing your courage skills to see if they are the skills you really wanted.
- 11. Ecological check of your courage skills.
 - a. Do you like them?
 - b. Do they fulfill your outcome of courage as stated in #2?

©copyright 1988, by Sports Psychology Institute, and Dr. John M. LaTourrette.

You see Buckwheat, all of us old style black belts train because we like training. We spar because we like sparring. We do forms because we like doing forms. We do weapons, all types, large bore guns included, because we like training with weapons!

In karate, as in sex, variety is the spice of life. Variety relieves bordom.

Doing something new, that you like doing, stimulates your motivation so you continue doing what you like that is fun, exciting, enjoyable, sweaty, creative, a challenge, and self-fullfilling.

You'll notice that nowhere did I say you must be mean, nasty, aggressive, pushy, sadistic, nor masochistic. Those items (resources) are not the mainstays of a karate system, but they can be survival tools in a self-defense, kill-or-be-killed, butt puckering confrontation where turning and running is out of the question because of the lack of safety.

This next sentence is real important.

YOU DON'T NEED TO BE A BLACK BELT, NOR A BROWN BELT, NOR A GREEN BELT, NOR ANY OTHER TYPE OF BELT TO BE ABLE TO KICK BUTT AND WALK TALL! PERIOD!

In fact, because of surveys we've taken, we know that in our karate schools about 99% of the new students come in because of fear... or, as we so politely put it, the character building traits of self-confidence, self-esteem, self-awareness, and self-defense. We also know that if this "fear factor" is not converted into a FUN FACTOR, they <a href="all walk quickly back out the door within thirty to ninty days, as soon as bordom, stagnation, and reality sets in.

Our first training program is so designed so that these new students get the fear factor taken care of quickly, and then progress upwards to the fun stuff.

Remember guys, sex is fun only if you work at it. Only if you change it. Only if you have some type of variety to make it new, invigorating, stimulating, and your partner must be fun to be with.

Dr. La Tourrette has over 250 techniques up to black belt. He has over 150 kicking combinations up to black belt. He has over 25 forms up to black belt. He teaches the use of twelve weapons up to black belt. He has us fight in tournaments. He has us go to seminars. Every once in a while some of us (without the Doc's knowledge) will go down to Joe's Bar and Grill and let some pushy pigshit stupid drunk try to bully us. All of the above is fun! . . but has nothing to do with the skill of kicking butt.

Pay attention now. By the time any adult, age twelve or above, has spent six months to eight months training with a good, (I did not say goody goody, easy, or wishy washy) self-defense instructor . . . He's got self-defense skills!

(continued on next page)

If that's all he wants, self-defense skills, then he should quit training after six to eight months because he needs nothing else!

Everyone who continues training after six months are training for the <u>fun of training</u>, no matter how they might rationalize their personal reasons. And, this fun training, we call it by many names. We call aspects of it Chi training, Awareness training, Traditional training, and we add lots of color, excitement and trappings to it.

I hope I don't bore you with this isomorphic metaphor, but karate training is a lot like sex. . . If you are bored with sex, you either get another training partner, another instructor, do abstinence, or go and watch a XXX movie where actors are doing techniques that stimulate you.

Karate training is the same.

We have many people that gravitate to our studio and our organization because when they train with us, they are no longer bored to death!

These guys are good black belts . . . but they just want to learn something new, something exciting, something fun, something stimulating. At their advanced stage of karate training, they don't give a damn about learning another floor exercise, going to another tournament, or beating up another bad guy.

They have done all that many times over and it's about as exciting for them as the Missionary position is for a fifty year old man that's been married to the same frigid wife for thirty years. He just can't get excited anymore.

So. For these old timers, you teach Nerve Cavity Strikes. You knock them on their butts by striking the heart nerve on the arm --- then show them how-to-do-it.

For these old timers you teach Speed Hitting, and you hit that dude sixteen times in one second, and then teach him how to do it.

For these guys you explain the five types of Internal Power, Chi development, show them how to breath and increase their strength, awareness, power, and mental abilities by their mind training alone.

You show these guys the INTERNAL SHIELD so they can stop any punch.

You teach them MIND CONTROL so the can lower their heart beat, stop their own bleeding, and have instant pain control.

For these people, you lay them on a bed of nails and then break concrete blocks on their bodies with a sledge hammer.

But, Buckwheat, understand that all of the above are bordom release exercises, and have virtually nothing to do with kicking

(turn to next page)

butt or walking tall.

Take note of these facts about the best in the karate world:

- * "Superfoot" Bill Wallace was karate's fastest kicker. He used only three kicks, a side kick, a heel hook kick, and a round kick, and all with the same leg, his left.
- * "Bull Dog" Howard Jackson used the <u>one</u> principle of Initial Speed and always got his opponent before he could react to the explosive attack.
- * "World Champion" Mr. Joe Lewis relied on three techniques; a back fist, a back kick, and a side kick and dominated the three worlds of karate. These are point karate, full contact karate, and professional kick boxing.
- * "Genius" Mr. Bruce Lee was an avocate of using only your best technique, doing it with you lead hand, and doing it first. Mr. Lee's the person that came up with the fighting principles that the others learned to become champions.
- * Jim Harrison used the intimidation approach. When you talk about the movie the Karate Kid, people think he's the other guy. When you fought him your bowels loosened. Mr. Harrison talked tough and he fought tough. p.s. he's also one heck of a nice guy. Many of The Doc's black belts train with him. But, eye-ball-to eye-ball, he's going to win or damn well know the reason why.
- * Fighting Fred Wren was like going up against a creature from one of Stephen King's novels. His ringside behavior was as dark or darker than Harrison's.
- * "Movie Star" Chuck Norris used the "
 to "relax them" and then "smash them" when he faced them
 in the arena.

Take note: To be able to kick butt and walk tall, you need only one to five techniques. Some of those could be . . .

- 1) The sun punch (lead hand straight punch to head) with best hand
- 2) Lead hand back knuckle, with best hand
- 3) Reverse punch with best power hand
- 4) Lead leg side kick, and . . .
- 5) Lead leg wheel kick

I suggest strongly that you do not assume you can get all you need from this training special report. Fighting is a see-do art.

(continued on next page)

Speed fighting is not a, "read about it and hope I'm doing it right", type of martial art. So . . . get the video How-To-Be-Street-Lethal, where Dr. La Tourrette covers these five techniques and the precise master keys on how to do them in intricate detail. . . plus a whole heck of a lot more.

After you understand the techniques, practice them with a live training partner. Start out at 1/8 speed. Then progress up to 1/4 speed, until you can do the techniques at full speed, then red line speed.

At the end of ninty days your skills will have increased by leaps and bounds.

We suggest you do video tape training. This is mainly so you can keep track of your own improvement. Video tape yourself doing the techniques once a week, and at the end of ninty days go back through them to note how much you've improved.

Sincerely,

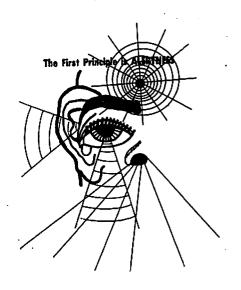
Jack L. Williams

p.s. I do suggest you get Dr. La Tourrette's new book, How to Maximize Your Martial Arts Performance in Minimum Time (\$40 + \$4.50).

This book was sold in Martial Arts Trainer magazine in 1989 for \$450. The main point here is the mental training leading performance secrets that the book will explain to you to help you short cut the long road to karate success.

Another great training aid to get is SPEED HYPNOSIS FOR MARTIAL ARTS ATHLETE (\$15 + \$4.50 P&H)

HAVE A GREAT DAY AND GOD BLESS!



Train the mind and alert the senses—Danger must be recognized before it strikes. Fore warned is fore armed.

The Hidden Secrets of Speed Fighting

Dear Friend,

In advanced mind training, research has shown that there are three universal principles of success. They are the following:

UNIVERSAL PRINCIPLE #1. You have to decide to better yourself.

UNIVERSAL PRINCIPLE #2. You must adopt beliefs that are appropriate for your new idenity and your new goals.

UNIVERSAL PRINCIPLE #3. You must find a mentor, a specialist that you can model to streamline your path to your goals.

Principle # l is easy. You've already taken that step, or you wouldn't have ordered these materials, nor would you be reading this special report. You've already decided to, and become committed to bettering your martial arts skills in a way that will help make you a functional, practical karate athlete.

Principle # 2 is more difficult. Our belief is that martial arts training is, 1) first for self-defense, 2) for fun, and 3) for sport karate.

We really believe that there are bad guys out in the world who are wicked, unpleasant, sociopaths who love to prey upon decent people. We also know that it's difficult for non-criminals to conceive of the depths of perverted, vicious and corrupted behavior to which some of their fellow humans have sunk to, and the wanton savagery of which they are totally capable of, and they enjoy doing!

I also know that some of the readers of this report are saintly people and actually rely on divine protection to shield them and their loved ones from these sociopaths, but I personally believe that God gave me the tools (mind, brain, and body), and the wisdom to provide the awareness and protective skills on my own.

All the major world religions make allowance for legitimate and reasonable self-defense. It is <u>universally recognized</u> that reciprocative, countervailing, even preemptive violence is sometimes the <u>only</u> judicious, logical, and ethical response to an unwarrented and physically injurious, personal attack. In fact, if criminals and potential criminals have substantial and well-founded fear of you, you will probably never find it necessary to defend yourself!

Historical Bible research shows clearly that the Christian Bible was mistranslated from the ancient texts. Where the Bible states as a commandment, "Thou shalt not kill", the word kill was really murder. Murder is the unlawful killing of one human being

(C) copyright 1991 by American Sports Training Institute)

102

by another with malice aforethought.

What it really gets down to is this, if someone naively asks the following question, "How often are people really killed around here?", the correct answer is, "Only once!"

Many times in this world there is . . .

"NO SECOND PLACE WINNER!"

The truth is, we cannot rely on the police to protect us. They are undermanned. They are under payed. And, they cannot react unless a crime (which must be proven) has been committed. The policeman's basic function is one of reaction as opposed to pro-action.

The final belief on our part is, "We must rely on ourselves."

After beliefs, there are three Master Keys to Speed Fighting Street Survival:

- 1) Be and stay alert.
- 2) Trust your eyes, ears and gut feelings when they tell you something is not right. Especially that gut feeling. When you feel it in the guts, its that protective guardian, your subconscious mind telling you, "WATCH OUT!"
- and 3) Acquire in advance the knowledge, skills, and equipment necessary to assure the winning advantage in any street situation.

You see, in a street situation, just as in defensive driving, if you see trouble in the makings far enough in advance, you will usually be able to avoid it, or prepare for it if it cannot be avoided.

But, if he surprises you because of your lack of alertness, and you become involved in a dangerous street situation that just creeped up on you, your skills may not suffice to keep you safe, unharmed, and alive.

All of your speed hitting skills will be of little use to you if you are in deadly danger and do not know it until it is too late.

The first Master Key, TO BE AND STAY ALERT is easily done by acquiring the tactical skill of the five steps to combat readiness. Another name for this is the COLOR CODE OF COMBAT.

STAGE ONE - Condition White. You are totally focused inside your own head. This is called DOWNTIME AWARENESS. You do not see what is going on around you. This type of person feels secure and safe with no possibility of attack. This guy doesn't even look before crossing the street.

STAGE TWO - Condition Yellow. This is called UPTIME AWARENESS. You are externally alert. You look both ways before crossing the street, even if it's a one-way street. . .

This person knows the cars must stop because it's the law, but he still places control in his own hands by watching. If something dangerous does happen, avoidance is still possible! You have the choice!

STAGE THREE - Condition Orange. Because of awareness, you spot the speeding driver who couldn't stop and steps out of his way until danger is past. As smoke nearly always precedes fire, danger signs almost always precedes a personal attack. You'll notice avoidance is still possible, and it is still your choice.

STAGE FOUR - Condition Red. This is when you are in imminent danger and you can't retreat. The only way to avoid a conflict is if he breaks off his attack. You are in his attack zone. He may change his mind. This is when you must be totally prepared to rock-and-roll.

STAGE FIVE - Condition Black. The opposition is continuing his attack. This is when you say to yourself, "I <u>must</u> use force to stop him. I am applying it now!"

The next stage of GENERAL AWARENESS is to really know how FEAR affects your mind, your body, and your fighting skills.

Fear, commonly called the BUTT PUCKER FACTOR takes place in everyone, regardless of how he's prepared himself beforehand. Good training will reduce it, but the effect will be present! There are some good things about fear, and there are some bad things about fear. Fear causes you to respond three general ways:

1) YOU FREEZE. Your body and mind shut down. This is for survival. In the animal kingdom, predators don't attack those who show their bellies, unless they are hungry, or angry, or sadistic, or bored, or looking for fun.

When you are scared stiff you lose your eyesight, you can't hear, you stop breathing, and you freeze in your assumed body position. The brain has less oxygen, and you can't think clearly, if you can think at all. You have tons of internal dialogue. The sensory system becomes overloaded. You can't process the threatening info that quickly, the brain says, "TIME OUT!", and shuts down.

- 2) YOU RUN. This is avoidance behavior for survival. Your muscles get blood and chemical secretions that add power to your escape. A definite possibility when you can do it without taking a knife in the kidney.
- 3) YOU FIGHT. You turn on your aggression and you fight for survival.

Now my next question is, "What happens to you when you fight?" A good question, and I've got good answers.

First, your physical coordination becomes degraded. Your eye-hand coordination is severely and negatively affected. So, for that reason, don't use flashy and glamorous karate techniques like

(turn to next page)

spinning heel-hooks that require some high level physical, and mental gymnastics.

Second, your mental coordination becomes degraded. It becomes difficult to make critical decisions. Your memory will fail competely. So, all mental training factors like targets, techniques, and attack distances must be wired in prior to a fight with previous conditioning, so that you will do them automatically, without having to consciously think. Pay attention. That level of expertise takes 3,000 to 5,000 repetitions to wire in correctly.

Third, your eyesight becomes TUNNEL VISION. A gun looks like a cannon. A knife looks like a machete! Victims are able to describe in intricate and elaborate detail the knife that was held to their throat, but could not recall if the person holding the weapon was a man or a woman, was black or white, short or tall, skinny or fat.

The only effective way to break out of tunnel vision is to do COGNITIVE STOPPAGE. First take a deep breath, then roll your head left to right. This will cause the <u>real</u> world to focus back in.

Fourth, when you fight you must remain focused. There is something called MIND LAG TIME. It is hard to talk and fight at the same time. When you tune in auditorally, you will tune out visually and kinesthetically. So, a crook will get you talking to him and when you are in the lag time, inside your own head talking to yourself, he will launch his surprise attack. When he's trying to get your auditory attention, under no circumstances allow him to get close to you.

Pay attention now.

In 1977 I wrote my first book, Mental Training of a Warrior, (\$14.95 plus \$4.50 P&H). People didn't realize it then, nor do they realize it now . . . but the entire book was to teach EMOTIONAL CONTENT OF CONFRONTATION!. The book was to teach people how-to-establish the right attitude for fighting. You see, emotional content is by far the most important aspect of fighting. without it you lose . . .

"NO MATTER HOW GOOD YOUR TECHNIQUE IS!"

Of course there's more to emotional content than just anger, or righteous indignation. There is also this thing called self-confidence. Confidence is knowing that what you do does work! There are lots of black belts (what ever that is?) out in the world that don't know how to win a fight!

It's not their fault. Their well meaning instructors taught them A CLASSICAL FORM (kata) and told them it was <u>real</u> fighting. Then, these guys get in a real fight and they die. They bleed. They are crushed. And, if they survive . . . they then learn.

Now you are probably asking, "What do they learn?" Okay. A good question. What they learn is, there's only two (2) ways $\underline{\text{not}}$ to get beat up . . .

"YOU EITHER MOVE OUT OF HIS WAY, OR, YOU HIT HIM FIRST!"

It sounds too simple doesn't it? Well Buckwheat, when you know those two concepts, move, or hit first, you don't have to know 250 self-defense techniques, nor 150 kicking techniques, nor 25 forms.

No. All you need to know is one technique real good . . .

"THEN HIT HIM WITH IT FIRST."

I still remember this guy I'll call "Crazy Bob" for sake of keeping his real idenity and privacy secret. I'm going to tell you a story about him.

Crazy Bob really wanted to win a karate tournament . . . but he didn't want to go through all the caca of TaeKwon-Do, nor kempo, nor KeiShiKan. At the time I was concentrating on the strategies and tactics of (1975 and earlier) karate super greats like Mr. Bruce Lee and Mr. Joe Lewis.

- So. I taught Crazy Bob, 1) constant movement from an,
 2) aggressive fighting stance with his, 3) best hand leading. I
 taught him the , 4) push-step closing gap, the fastest one known
 to man, done with a, 5) zero perception lead hand back knuckle
 to the head, the nearest point target to his hand. I then wired
 in, 6) the five angles of attacking the head, along with the
 7) concept of contour hitting.
- I taught Bob 8) the <u>line of aggression</u> for quickest movement, and 9) <u>angles of footwork</u> for outer, or inner head quadrants.

I taught Crazy Bob 10) how to <u>explode</u> with <u>initial movement</u> (11), and added to the explosion 12) the exact <u>timing</u> of how and when to hit and explode.

Then we trained over how-to 13) neutralize the opposition by not letting him get set to hit you. You see, most fighters need two to three seconds to judge the distance, see the target, figure out what to hit the target with . . . then, decide to hit it.

All you need to do is disrupt their thinking any time before they actually hit you.

There's an ancient rule in fighting that still holds true in today's world, "Those who hit first, usually hit last!" So, when you disrupt his set point . . .

"HE CAN'T HIT YOU. HE CAN'T BEAT YOU!"

So. I trained Crazy Bob an hour a day, for thirty days. All of the training was done with live humans, with lines taped on the floor so he could see, then feel the exact angles. So he could learn how to judge the exact closing gap (reactionary gap) distance. So he could feel his glove striking the head of the opposition.

(turn to next page)

Now I know that thirty days does not sound like much time, especially since World Champion Mr. Lewis took at least fourteen months of daily practice to perfect that one technique back in the late 60's . . .

But you see, Crazy Bob did not have to fight Mr. Lewis! Mr. Lewis was fighting the World's best fighters, and what Lewis had to do in his training was totally different than what Crazy Bob needed to do to win.

No sir Buckwheat. Crazy Bob wanted to win a tournament real bad so I looked up one in a rural area called Elko Nevada. The karate gurus there were so backwards that they still kicked off the rear leg, cocked their hands back for a reverse punch, and tried to fight from a deep horse stance. NOTE: 90% of the World's experts still train that way!

The end of my story is real simple. I entered Crazy Bob as a Brown Belt, even though he was only a beginner. Crazy Bob left the tournament with a Lst place Brown Belt trophy in sparring, even though he had only . . .

"ONE TECHNIQUE!"

Now your next question is, "Why was he able to win, with little training, especially when his opponents were skilled in karate and had trained for three years to six years?"

The answer is simple. Crazy Bob was trained in the "Hidden Secrets", while his opponents were trained in the <u>outer</u> teachings of the martial arts. His opponents were taught stances, punches, kicks, and all the outer trappings that are only ornaments. They were never taught the <u>inner</u> methods. In fact, they were probably told by their gurus that Inner Secrets did not exist!

Now Crazy Bob was not concerned about Inner or Outer secrets, all he wanted to do was WIN.

Well, I started off this story with emotional content. Your probably asking yourself, "How come the Doc didn't teach Crazy Bob emotional content?" The answer is simple. I DID NOT HAVE TO!

Bob already had a burning desire, a strong passion to go out and win . . NO MATTER WHAT THE COST. He wanted to win badly, and was willing to spend thirty days to get what he wanted.

Unfortunately, most people are not so full of passion about what they want as Crazy Bob was. So for these other people we have formulated (from some of the best teachers in the world) the HIDDEN SECRETS OF SPEED FIGHTING! What is really neat about these hidden secrets is . . .

"YOU CAN APPLY THEM EASILY TO YOUR OWN SYSTEM OF SELF-DEFENSE, WITHOUT NEEDING TO RELEARN YOUR CURRENT STYLE!"

The following concepts were gleamed from many teachers. I give them all the credit.

(continued on next page)

My own personal background is in kenpo karate, taekwon-do, Okazaki jujitsu, and anything else that I've ever researched. I owe a lot to Mr. A. Tracy, Mr. E. Parker, Mr. Kang Se Chong, Kang Yon Kuk, Kang Yon Ho, and the other 25,000 or more people that I've worked with, or trained over the past three to four decades.

Their ways have added tremendously to my way, whatever that is.

Enough build up. Let's get right into the ten condensed Master keys of Speed Fighting.

"LA TOURRETTE'S 10 MASTER KEYS FOR SPEED FIGHTING"

MASTER KEY #1. The Master Key of Mental Training.

- A. How-to-motivate your own energies
- B. How-to-recognize the energies of your opponent
- C. If in a tournament, how-to-influence the referee through your own mental attitude
- D. How-to-influence your opponent's attitude through your mental attitude

MASTER KEY #2. The Master Key of Guerilla Warfare

- A. Know the best way to move in fast
- B. Know the best way to move away fast
- C. Know the best way to get your attitude "just right" for fighting . . . immediately, with no hesitations.

MASTER KEY #3. The Master Key of Explosiveness

- A. How-to-move without being seen
- B. How-to-hit without being seen
- C. How-to-move without being hit

MASTER KEY #4. The Master Key of Attack Lines of Aggression

- A. Opponent's angles of physical cancelation
 - 1. Type of stance
 - 2. Hand position
 - a. Definition of back quadrant
 - b. Definition of Middle quadrant
 - c. Definition of front quadrant
- B. The fastest line of attack
 - 1. Straight-in
 - 2. "V" kill zone angular attack
- C. Concept of Zero Perception
 - 1. Physical awareness dead-zone
 - 2. Mental awareness dead-zone
 - 3. How-to-induce them at will

MASTER KEY #5. The Master Key of the Trojan Horse

- A. How-to-conceal your attack sequence
- B. How-to-neutralize his "get-set-to-hit point"
- C. How-to-develop "flow" movement
- D. How to hit from your "Explode" line, not his explode line
 - 1. The "shrink" technique to conceal your reach
 - 2. Methods to increase your reach
 - a. Simple closing gaps
 - b. Compound closing gaps
 - c. Hyper-extensions
 - d. Elongated foot pivots

(turn to next page)

- MASTER KEY #6. The Master Key of K.I.S.S. (keep it simple and sweet)
 - Pick one, to four simple attack skills.

Now, over-learn them with the other 9 Master keys Some examples that are extremely powerful, 1. Lead hand back knuckle (best hand)

- 2. Lead leg round house (wheel) kick
- 3. Lead leg side thrust (jamming) kick
- Quick switch stance, the best hand reverse punch
- Learn to combine your simple attack skills into "flow" sequences
 - Back knuckle, wheel kick, reverse punch combo
 - Wheel kick, back knuckle, reverse punch combo
 - Switch over, reverse punch, rear leg wheel kick, lead hand back knuckle
 - Plus several thousand others if you'll use these master keys as they were devised to be used

MASTER KEY #7. The Master Key of Staying Loose, but Focused

- A. Relaxation, the key to speed
- Mental relaxation, the key to high performance visualization
- C. Constant movement with eyes focused foveal
- D. Feet in kinesthetic mode, upper body in visual mode
- E. When, and how to breath for:
 - Relaxation 1.
 - 2. Speed hitting
 - 3. Blocking with power
 - 4. Power hitting

MASTER KEY #8. The Master Key of When to Move

- The strategy of Set-Points
- The color code of combat for awareness
- Timings of your attacks
 - 1. Before he moves
 - As he moves (stop hitting)
 - 3. Counter-attacking, after he moves

MASTER KEY #9. The Master Key of the Art of War of Sun-Tzu, uproar in the East, and attack in the West

- The law of three, and some examples
 - 1. Two back knuckles to the head, the third to the body
 - Two lead leg wheel kicks to the body, back knuckle to the head
 - Two back knuckles to the head, switch stance and reverse 3. punch to the head
- The law of "Inviting" him in CONCEPT: Giving him a target of your choice to hit, as you control the distance
 - From forward aggressive stance, lead leg front thrust kick to chest
 - 2. Lead hand thrusting-lock-out punch to face
 - 3. From side aggressive stance, lead leg side thrust kick to stomach or hip
- The Law of "change-timing"
 - 1. Two back knuckles slow (3/4 speed), and outside of

(turn to next page)

- range. The third one full speed and full power
- 2. The law of attack, fake, attack (example)
 - a. Two back knuckles full speed, then . . .
 - b. a lead shoulder fake, and . . .
 - c. After he reacts, explode with your real back knuckle
- D. The Law of the 30-06, the Colt .45, and the 12 guage shotgun. Different weapons are needed for different distances
 - Out of range
 - Long range
 - 3. Medium range
 - 4. Short range
 - 5. Defensive, counter-offensive range
 - 6. Running range
 - 7. Hidding range
 - 8. Confrontational range
 - 9. Friendship ranges, distances and areas
 - 10. Non-intervention range

MASTER KEY #10. The Master Key of Knowing Your Opposition.

I am not talking about if he's big or small, short or tall. Nor am I talking about whether he practices kenpo, taekwon-do, shotokan, or any other style of karate or kung-fu.

You see, all fighters come with the same equipment: They usually have two arms, two legs and one brain. The brain has had certain training. This training will turn him into one of four types of fighters. That's right . . .

"THERE ARE ONLY FOUR TYPES OF FIGHTERS YOU NEED TO WORRY ABOUT!!!"

By the way, World Champion Mr. Lewis states there are only two types of fighters to worry about. But once again he is talking about concepts. Mr. Lewis calls them the lead-off fighters, and the counter-fighter. According to him, the lead-off fighter fires first, then moves. The counter fighter does just the opposite. He moves first, then fires. If Mr. Lewis's definition works good for you, use it instead.

But the four type of fighter definition gives me $\underline{\text{more}}$ specifics and procedures of exactly how-to-train and what to do in a real fight. I personally need those specifics and procedures, or I get confused.

FIGHTER TYPE ONE— The first type of fighter is the blitzer. I call him the grizzle bear. This man explodes into you with his best technique, attempting to over-run you with his aggressive action, before you can react! As far as I'm concerned this type of fighter is the most dangerous. If your not watching him, and in condition red mentally his explosive aggression will get you. If you are not trained properly both physically (tactically) and mentally (psychologically), he will destroy you before you have time to set yourself and react. An inferior fighter of this type can easily win against a superior fighter of another type. This grizzle bear uses the fighting master key of . . .

"ACTION IS FASTER THAN REACTION!"

FIGHTER TYPE TWO— The second type of fighter is like an Oak Tree. Anybody can cut down an oak tree if his ax is sharp enough, and he hits it enough times.

The oak tree fighter is well rooted into a solid defensive stance. His main tactic is to have you move first, then when you are extended, to counter-punch you usually with a reverse punch. Because of the classical philosophical training of Funakoshi, i.e., "You should never strike first" concept of abusing or misusing your karate skills, that death like hesitation has carried over to sport karate, and to street survival training.

More than 80% of karate competition fighters are of this general type. When you have wired in the ten SPEED FIGHTING Master Keys, these "blocker-counter fighters" are easy to defeat.

FIGHTER TYPE THREE— The third type of fighter is the Jack Rabbit. Question, "What does a rabbit do when it faces a charging dog?", Answer, "IT RUNS!"

These guys are the whimps of the karate scene. No matter what you do, they'll run away. They are not that hard to fight because they don't fight back. They are just damn hard to catch. In a street fight, once you get past the bragging and blustering, they quickly disappear.

One simple way to get them is to pretend you are afraid of them. When they gain enough courage to inch in close enough to see if you'll bite or not, you explode into action using the other master keys and take them out.

FIGHTER TYPE FOUR— The final type of fighter I call the Mongoose. On first appearance, the mongoose seems to be a rabbit because of the way he runs. But he's not. He's just using (extremely well) the master key of constant motion. Many short fighters use this tactic against the bigger fighters.

Just when you think he's a rabbit, he turns into a charging grizzle bear and runs over you. Just when you think he's a grizzle bear, he turns into an oak tree. Just when you think he's an oak tree, he turns back into that illusive fighter called the mongoose.

Remember how the mongoose invites the cobra to attack by just darting out of range? And then, when the cobra is extended, the mongoose darts in and rips out his exposed throat. I love the mongoose as an opponent. He makes you think. He makes you move. He puts you to the edge that makes you come alive. He's the type that makes karate training fun.

"CONCLUSION"

To some of the classical technicians who read this report,

let me state one thing. If you are skeptical of the value of these UNIVERSAL SPEED FIGHTING PRINCIPLES, I suggest you shelf that skepticism for ninty days while you drill yourself on the principles, one at a time, with a training partner.

I also suggest that if you have difficulty understanding what I'm specifically talking about, GO BACK AND REVIEW THE TRAINING VIDEOS, AND SEE WHAT I'M TELLING YOU TO DO!

Then, go out and spar someone that's not worked out with you for ninty days.

You will be amazed at how easy the match will be, compared to how you fought before!

GOOD LUCK AND GOD BLESS!!!!!!!!!!!!!!!!!!

Sincerely,

Dr. John M. La Tourrette Ph.D. Sports Psychology 8th Degree Black Belt

If you have any questions concerning this report, my books, training manuals, or my training videos, please call me or Mr. Jack Williams at (503) 535-3188, or write us at . . .

AMERICAN SPORTS TRAINING INSTITUTE 6252 Dark Hollow Road Medford, Oregon 97501

Dear Fellow Practitioners:

It has always been comforting to me to meet men with strong convictions. Experience has taught me that men of this caliber base their convictions on logic, and more often than not, welcome criticism. Labeled as a rebel, I have always sought truth, even if it has meant destroying traditional acceptance of what was believed to be true. When John M. La Tourrettes' book was submitted for reveiw, criticism, and as a thesis requirements for his next belt promotion, I was pleased with what I read. It fell within the pattern of my own thinking. The book is informative and one that will familiarize practitioners of all styles with modern Kenpo philosophies. It presents a fresh approach to combat present day methods of street fighting. It is a practical and not a classical approach. Mr. La Tourrettes' realistic views and comments in addition to the illustrated instructions are a tribute to his efforts. I therefore santion and recommend his book, "Mental Training of a Warrior." While life insurance benefits your benefactors after you die, the concepts within this book will be a benefit in preserving your life.



Respectfully,

Ed Parker, President International Kenpo Karate Association

SECTION #17 The Real Secret Behind Speed Hitting...Flow Hitting

In a small town about thirty minutes from us there's a gentleman that professes to be a 4th dan in San Su. Whether he is a 4th dan or not is not the least bit important. What is important is his attitude.

One of my friendly students dropped in on his school and mentioned that he took lessons from the SPEED MAN LA TOURRETTE.

The first thing out of that man's mouth was disbelief. "No way can any man hit another man ll times or more in one second or less!"

My friendly student then informed him I'd been clocked at MORE THAN 11 hits. . . in fact my student told him that he himself was capable of 11 hits in one second. He than asked the San Su expert if he'd like to see it done.

The San Su expert replied, "No. And get out of my school."

This man's mind is so locked up into concrete I'm surprised he can read. Being stupid is not cool.

Anyway. I'm going to cover FLOW HITTING.

Flow hitting is real SPEED HITTING . . . plus flow . . . plus MOMENTUM . . . plus BREATHING . . . plus all the other Master keys . . . all applied to sensitive targets on the human body.

It is only with FLOW HITTING that you can get up to eleven hits or more in one second or less.

This point is very important. These flow hitting techniques are not self-defense techniques.

THEY ARE SELF-DEFENSE DRILLS!

A drill is an exercise, a training tool that is used to wire into the subconscious mind all the master keys of fighting.

If you just practice a basic, a one hit drill, you have learned nothing.

To be street functional, or tournament functional, you must be able to put the basics together into a systematic, smooth, precise, machine that goes where you want it to go, when you want it to, without the hindrance of consciously thinking about each movement.

These flow movements have to be so overlearned in combinations (that are valid), that the subconscious mind and body, THROUGH HABIT, REACT CORRECTLY to any attack situation in a fraction of a second.

Remember that when you are in a fight situation the conscious

113

mind has a tendency to freeze and let the survival self, the subconscious mind take over.

If there is nothing in the subconscious mind it will not be able to react reflexively in a manner that will help save your life.

In China this refexive control training of the subconscious mind is called UNLEASHING THE TIGER.

When you have developed the TIGER, then you can react to the situation you've found yourself in.

This training of the TIGER will help make you strong, fast, fearless, and close to unbeatable.

It's too bad but many karate schools don't train the TIGER. They train the whimp. They give many rules to keep you in line. Rules like "no sparring", rules like "no self-defense drills." Rules like karate is for MEDITATION in MOVEMENT, but never (or rarely) do they stress that karate is for hitting the Bad Guy.

Proper emphasis on courage, aggressiveness and actual SPEED HITTING for street application of EFFECTIVE fighting techniques (the TIGER), is the most seriously lacking element in modern day martial arts, with just a few exceptions.

Courage, having the right attitude is more important than blinding fast speed, or ultimate power, or the best technique.

Most schools frown on courage, aggressiveness, and GOING FOR IT. Their reason is to make their training halls SAFE.

But by making their training halls SAFE, they have made their students UN-SAFE.

These flow techniques are to make you safe.

There is a stage past the TIGER stage. That stage is called the DRAGON stage.

A DRAGON is more evolved than a TIGER. Remember a TIGER is one who can react. This reaction comes from installing proper technique into the subconscious mind.

The DRAGON has gone through the stage of being a TIGER. So the DRAGON also has all those effective skills installed.

The big difference is the DRAGON does not react. What the DRAGON does do is THINK AND ACT.

The DRAGON is strong and wise. He knows what his techniques can do to others.

He also knows what SOCIETY will do to him if he uses those skills in a way they don't deem proper.

So the DRAGON, when he uses SPEED FIGHTING, has a choice.

(turn to next page)

This choice is between WISDOM and POWER.

Some dojos (karate schools) don't teach TIGER nor DRAGON skills.

What do they teach?

They teach what you can't do! They teach what you shouldn't do! i.e., "Don't spar. Don't hurt him. Don't use this on the street." and all the other "don't" that will retard you in your martial arts training.

This chapter is to help you install what you can do. To install the wisdom of both the TIGER and the DRAGON. . . This installation is done through habit training.

SPEED HITTING habits can be broken down into some basic elements.

- 1) All speed habits are learned. I've never seen a mother give birth to a black belt yet. You gotta <u>learn</u> the drills.
- 2) All habits operate on a <u>subconscious</u> level. If you gotta think about doing it, you are dead.
- 3) All habits involve the <u>repetition</u> of similar behavior in regular intervals. I suggest a minimum of three workouts on SPEED TRAINING three times a week, for about 45 minutes.
- 4) All habits <u>perpetuate</u> and <u>reinforce</u> themselves. The more you do something in a particular way, the more the grooves are worn for you to continue it in the same way.
- So. If you cock your hand to your hip to punch . . . YOU'LL GET SLOWER and SLOWER and SLOWER EVERYDAY. You will be building in brakes to your speed on a subconscious, habit level.
- 5) Habits are developed to fulfill needs. Whether or not a habit succeeds in giving you what you want is a separate matter. That's why you always need goal orientation for your training and a means of critical feedback to see if you are getting what you want.
- 6) Once a habit has been established, <u>any</u> attempt to change it meets with strong subconscious resistance. (remember that San Su 4th dan?)
- So . . . if you've trained in cocking your fist to your ear TO GET MORE POWER when you do an inward block, It's a real bitch to change. This resistance is felt as stress.
- 7) Karate habits can be both positive and SPEED AFFIRMING, or NEGATIVE and speed denying.

Some people look at a water glass to see if it's half full. Other people look at the water glass to see if it's half empty. To you it might not seem any different, but it sure changes the quality of the life you are living. So. To help <u>you</u> with your flow techniques, please list five (5) ways that SPEED HITTING will help make the karate you're doing even better and better.

Here. Let me prime the pump for you with some of my examples. . .

- a. Speed Hitting gives me more of an edge in a fight.
- b. My self-confidence is better so I don't get in bad situations as often.
- c. I can read the opposition easily.
- d. I can divert his aggression without hurting him. I now have that choice.
- e. My friends think it's neat when I do the clap hand drill to them, or pluck a quarter out of their hands, or do eleven hits or more in one second or less.

Onward to the flow techniques.

The FIRST SPEED FLOW hitting sequence has only seven (7) hits in it . . . but these seven hits are started and finished in less than .5 of one second.

The drill is called SEVEN BLOWS OF THE DRAGON. It's a dragon because the targets give you choices of levels of pain. You get to choose which technique you'd actually do in a real fight.

You are centered, standing in a non-assuming stance, right foot forward, <u>waiting</u> for him to step within <u>your</u> reactionary gap.



He steps forward with his left foot and cocks his right arm to hit you with.

As he is cocking his arm to hit what he considers a sitting duck . . .

- by hitting him . . . not by blocking his punch. Blocking his on-coming punch is power against power and until you learn how to divert it, its best not to let him generate it.
 - . . . So step in and hit him!

The sequence is as follows:

1. Right outward chop to the right side of his neck. Your power is generated by your body moving forward. So you are not hitting him with a hand . . . you are hitting him with a hand plus your body weight.



2. Pivot clockwise and slam a left palm strike into his right cheek bone.



3. Pivot your hip counter-clock wise and execute a right half verticle punch into his solar plexus.

(continued on next page)



4. Execute a left outward chop to the front throat, thyroid sheath area.

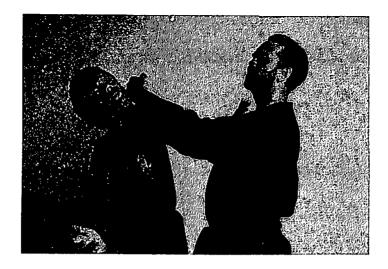


5. Now a right inward chop to the left side of his neck.

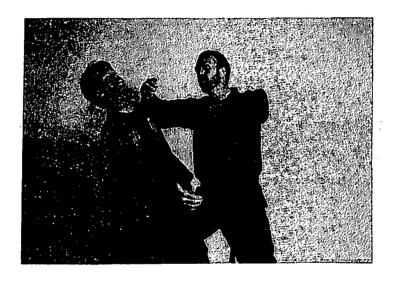


(turn to next page)

6. A left rolling back knuckle to his nose.



7. A right rolling back knuckle to his nose.



Power on this technique is generated by:

- a. High alveolar breathing
- b. Hand speed
- c. The "bounce" technique using your own body as a back board to shoot your next hit out faster . . . like bouncing a basketball off a concrete floor.
- d. Hip pivotal energy
- e. Catapult effect that pushes you into him
- f. Momemtum
- g. Gravitation marriage. Timing your hits with body weight dropping

- h. Mental imagery for CHI. Seeing your weapons hit behind where you are striking.
- i. Addition of multiple hits to null out his brain with the nerve flash (vertigo)

For example: Some gun experts say "never use a .22 handgun for self-protection, It'd never stop 'em!"

These experts are partially correct. One shot from a .22 probably won't stop that Berserker . . . but <u>nine</u> shots placed accurately sure as hell will.

It's the same in SPEED HITTING. Our shots are placed accurately to create a culmulation of pain.

The first hit is to the nerve junction at the side of the neck. On the anterior border of the Sternocleidomastoid muscle.

The second hit is for the easily snapped jaw bone of the face.

The third shot is upward into the nerve center of the body, the solar plexus. He will suffer from internal shock.

The fourth shot is to the thyroid sheath. When it is contused, swelling and pain follows. When it is crushed, breathing stops - death follows. The debris from the throat

will cover up the trachea with blood, cartiledge, mucus, vomit, and all sorts of body fluids.

The fifth shot is into the left side of his neck on the anterior border of the Sternocleidomastoid muscle. Another nerve shot pain area.

The sixth shot is to the left side of his nose and upper teeth, the philtrum. Again two different nerve pain points.

The seventh shot is to the right side of his nose and upper teeth. Pain points. When these pain points are struck . . . the eyes film over with tears. The person can't see. He has a blinding flash of pain in the front of his face.

SPEED HITTING incorporates the LAW OF THE FULL COURSE MEAL OF ATTACK. A full course meal has three parts:

1. Appetizer

2. Main course, and

3. Desert

We do the same principle in SPEED HITTING in our attack sequences. We believe in accuracy. We also believe in fire-power.

When I'm on the street in my cop uniform, I still believe in fire-power. I carry a 14 shot semi-automatic 9MM S&W model 59.

When I'm facing the Bad Guy, I want to have lots of ammo.

The same goes in a self-protection situation. HAVE LOTS OF AMMO. But here the bullets are targets, speed, power, momentum and being accurately trained in attitude.

Onward.

Do you remember the movie THE PERFECT WEAPON starring kenpo 5th dan Jeff Speakman?

That movie, as far as speed techniques and flow hitting goes had some brillant principles. I guess I've got to thank my old friend and teacher Ed Parker for that.

Especially pay attention to the mass-attack fight scene where Jeff takes out four (4) Bad Guys when they want his wallet.

Jeff first creates a state of confusion in them by acting like he was going to give the wallet to them.

He then turned and threw his wallet on the ground behind him and to his right side.

All the thugs followed the wallet and took their attention off of Speakman.

Jeff continued with the momentum generated by his throw and spun himself clockwise and took out thug #1 with a right back knuckle, then a trap to the knife hand, and then a left elbow break so the Bad Guy #1 would drop the knife. That's a fine strategy, getting rid of the weapon's holder first.

Jeff then continued his clock wise spin by stepping back with his right foot and smashing opponent #2 in the face with his right elbow.

He pivoted then into a hard bow and took out opponent #3 with a left reverse punch to his face.

Jeff then stepped his left foot towards #4, who he's ignored up to this point, pivoted clockwise and did a left back knuckle right reverse punch to #4.

Then he spun counter-clockwise clear around and did a right reverse punch to #3.

The entire sequence to take out four unsuspecting Bad Guys took 2.2 seconds . . . which isn't bad for four Bad Guys.

Oh yea. I bet you're saying "It's only a movie."

I know it was only a movie.

But the effective fighting sequences in this, for the most part, were put together by people who knew what really goes on.

Do you remember that hoaky scene where Speakman uses a pole vault to get into the Bad Guy's compound?

You know. It's that hoaky scene where he lands at the feet of the dumbfounded, and just plain dumb security guard.

Well, Jeff looked that guy straight in the eye and said, "Can you believe it? It still works!" Then Jeff looked back at the fence. The guard looked at the fence.

The guard was totally distracted and confused . . . So Speakman just knocked him out with a ridge hand to the side of the temple.

Reaction time to recover from confusion takes from between two (2) seconds to sometimes more than fifteen (15) seconds. The mind needs to clear and the brain needs to start thinking again. Confusion time is down-time.

For you movie SPEED FIGHTING buffs . . . the fight scene with the three koreans in their gym was pure hog-wash.

Why?

Because it wasn't real. Sure Jeff did some blinding speed techniques . . . but did he really? I went back and watched it a few times. I paused it. I stopped framed it. I put myself into time distortion and watched it in an altered state of awareness.

That blinding fast technique in that sequence was a compilation of many different cuts and different camera angles. That speed technique was not done on the mat. It was done with a pair of scissors in the splicing room. All the parts of it were real, but it was not one real technique.

First Speakman was blocking a left kick.

Then the next scene had him breaking a right knee with his right elbow.

The next cut had doing flowing chops to the right side of the neck.

The following cut had him doing flowing chops to the left side of the neck. Then there were different camera angles of the same scenes in different sequences.

All in all it was one heck of movie karate scene, BUT IT WAS NOT REAL!



Arm Hook

In speed hitting $\underline{\text{all}}$ techniques start from a totally centered viewpoint.

That means we are physically centered.

Our knees are flexed slightly.

Our Tan-Tien (lower abdomen) is tucked down.

Our body is totally relaxed.

The upper body is in high visual mode.

Breathing is in high upper chest and not visible to the opponent.

Our head is tilted slightly forward and we are looking out from the roots of our eyebrows.

Our foot placement should be arranged with one foot a little ahead of the other . . . so our energy field extends forward.

If we are to go forward, our weight must be focused on the back foot.

This technique that's coming up next is ARM HOOK.

The opponent is going to step in with his left foot and throw a right straight punch at your head.

How do you know this? You know this because his body language gives both his attack and his closing gap away.

Straight punches are real easy to read because the opponent will either use a karate stance, or will launce the blow from a position just below his own right eye, or ear.

This guy is going to step, then hit.



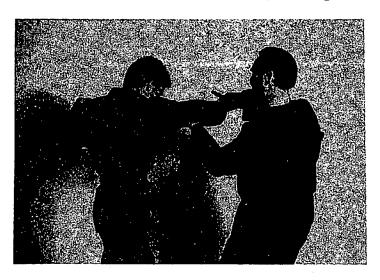
So watch his SET POINT.

Your energy is centered as he throws the punch. when his punch gets to the point of NO RETURN . . . That's when you move.

1) Bring up your right hand to intercept his in-coming punch on the outer part of his wrist.



- 2) As the intercept is done, then step to 10:30 with your left foot and . . .
 - 3) Break his elbow with your left upward palm strike.



4) Rotate your left palm clockwise so it's checking his right upper arm and . . .

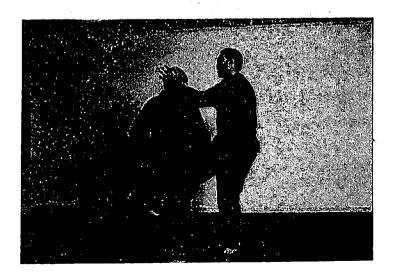
(continued on next page)



5) Then snap a right back knuckle to his right temple as you,



- 6) Step through him with your right foot. As your weight falls into him knocking him off balance . . .
 - 7) your left palm strikes his right ear and . . .



8) Your right elbow smashes into his left cheek, which sandwiches his bead between the last two strikes.



The above technique is executed in 6/10 on one second, or less. The count starts with the first parry and ends with the elbow smash. There are seven strikes.

- a. To his outer wrist
- b. To his elbow
- c. To his inner arm
- d. To his temple
- e. To his ear
- f. To his jaw
- g. A body slam to his body

Tremendous power is added because of three things:

- 1. The syntax of the breathing timed with the blows.
- 2. The blows are timed with in-coming momentum, so body weight is added to each strike.
- 3. The mental energy, a proper attitude, gives proper intent.

This technique was done at his outer quadrant. That outer quadrant attack on his angle of cancelation, stopped him from SEEING any of the moves.

With proper timing he would see none of the technique.

With proper execution, non-telegraphed movement, he could see none of the strikes, blocks, nor movements.

Striking Tiger

Three techniques all start out exactly the same way.

They are add-ons to the same low ranking technique, STRIKING TIGER. This technique is a technique I developed in 1974 to give kenpo practitioners more flow and more power on their hits. At that time (and still is, in some cirles) kenpo was known as flash and trash.

So . . . The beginning technique is called STRIKING TIGER.

The intermediate technique is called SPEED HITTER, mainly because it teaches how-to-do eleven hits in one second or less.

The advanced technique is called THE MEAT GRINDER. This technique, depending upon which variation you will use installs the ability to hit a man up to 24 times in about 2 seconds.

Have fun!

This time you are facing your opponent in a non-assuming stance with your right foot a little in advance of your left foot.

Your knees are flexed.

Your weight is on the back foot.

Your body is totally relaxed.

You are in up-time external awareness. You are physically, mentally and emotionally centered.

The opponent steps in with his left foot and throws a right roundhouse punch through your head. Round house punches are easy to see coming because the fist is always cocked back <u>behind</u> the right ear before being launched.

So. The opponent launches his strike to your head.



1) You intercept it with your right palm . . .



- 2) Then step into his right knee with your right knee, doing a leg check as . . .
- 3) You outward monkey wrist parry his right hand as . . .



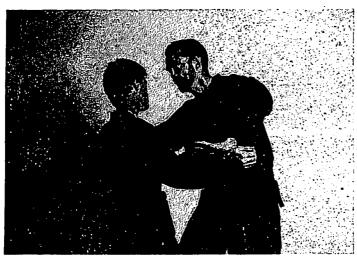
4) The right chop continues it's flow into the opponent's lower ribs, or liver area



5) Pivot your hips clockwise and execute a left palm strike to his right cheek . . .



- 6) Then continue the flow of the left hand to check his right arm as . . .
- 7) Your right back knuckle snaps into his right temple.



AT THIS POINT, WITH NUMBER EIGHT (8), the next technique THE <u>SPEED HITTER</u> STARTS.

8) Then the left palm again strikes the right temple and holds it with pressure as . . .



9) The right fore-elbow smashes into the left side of his face.



- 10) Now slide your left index finger tip across his right eye as you . . .
- 11) Snap his jaw by bringing your right elbow through with a downward drop of your elbow and body weight.



As you have noticed, STRIKING TIGER has seven hits. The add-on has another four hits. Seven plus four equals eleven.

The new technique with 11 hits is called THE SPEED HITTER.

Now I'm going to add a bunch more hits and give you the advanced SPEED HITTING HIT CALLED THE MEAT GRINDER.

This one technique is so full of concepts and Master keys that I've devoted an entire video, more that one hour long to it. If you are interested, it's called SPEED KILL, THE MEAT GRINDER.

Here goes.

THE MEAT GRINDER

- 12) Continue your drop down into a soft bow as you . . .
- 13) Execute a right hammerfist blow to his groin with . . .
- 14) another simultaneous left two finger spear to his eyes



- 15) Now pop your right rear elbow straight up to the point of his jaw . . .
- 16) As you snap your left palm strike downward to his pubic bone with a . . .



- 17) Right palm strike downward to his pubic bone . . .
- 18) Then a simultaneous (another) two finger jab to his eyes.

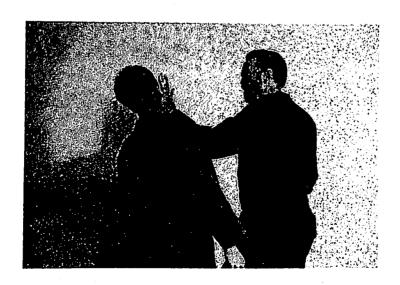
(turn to next page)



19) A right upward back knuckle to the right side of his jaw.



20) Left palm strike to the right side of his jaw.



(continued on next page)

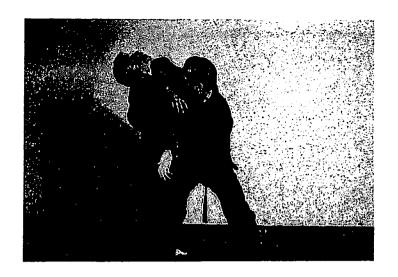
21) Right elbow smash to the left side of his jaw.

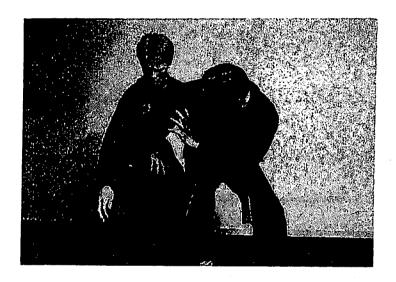


- 22) Left finger rake across his eyes.
 - · · · as you again snap his jaw with your right elbow.
- 23) Right elbow thrust with a body drop









- 24) Right foot pick-up to his right foot as you walk away.
- 25) OPTIONAL Right after #13, you can easily add-on a groin grab and . . .
- 26) A twist to his nards.

i strongly suggest that you first wire in STRIKING TIGER AND <u>WAIT</u> a month or so before you even attempt SPEED HITTER, or THE MEAT GRINDER.

Why?

Because if you have trained in a lock-out style like taekwon-do, or a Japanese style like shotokan karate, our stuff won't mean much to you . . . until you start with a small bite, digest it first before you take another bite.

Otherwise it might cause indigestion.

I still remember this one brain dead Korean karate expert from California. He'd trained 15 years, held a 1st degree black belt and was the head instructor (sic) at his own school.

Right off the bat you know he must be stupid. My God, taking 15 years to get a black belt in taekwon-do?

Anyway his Oriental master had given him all the secrets in the universe. And since he couldn't hit fast, and his Master couldn't hit fast, therefore no one could hit fast.

Please don't be like this asshole. Be a skeptic. That's okay. That just means you need more information to make a wise decision.

There's one big difference between being a wise skeptic and being brain dead.



The Warrior's Guide to Knife Fighting

Today, the military warrior elite are going outside of the military for their advanced Special-Weapons Special-Tactics training. One expert they are turning to is Dr. La Tourrette, the original trainer of Solder of Fortune Michael D. Echanis.

Some unique aspects of knife fighting are:

- ★ Anybody can block one cut, an expert can block two cuts, but almost no one can block three cuts. Therefore always cut him three times.
- ★ When against a knife fighter watch the knife! The knife in the hand of an expert can be wielded at speeds up to 120 miles per hour, the speed of weapon invisibility.
- ★ In fighting, time-in-grade means nothing. The only thing that counts is the knowledge acquired. Knife fighting is an integral part of that knowledge. This book teaches how-to-fight and subdue the enemy with a knife. No mercy asked, no mercy given.
- ★ Tenderizing the opposition, or going for the nearest, safest target is a tactic useful for breaking down the opposition's willpower.
- ★ No matter how proficient an unarmed combat expert becomes at disarming techniques, he is extremely vulnerable to the knife expert.
- ★ All parts of the knife have combat utility. Study them and discover for yourself how the Warrior Elite use a knife.

The Piston

the PISTON is a SPEED ATTACK PUNCHING DRILL . . . It is classified as a FLOW HITTING SEQUENCE because of the circles on the ends of straight lines, and straight lines connecting all the circles.

The PISTON has eight (8) hits in under 5/10 of a second.

It starts from a left foot forward non-assuming stance.

You are already primed to hit him first.

Your distance is the distance you can easily cover with a push-step closing gap.

The opponent is ready to hit you. He's cocking back his hand . . .



. . . So you break his timing by hitting him first, while he's at the point of farthest extention.

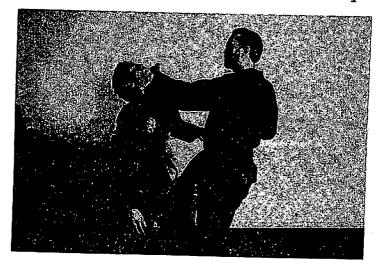
- Do a push-step closing gap as
- 2) You strike him to the lips/nose with your left verticle punch . . .



3) Right verticle punch to his solar plexus as you pivot counter clockwise for more torque power.



- 4) Left back knuckle to his nose with . . .
- 5) Simultaneous right knee to his soft belly



- 6) Right reverse punch to his solar plexus
- 7) As your right foot comes down it scrapes his left inner leg.



8) Then left chop to throat



9) and finishes up with a right reverse punch to his head.



Five Swords of China

The opponent throws a right straight punch at your head.

Your weight is centered on your left foot. You are in a non-assuming stance. Your right foot is slightly ahead of your left foot.



Right inward open hand block to his inner right wrist.
 Center down, and exhale for more power.



- 2) Step right foot in to 12:00 as you . . .
- 3) Check his right punch with your left palm
- 4) With a simultaneous right outward 45° chop to the right side of his neck



5) Pivot clockwise and execute a left palm strike to his right mandible



- 6) Pivot counter clockwise and . . .
- 7) Execute a right up-set verticle punch to his solar plexus.



- 8) Adjust your weight forward over your right foot as . . .
- 9) You execute a left outward chop to his thyroid sheath



10) Pivot slightly counter clockwise and execute a right inward chop to the nerve cavity at the base of the left occipatal plate.



11) Left foot step-drag out and on-guard.

Walking the Limb

Walking the limb is a total set-up to the opposition's mind.

You know he's going to hit you. You know he's got friends.

You realize that if you don't start first . . . you might not be able to start at all.

It's called THE ANTICIPATORY ATTACK MODE.

You have to get him before he gets you.

So you break his timing.

You break his timing by deception . . .

You PRETEND that you don't want trouble.

Use the proper placating body language, words and tonal qualities.

Then . . . when he thinks you're a weak sniviling coward, but he still wants to eat you alive whether you'll fight back or not, you look at his right hand and extend your own hand to shake it. Like you want to shake his hand in friendship.

This handshake mode is a subconscious trigger that works on everyone in the Educated world.



He will have to do the following response.

When he is caught unawares, by surprise, he'll have to react on a subconscious level by putting his right hand forward also.

JUST A SIDE NOTE HERE: This technique is a CONFUSION TECHNIQUE used by Master Hypnotherapists to send their clients IMMEDIATELY into a trance state.

The same thing will happen on the street.

Your opponent's previous handshake conditioning will cause him to go into a state of confusion and his attack mode state will disappear from his mind for a few seconds.

While his emotional content is nulled out, that's when you attack. He is mentally blind and can do nothing about it.

Now for the rest of the technique.

As he reaches for your extended right hand . . .

- 1) Step forward with your left foot . . .
- 2) And slap parry his right hand down and away from you . . .



3) And snap that right back knuckle up to his temple



(turn to next page)

4) Now, left palm hit to the right side of his head



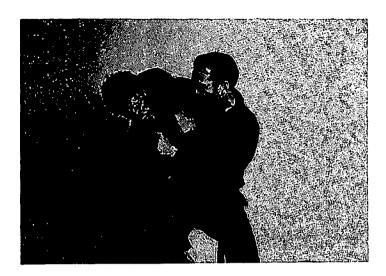
5) Then execute a right web hand to his throat, thyroid sheath area . . .



6) And follow up with a left outward chop to his throat which cuts through his neck and . . .



- 7) Ends up with a grab to his right shoulder
- 8) As you step in with your right foot and . . .
- 9) Right fore-elbow to his left jaw.



You'll also note, the SPEED comes from the flow of movement. SPEED comes from the non-stop of the momentum.

The above confusion technique <u>does not</u> have to end in hurting the opposition. It can easily be used in <u>diverting</u> the opposition and while his mind is diverted you can put <u>anything</u> you want into the vacant hole of his brain.

Let me tell you another story. I was at a truck stop in Redding eating a bowl of chile when this truck driver comes up and starts harassing me.

Him and a couple of his buddies were behind me in a booth and I was sitting at the counter.

He asked me where I was from.

I replied, "Idaho."

He looked at his friends, then laughed. He then turned back to me. "I heard you guys from Idaho are real tough. Is that true?

By then I'd finished my chili. I stood up, looked him in the eye, dropped my gaze to his right hand and <u>smiled</u> as I extended my hand towards him.

 $\underline{\text{As}}$ we shook hands, I replied, "That's not the way I heard it. They way I heard it is that California grew a tough crop of men."

As I shook his hand up and down hard, I continued with, "Glad to meet you. My name's CRAZY JACK, What's yours?"

Dumbfounded he mumbled, "Bill."

I said, "Goodby Bill." Then turned around, paid my bill and walked out of there.

All three of them stared at me as I drove off.

The poor dude didn't even know what had hit him.

This is what I did. I changed his state of being a Red Necked truck driving nerd to being a nice guy by doing seven (7) things.

- 1. I smiled. A smile is a trigger mechanism for a positive mood.
- 2. I shook his hand in friendship. I did the handshake right. It was a strong, firm grip with a powerful up and down motion.
- 3. I complimented the state he lived in.
- 4. I complimented him by stating he was a "man".
- 5. I shared with him my name not a pussy weak name, but a name that would make him think twice about trying to kick my ass. I told him I was "Crazy Jack".

All of a sudden he was facing an unknown quality and most people fear to approach the unknown.

6. I then asked and got his name.

Because I had his name we were no longer strangers and it would be much harder for him and his buddies to crowd me.

I was no longer the nerd from out-of-state with the tatoos and the hairy face.

7. After I had programmed him I broke state and vacated the premises.

The poor guys never knew what had hit them.

P.S. There are lots of Bad Guys out there that know how to smile also.

I've even heard of some biker guys that are real friendly when they see a new citizen on a new Harley.

If you didn't know it before, bikers love Harleys.

Imagine the following scene. Average Joe Citizen goes down to a Harley shop and buys himself a real motorcycle.

Average Joe takes the new bike out for a spin. While on the spin he meets this real nice biker type guy. This biker is not like the bikers he has heard about.

No. This biker is different. So they talk about bikes. They talk about women. They get together and drink a bit and have lots of fun.

By the time Joe and the biker are through having fun, the biker knows Joe's name. The biker knows Joe's address. The biker knows about Joe's wife and kids. The biker knows where Joe works and lives. In fact the biker knows so much about Joe that he'll have no problem at all in ripping off Joe's brand new Harley in a couple of weeks . . . after Joe has forgotten about him.

Not only bikers use the "smile" and get information technique.

Cops use it also.

So do top-notch salesmen.

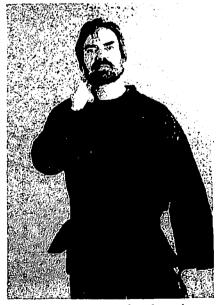
Guess what? Now you, a top-notch martial arts athlete can use it also.

Try a smile out the next time you spar someone that's good. Get out there. Move around. When he looks you in the eye, pretend to relax and smile at him.

He will automatically go into a state of confusion - into a mental lag time. His aggression will melt a little.

Then, just blast through him with a zero perception back knuckle. He won't even see it coming because he was inside his head wondering why you were smiling.

If Chucky could use the "good guy", slap-'um on the back routine to explode to stardom, so can you.



Dr. La Tourrette in a non-assuming deceptive stance. Notice the fighting chain concealed in his right hand. The tactics are only valid when the opposition is unaware of them.



Master Ed Parker congratulating author LaTourrette on his best selling book, "Mental Training of a Warrior".

China Cobra

You are standing in a centered non-assuming stance, your right foot is six inches in advance of your left foot.

The opponent steps in with his left foot and throws a right round house punch at your head.

So you . . .

1) Do a right inward block to his right inner fore-arm.



2) Then a right finger rake across his eyes . . .



3) Ending up as a right outward fore-arm block to his left round house punch



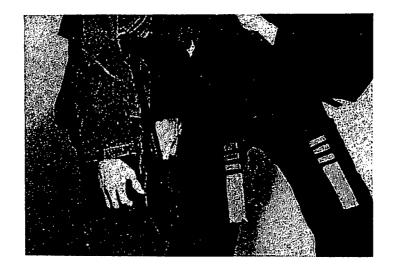
- 4) With simultaneous left four finger spear to his eyes
- 5) Cup the right side of his face with your left hand
- 6) Right elbow smash to left cheek



- 7) Dropping down into right hammerfist blow to groin
- 8) With simultaneous left finger poke to eyes



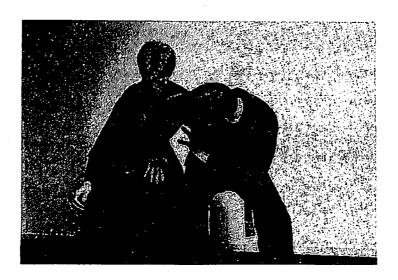
9) Grab groin with right hand



- 10) Tear groin with right hand as . . .
- 11) You pop right elbow to bottom of jaw
- 12) With simultaneous left palm strike to top of pubic bone



13) Right palm strike to top of pubic bone





THE "FIGHTING CHANCE" PHILOSOPHY OF THE KENPO KARATE PRACTITIONER

"We don't want to be mean, but if there is an occasion to be mean, its nice to know how to do it."

John M. La Tourrette

Kenpo's philosophy can best be described by LaTourrette's Combat Creed, Otaki's Kenpo Creed, and the explanation of the greeting and the philosophical meanings behind each movement.

The Kenpo Creed written by Benny Otaki, a student of Tak Kubota, has been picked up and used by Otaki's one time instructor, Ed Parker.

Kenpo Creed

"I come to you with only karate, empty hands. I have no weapons but should I be forced to defend myself, my principles, or my honor, should it be a matter of life or death, of right or wrong, then here are my weapons, Karate, my empty hands."

Benny Otaki

The Self-Defense Creed written by Sr. Black Belt Instructor John M. LaTourrette, explains the above philosophy even further:

Self-Defense Creed

I believe the right of personal defense exists. If I am forced to defend myself, my loved ones or my country, should I be attacked or have my principles violated, then I am ready, willing and prepared to defend myself with my natural weapons, the law of the fist and the way of the empty hand. This way, controlled by the mind, is a skillful weapon that can subdue, overpower or kill, depending on the forced combat situation. I will agressively react to any infringement on my God given rights with speed, ruthlessness and precision. This is the way of Kenpo Karate, the law of the fist.

Dr. John M. LaTourrette 8th Degree Black Belt American International Karate Kung-fu Association

Drop and Chop

This next technique, DROP AND CHOP, is for a man at your right side.

He is grabbing your right shoulder with his left hand as he gets ready to punch you with his right fist.

DON'T EVEN THINK ABOUT BLOCKING the punch.

The punch is coming in way too slow. Why waste your time?



Just bend your knees and . . .

- 1) Step your right foot towards him as . . .
- 2) You execute a right chop to his throat . . .



- 3) As your foot is coming down,
- 4) Execute a right hammerfist blow to his groin.



Do not do the classical timing method of hitting as your foot comes to the ground. Your hands are much faster than that one step.

Any SPEED TRAINING ATHLETE can get off at least three hits during that time of one step.

ETIQUETTE OF THE WARRIOR

"Looked at in friendly intercourse with superior men, you make your countenance harmonious and mild, anxious not to do anything wrong.

Looked at in your chamber, you ought to be equally free from shame before the light which shines in.

Do not say, this place is not public, no one can see me here..."

She King

Seven Hands of China

This technique SEVEN HANDS OF CHINA is a total attack technique. There are two times when you can use it.

- To catch the opponent off guard by surprise, and . . .
- To stop-time him when he attacks you with an elongated punch that has tremendous amounts of wasted movement and telegraphed movement.

You are centered, in a right foot forward non-assuming stance, hands clasped infront of your own chin in a thinking position.

As the opponent steps towards you . . . Cocking his hand to hit you . . .

- You step into him with your right foot and . . .
- 2) Execute a right outward chop to his neck
- 3) Pivot clockwise and perform a left palm strike to his right jaw
- 4) Pivot counter clockwise and hit him in the solar plexus with your right verticle punch
- 5) left outward chop to his thyroid sheath
- 6) Right inward chop to the left side of his neck
- 7) Left back knuckle to his philtrum
- 8) Right back knuckle to his left eye

LaTourrette's 14 Tactical Rules of Speed Fighting

- Know yourself, your karate style and specifically, what that style does for you.
- 2. Practice is the BEST of all instructors.
- 3. The more you sweat in training, the less you hurt in a fight.
- 4. Never DUEL, or fight on equal footing.
- 5. Stay alert under stress.
- 6. Keep your eyes on the opposition.
- 7. Know your eight (8) combat directions.
- 8. Train your best side and your best technique first, then train the other side for a back-up. Then train in automatic sequences.
- 9. Attack is the BEST DEFENSE. Then counter-attack. We never adopt the DEFENSIVE ATTITUDE.
- 10. Go for the TARGETS that STOP him.
- 11. Always use a FULL COURSE MEAL ATTACK plan.
- 12. Use yells when attacking and counter-attacking.
- 13. Use surprise, not bluff.
- 14. Learn an inner and outer attitude of "I'm good!"
 "I train hard!" "I win any street encounter!"

TACTIC #1. Know yourself, your style, and specifically what your style is for. Your understanding gives you faith.

American SPEED FIGHTING as taught by the American International Karate Kung-Fu Schools of Self-defense is a self-defense system FIRST, then, SECONDLY a sport karate system.

The tactics, strategies, master keys, training and thought processes are different in self-defense vs. sport.

Our first five ranks, White belt, Gold belt, Yellow belt, Red belt, and Orange belt are self-defense proficiency ranks, NOT TOURNAMENT KARATE RANKS.

The primary underlying reason people start karate, in almost $\frac{\text{all}}{\text{Bad}}$ cases, is self-defense. People want to be able to kick the $\frac{\text{Bad}}{\text{Bad}}$ Guy's butt if he or his buddies come up to them and try and kick the snot out of him.

For most untrained people, it takes a minimum of six months to twelve months to acquire the self-defense proficency . . . if

the training is done right.

By this I mean the proper sequence of private lessons, small group lessons, under thirty people, and practical eye-ball to eye-ball light contact (supervised) sparring.

This physical training should be spiced with book, written manuals, videos, and lectures on tactics and strategies.

These training aids help wire in the conscious logical mind that asks, "How? When? Where? Why? and, What if?, to the subconscious physical sensations of how-to-actually perform each specific basic automatically.

After a person, through SPEED TRAINING, gets the self-defense needs taken care of, bordom sets in. The student starts looking for, and needs other skills to do if he's going to remain a student of the martial arts.

At that time add more Budo, versus Bugei type of karate. Focus on precision, then form precision, then sparring competition, and then weapon's precision.

TACTIC #2. PRACTICE IS THE BEST OF ALL INSTRUCTORS. You need to practice a basic 3,000 to 5,000 times to wire it into the subconscious mind . . . unless you use self-hypnosis, or some other form of Alpha-Theta brain wave SUPER LEARNING.

TACTIC #3. The more you sweat in training, the less you hurt during a fight. The Boy's Scout motto is BE PREPARED. Your mental preparedness is necessary, but without the appropriate physical training, you might be a loser in a fight.

One of my students is a weight lifter. He's very strong, about twice as strong as I am. But he can't even last a two minute sparring match without huffing, puffing, dropping his guard, and losing his fighting spirit because of exhaustion. Exhaustion caused by improper training methods.

Another of my students is a woman. She runs three miles daily and trains at karate three days a week.

Several months ago she was riding her bicycle in downtown Colorado Springs. She was hit by a car and tossed thirty feet.

Later, in the hospital emergency room, the examining doctor couldn't hide his amazement. The young lady suffered from deep massive bruising, but there were no broken bones.

Her physical conditioning had so strengthened her muscles, ligaments, and bone structure that what would normally be a cripplying accident, was to her only a minor inconvenience.

TACTIC #4. Never duel, or fight on equal footing. A fight is not a sporting event. In a real fight, there are no rules. You have already gone 60% of the way in trying to avoid the fight. Now your outcome is to stop him. So:

1. Be unfair

- 2. Be ruthless Don't stop, go the full course
- 3. Be deceptive
- 4. Use a weapon if you have to, to perserve your safety.

Remember that the Bad Guys have different thinking patterns than you or me. In their minds there is no wrongness to their action. The thug actually depends on his victim's goodygoody thinking for his aggressive success.

- a. Normal people can't fight back
- b. Normal people do nothing
- c. Normal people are all talk. They might only verbally protest
- d. Normal people might run if they are not frozen in fear
- e. Normal people might push his hand aside as they verbally protest.

When you try and engage the Bad Guy on equal footing, it only gives him:

- 1. The advantage of initial response
- 2. The indirect determinator of "how" it will be fought
- 3. The determinator of "where" it will be fought

Here is a Master Key. Never let any trouble maker set the terms for a showdown. If you do, he will have all the advantages.

TACTIC #5. Stay alert under stress. People in a fight situation tend to turn their senses inward. They do self-talk. This self-talk is usually of a negative nature. Because it is negative, their stomach gets upset, their knees get weak, their bowels loosen and they sometimes deficate on themselves.

All this "inside" non-productive mental activity can be reprogrammed in advance with a kinesthetic trigger mechanism.

You can psychologically pre-train yourself so your mind becomes focused outward, and your intent is focused outward. You will then automatically upgrade your SPEED FIGHTING capabilities through the color-code-of-combat.

TACTIC #6. Keep your eyes on the opposition. Do Not look away, turn around, or drop your gaze. Watch his eyes and as soon as the action starts zoom your visual focal point past his head as you defocus and pull in his whole body with your peripheral vision.

Even though he's not any closer, now, because your visual perspective has changed, he seems closer.

Also - the zooming of your vision tends to automatically dissociate (continued on next page) 157

you from fear so you can react instantly from the state of NO MINDEDNESS, or what the Japanese Bushido call Mushim.

TACTIC #7. Know your eight combat directions. Be effective fighting to the front, side, and rear.

Make sure right and left hands and feet, all the natural weapons are trained. Even your weak side needs to be developed to a minimum degree of SPEED FIGHTING SELF-DEFENSE capabilities so it can be used as a back-up.

Practice with a minimum of three attacks so both sides are automatically conditioned.

TACTIC #8. Make sure your best technique is trained first. If you are right sided, get that side wired in first. A right punch, a right handed chop, a right handed palm fist, a right front kick.

Then, go for back-up training.

TACTIC #9. Attack is the best defense, IF you know trouble is coming and you can not avoid it.

Attack means you go forward, in a straight line.

The rule for attack is HIT, HIT, HIT, HIT!

When you can't attack first, you MUST IMMEDIATELY counter attack.

Rules for a successful counter attack are:

- 1. Evade
- 2. Neutralize the weapon. Remember Jeff Speakman in the movie the <u>Perfect Weapon</u>? Jeff punched the kicker's foot so the kicker couldn't kick any more.
- 3. Hit, hit, hit, hit.

TACTIC #10. Go for the targets that stop him. These are the primary center line targets. The effectiveness of these targets depends on the sobriety and emotions of you and your opponent.

- a. EYES Slows down everyone
- b. NOSE Messy distraction
- c. THROAT Stops everyone, but sometimes it takes a few minutes.
- d. SOLAR PLEXUS If confident of your own power, and you angle the hit for a vital organ, i.e. the heart.
- e. GROIN Good for sober, clean thugs
- f. BELLY Good target to hit on a drunk
- TACTIC #11. Full-course-meal-attack, appetizers, main course,

the desert, minimum of three hits, but can go more.

TACTIC #12. Use yells when attacking.

The following <u>all</u> learned to yell savagely when on the attack in hand-to-hand combat:

- Japanese Samurai
- 2. Green Berets
- 3. United States Marines
- 4. Filipino Berserkers

Why?

- a. Because sudden loud noises shocks humans and other living creatures.
- b. A scream diverts the opposition's mind from his original intent.
- c. A loud noise keeps him from being able to clearly interpret your actions.

He is reacting auditorily and emotionally, which STOPS him from seeing or doing.

d. A loud noise reverses the FEAR REACTION of your own body, and focuses your mind on attack rather than flight.

The yell, along with the abdomenal tightening must be done in training, or IT WON'T BE DONE IN A FIGHT!

TACTIC #13. Always use SURPRISE, not bluff.

HAIKAN - I conceal my treasure, the spirit of the warrior should be hidden <u>until</u> it needs to be used, either for psychological factors, or for actual encounters.

Do not tell your opponent you train. Let your self-confidence, eye contact, and body language speak for itself.

Beware of wearing symbols, jackets, patches and belt buckles that proclaim your martial arts skills to the world.

Why? Because some neanderthals just like to fight. And they like to fight people who give them a challenge. They will attack anyone who might be a threat to their position of power.

TACTIC #14. Learn an inner and outer attitude of "I'm good." "I train hard!" "Because of my training, I WIN any street encounter I get in."

Those athletes who prepare themselves by proper training . . . they know what to do when push comes to shove.

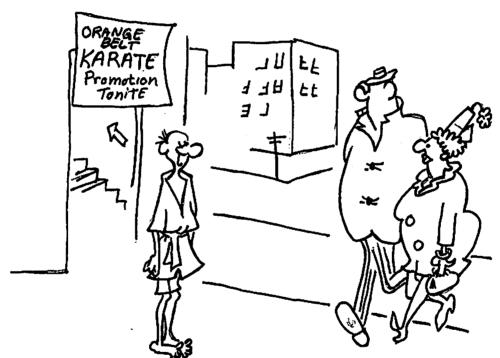
NO TRAINING causes you to hesitate.

When you practice, think, feel, and act fierce. Your actions will cause you to look like you're the type that should not be messed with.

Pretend that you are a Special Forces trained combat vet. This self-mind control will change how you appear to the outer world.

For some people, posture and bearing can do more to prevent an attack than anything else in the world.

The wrong posture, the weak, timid, walk-over-me look can actually trigger an attack from the Bad Guy.



"I'll be damned if you don't have the ugliest wife I ever saw."

INSIDE SECRETS

Let me tell you more . . .

SECTION #19 The Speed Fighter's Secrets of Active Defense

Listen up. There are two very important MENTAL WEAKNESSES that must be covered with regard to practical STREET SPEED FIGHTING.

You see, many karate schools (I've been guilty of this one also) teach their students that they are FAR SUPERIOR to any street person and belittles and ignores any of the street person's lethal skills, strengths, and attitudes of "no mercy."

As a result of belittling the street fighter's skills, many trained black belts suffer defeat, severe injury, or death just because they did not know the enemy!

On the other hand, many Goody Goody karate instructors teach their students to be terrified of the street fighter. These sensei's teach their diciples to run, or to give up, or to ask for mercy.

So, many black belts get their butts kicked because they do two (2) things:

- 1. They greatly OVER-ESTIMATE the street fighter and . . .
- 2. They greatly UNDER-ESTIMATE their own strengths.

Because of these false beliefs these black belts choose a policy of running away and totally disarm themselves mentally in the matter of self-defense.

This type of an unwarranted cowardice policy causes them a loss of self-esteem, a lack of self-confidence, and a total feeling of "no control." They are unable to protect themselves, their loved ones, their personal space, or their own personal property.

Let me tell you a story about Classical karate "expert" George. This "expert" doesn't teach sparring because <u>he</u> feels sparring teaches a "bad" attitude.

This "expert" doesn't teach self-defense for the street because he feels self-defense also teaches a "bad" attitude.

When I hear this, my next question was, "What does Mr. George Coward teach anyway?"

According to Mr. "DAD", the father of JUNIOR, Mr. Coward teaches how-to-block spit. It seems like JUNIOR had another class mate spit on him at school one day. He was concerned about it and went to Sensei Coward for advice. Sensei Coward told him that he was NEVER EVER TO USE HIS DEADLY SKILLS OF "CLASSICAL" KARATE FOR ANY REASON WHAT-SO-EVER. Instead, JUNIOR was to learn how-to-block spit.

Yes, buckwheat, Sensei George Coward believes there is NEVER a reason to resort to any type of physical "knuckles against

teeth" technique . . . EVER!

How would you like to have your kid taking "self-defense" from this sissy? We'd soon turn into a nation of panseys.

Then there are other FEAR STRICKEN instructors that teach a skill called PASSIVE DEFENSE.

PASSIVE DEFENSE strategy is normally caused by FEAR OF THE LEGAL CONSEQUENCES when you are in a street fight.

These experts feel that they must fight only from a defensive position and never attack nor counter-attack. This type of mentality is an error in a fight, and this attitude of conservatism will end-up in their defeat.

Remember, It's better to be judged by twelve, than carried by six.

Then there is the Golden Rule. Those who have all the Gold, They make all the rules!

For those who are afraid of the legel ramifications of walking tall, I suggest you get the video, SECRETS OF WEAPON'S DEVASTATION. In that video there are precise tactics on what to do and what to say to the cops after you've defeated the Bad Guy.

In my opinion only a madman would adopt a PASSIVE DEFENSE strategy. These madmen are hallucinating that such a poor strategy could work against anyone, let alone someone that really wants to get you.

For SPEED FIGHTING I favor two methos of street fighting. The first one is called STRATEGIC OFFENSIVE ATTACK mode. The second one is called ACTIVE DEFENSE (counter-offensive) ATTACK MODE.

Both of these strategies come from a heightened sense of external awareness. Only by doing something I call external awareness can you instantly know which tactic to adopt to win by. This where the skill and brains to read the opponent must be installed.

You should know that many street fighter operate from a position of brawn and bull-shit. This untrained, but powerful majority can easily be overwhelmed with a simple deceptive set-up, then hit with a surprise SPEED ATTACK. They will have no defense.

They will not be capable of any type of physical retaliation.

They are totally defeated, with no mercy, before they knew they were the sheep, NOT THE WOLF.

Guys, these street fighters suffer from the mental weakness of under-estimating their opposition. So . . . when you play the part . . . you can zap them time and time again while their brain has been neutralized by your first PEARL HARBOR attack.

If you desire more details on this type of speed attack,

I suggest you get the videos SPEED ATTACK and STREET SPEED KILL. These videos gives specific details and show how-to-do them from a deceptive combat mode.

One thing you should think about. This first-strike attack is more difficult, thought not impossible, to defens against in a court of law. Deception and a well thought out set-up must be used on your part, or you might incorrectly appear to be the Bad Guy.

Sometimes, if you use the above approach, it might be better to be isolated from observers when a strategic offensive attack is used so it's your word against their's.

We <u>do not</u> suggest you should ever lie . . . but it is a wise and thoughtful athlete who presents the facts in a truthful way that covers your ass legally . . . just in case you ever must go to court. For example . . .

"Yes sir Judge. He said he was going to take my head off. Then he reached into his pocket ... I thought he was going for a weapon. Because I feared for my life I knew I had to STOP Him first. I'm sorry he got hurt . . . but when he came at me like that . . . I didn't know what else to do . . . "

In the eyes of the law the above type of truthful statement will put your part of the fight under the title of self-defense, and remove you from the criminal charge of assault and battery.

In my opinion the ACTIVE DEFENSE mode is the BEST strategy to use to cover your ass physically and legally. Unfortunately, anytime you fight with two goals in mind, physical self-defense vs. legal self-defense, you will have a division of thought processes because the same strategies are not suited for total defeat of the Bad Guy.

So. How do I teach ACTIVE DEFENSE? Good question.

I have eleven SPEED FIGHTING specifics you need to follow:

- 1. You, as a speed fighter, must understand your own weaknesses and your own fighting strengths.
- 2. You must understand the opponent's weaknesses and strengths.
- 3. You must never fight from a defensive posture. It will cause you to lose control of the situation. With the loss of self-control comes the automatic loss of self-confidence and personal pride.
- 4. You must then arrange the fight so you attack his weaknesses from the position of your strengths.
- 5. Using a defensive tactic as a lulling effect on the other fighter. But then you must attack before the enemy is aware of what you are doing and has no chance to

retain or recover his position of power.

- 6. You must not under-estimate the opposition's abilities.
- 7. You must not over-estimate the opposition's abilities.
- 8. If locked in battle with a foe that is obviously superior in ability, staying outside of his attacking set-point (also called reactionary gap) allows you to make best use of alternating the defensive position and offensive attack position. You must have the wisdom to choose correctly between the two.
- 9. A wise fighter will always prepare himself in advance. This means keeping his body trained. This means keeping his mind sharp. This means keeping his weapons ready.
- 10. A wise fighter will always attack from a position of deception. This means . . .
 - a. hide your real intent
 - b. hide your real skill level
 - c. never telegraph your attact
- 11. Winning a fight depends on courage. A tired man has little courage.

A bored man has little intent.

So . . . if your opponent is stronger, use a defensive tactic until he is tired, or bored.

His attention will wander, his enthusiasm will be gone. That's the time to hit his weak spot with your strongest weapon.

Hunter Mentality



How to Eat an Elephant

The following is very profound . . . so pay attention.

MORE WILL BE ACCOMPLISHED THROUGH <u>ACTION</u> THAN WILL EVER BE ACCOMPLISHED THROUGH MEDITATION!

The above statement does not mean, "Don't use your mind!"

It does mean you must carry out in action what your mind conceives of in meditation.

Listen up.

This next step is very important. This next step is called,

"THE HABIT OF SUCCESS!"

When you start SPEED TRAINING, don't tear off more than you can easily chew. Gradualness is one of the Master Keys to SPEED HITTING.

Remember that weight-lifters start with weights they can lift. Then, gradually they increase the weights over a period of time.

The principle is simply to start with a TRAINING GOAL over which you can succeed . . . then gradually train on more and more difficult tasks.

Martial Arts athletes who $\underline{\text{fail}}$ in SPEED HITTING do so because they didn't start with simple enough drills where they could have succeeded.

So start with drills where you can succeed, and, at the same time instill the concept of <u>correct</u> physical Master Keys that will lead to speed.

These small successes will instill in the athlete the "feel of success" which will give us faith and confidence in undertaking "advanced" SPEED TRAINING drills.

Every once in a while some brain dead nerd telephones me and says something dumb like, "Speed training doesn't work!"

After some specific questions I find out that he'd neglected all the pre-requiste drills because he was already a black belt in some other style of karate, a style that doesn't know one damn thing about hitting fast. Usually the creep is so backwards that he's still throwing lock-out punches, AND REALLY BELIEVES THEY ARE FAST. So. He doesn't even know one speed master key.

So. This brain dead STUPID black belt jumps right in and try to do the MEAT GRINDER SPEED DRILL . . . a technique that a qualified expert can score more than eleven hits in one second with.

Unfortunately the above nerd <u>is not close</u> to qualified. (turn to next page) 165

So . . . in his attempt at SPEED he resembles a spastic trying to run the fifty yard dash against Jim Ryan. He's like a new born baby that craps all over himself and thinks he found some new type of clay to play with.

This nerd needs to arrange his training so he can succeed in small chunks. Let him acquire hand speed first with a simple specific technique like the CONTOUR SUN punch.

Once the contour sun punch is ingrained slowly, remembering to pay particular attention to all the specific Master Keys . . .

Things like . . .

- Relaxed hand
- 2. Thumb on forefinger
- 3. Elbow on proper rib placement
- 4. 45° angle of upper torso
- 5. Inclination of body
- 6. Alignment of hand with target for zero perception
- 7. Syntax of hand first, body follows
- 8. Exact breathing for shooting and reloading
- 9. Angle of return fold for circular flow hitting
- 10. Jovial focus of eyes for intent
- 11. Peripheral focus of eyes for extended awareness
- 12. Looking through the roots of the eyes for aggression
- 13. Looking through target (defocused vision) for impact point penetration
- 14. Plus all the rest . . .

Then wire in step two of practicing the technique with the specific closing gap necessary to make the technique work.

For example, now drill on the push-step closing gap. After the push-step closing gap is wired in, then <u>add</u> the contour sun punch to it.

Now drill on the push-step, rear crossover closing gap. After you've wired it in, then add the contour sun punch to it.

By arranging your training so that you can succeed in little things, you are building an atmosphere of success which will carry over into larger undertakings . . . things like hitting him with it before he can blink an eye.

You then gradually undertake more difficult tasks, and after succeeding in them, then you go on to even more challenging SPEED DRILLS.

THIS IS IMPORTANT: SPEED SUCCESS is literally built upon previous success . . . and that success is a "flow" of integrating previous SPEED SUCCESSES.

Even in those karate attack areas where we've already developed a high degree of SPEED it really helps to slow down a bit and make sure we re-integrate the "flow" so we go through the practice with a feeling of ease.

This "flow" training is especially true when you reach a "blockage" in progress, where no matter how hard you try . . . you can't seem to get any faster.

WARNING!

If you continue to try to go through this blockage with just "trying harder" you might develop feelings of failure. Symptoms of "feelings of failure" are things like strain, stress, difficulty, muschle tightness, and worry.

Now listen up. We <u>all</u> have these blockages. The Master Key to exploding through them so you can go through them is simple.

Just slow the technique down to the level that you have control of all the elements . . . about ½ of normal FULL SPEED.

Whenever I have an athlete that reaches a plateau, when farther increases in SPEED seem impossible for him, I have him practice "easy hitting" for awhile. I start them on easier drills for awhile, until his "flow" is back . . . Then I have him go back to the difficult drill, but at about only 93% of his full speed. In this method of SPEED TRAINING he can integrate the individual parts correctly for FULL SPEED.

I also make darn sure he uses his MENTAL TRAINING SKILLS appropriately with his physical training drills.

One side note here before I continue.

If those people around you have NEGATIVE FEELINGS about your training . . . YOU WILL PICK THOSE NEGATIVE FEELINGS UP ON A SUBCONSCIOUS LEVEL and they WILL AFFECT your speed training in a negative, detrimental way . . . unless you've been prepared psychologically and emotionally to deal with it.

Putting it bluntly, negative suggestions, distractions, expressions of disbelief on the part of any onlookers, will have a decided ADVERSE EFFECT upon your skill level.

On the other hand, PRAISE, ENCOURAGEMENT and "pulling for" the the athlete nearly always causes him to perform better, faster, and with more POWER.

Guess what guys -- There's probably not one karate instructor in the whole world that wants you to succeed with SPEED TRAINING . . .

because when you do . . . YOU'LL BE BETTER THAN THEY ARE!

I've countless horror stories of where athletes have practiced SPEED SKILLS, then went down to the local "dojo" and been told by their Sensei, or Sifu, or Son Seng Nim that SPEED TRAINING won't work because . . .

Their becauses range all the way from being WEAK, FLASH, AND TRASHY... At least some of these classical people are honest enough to tell the truth, i.e., "SPEED TRAINING is not a part of OUR SYSTEM, SO YOU are not allowed to practice that STUFF."

My suggestion to you is to take such negative suggestions as "challenges" and perform SPEED HITTING even better.

The more LIP those old fashioned negative "experts" give you, the more determined to succeed you should become. Always react in an aggressive, positive manner to the "negative advice" that comes from others. Stir yourself up to a high level of intensity and use their narrow mindedness as a convenient trigger mechanism to throw yourself into SPEED TRAINING with enthusiasm.



There are no Marquis of Queensbury rules when a man attacks you with a knife. Guard well and attack with full intent and you will come out the winner.

There is No Justice, There is Only Power!

Guess What?

It really doesn't matter how good you are at karate, or even if you can hit a man ll times or more in one second or less . . . because if you look like a whimp . . .

- . . . if you look like a weak pencil necked jerk . . .
- . . . some wise guy is going to push you around just to be pushing you around!

, You see . . .

"THERE IS NO JUSTICE, THERE IS ONLY POWER!"

Let me say that again. "There is no justice, there is only power," and when push comes to shove we are talking about physical power, or perceived physical power.

When you look strong, people respect you. People don't mess with strong looking people!

PERIOD!

You see friend, when you have a fat, sloppy, or skinny and weak body, you are broadcasting to the world that you lack self-respect. If you lack in self-respect, then others won't respect you either.

There is a animal out there on the streets that loves to prey on weak or helpless people. That's because street people in general have very little sympathy for a weakling.

No one respects a scared wimp.

When you act like a pussy you irritate everyone else around you.

When you act defensively, you are sending out signals and those signals are saying, "I'm scared. I'm a pussy. I'm vulnerable." And so on.

Now pay attention.

There are men out there just looking for guys like this to przy upon. You see, your defensive behavior invites . . .

"THEIR AGGRESSIVE ACTIONS!"

Remember this. If you walk through South Chicago looking like a baloney sandwich, some nerd is gonna try and take a bite out of you.

(continued on next page)

Okay. So now you're asking, "How do I change from a baloney sandwich to something tough and hard to swallow?

The answer is easy.

Concentrate on developing your arms.

Just spend enough time to develop strong, muscular arms. Where the bicepts ripple and you have definite development of muscle tone. Just having big, toned arms will keep you out of a lot of trouble.

You see, most street animals, when it comes to picking their victims, are very practical . . . They don't want to bite someone they think is going to bite back.

Let's face it.

If a couple of guys decide to go to the park and mug somebody, they aren't going to pick on some big gnarly looking guy; no, they will go after the victim who looks like easy pickings.

They are looking for the pussy. The slob on the defensive. The whimp with the toothpick arms. The drunk who can't even walk straight. Or the pacifist who relys on someone else's strength and compassion, and believes in turning the other cheek.

You know what?

When you develop your own strength, you also develop your own courage. Even if you are the same height and weight as someone else, the street puke will still be able to see who is the toughest.

You see, when you "get tough" not only does your appearance change; your signals from your subconscious mind change also. The way you move. The way you hold yourself. And the manner you react to the way people approach you.

So, develop big, strong arms.

By the way. There are a few extra benefits from weight training besides "looking" tough.

First. Strong arms <u>are very attractive to women!</u> Women's sex glands start secreting when they see a lean and hard man walking tall with muscular arms.

Pay attention now. Notice I'm not talking about the exaggerated physical development of professional body builders. That physique repulses most women.

The best physique for a man to attract women is lean and hard with strong muscular arms . . . but not a bulging exaggerated weight-lifter's body.

Guess what?

It's also damn useful as a karate athlete to be strong.

Before I go on, there's one point that I must clear up. There are still quite a few narrow minded karate practitioners out in the world (many of them are instructors) who still believe that training with weight will make you tight, muscle bound, and would not allow you to execute properly the kicks, blocks, and punches in your style.

Listen closely now -

It just plain aren't so! Those idiots are dead wrong.

Let me tell you what it really does for you. It does . . .

- 1. Improve your SPEED OF MOVEMENT when done correctly
- 2. Gives you BETTER HEALTH
- 3. Gives you a LONGER LIFE
- 4. ALLEVIATES DEPRESSION in you
- 5. Improves your ABILITY TO CONCENTRATE
- Increases your STAMINA in ALL physical activities, even SEX
- 7. Helps you rid your body of undesirable FAT
- 8. Increases the SUPPLY OF BLOOD to your brain which enables you to . . .
- 9. THINK MORE CLEARLY
- 10. Gives you a better PERSONAL MENTAL IMAGE
- 11. Gives you ADDED PERSONAL CONFIDENCE
- 12. Gives you a STRONGER MENTAL IMPACT on friends and associates
- 13. You become an object of ENVY and ADMIRATION
- 14. And, no one, no one messes with a STRONG MAN



SECTION #22 Speed Kicking: A Wise Man's Back-up for

A very large percentage of the fastest SPEED TECHNIQUES employ the hands . . . not the feet.

This is because the hands are faster than the feet. 120 MPH versus 70 MPH. And, you can be using BOTH HANDS at the same time while your feet are doing their job of closing the gap, knee checking, keeping your balance, or shifting the body line.

But . . .

There are ways of kicking faster and better and more deceptively. It's also hard to pick up these SPEED concepts from printed words, pictures, or line drawings.

That's the reason I've put out two videos on SPEED KICKING, also one book, and one large training manual on leg flexibility.

Anyway.

There are literally hundreds of different kicks. All these hundreds of kicks do have some practical function somewhere, BUT NOT FOR SPEED.

In weaponless combat, kicks are your first line of defense.

The leg is longer than the arm, so keep him further than arms length from you until you close the reactionary gap.

Kicks are a necessary ingredient because of the added variety they give your natural weapon's arsenal.

Kicks increase your hit zone range, and POWER, with very few drawbacks.

Kicking's only drawback is that it must be practiced regularly, or the SPEED and EXECU-TION will be non-functional.

The untrained kicker's legs are approximately five times slower than his untrained hands. With practice, a kicker can increase his leg speed so it is one-half the speed of his trained hands.

The important thing to remember is that trained feet are two to three times FASTER than the hands of a semi-trained, or untrained opponent. This speed is adequate for street fighting, and for tournament fighting.

17 REASONS WHY YOU SHOULD LEARN KICKING

Kicking is learned, practiced then mastered for the following reasons:

- 1. Kicking is your FIRST line of defense and attack. The feet are approximately 1.35 times longer than the arms.
 - 1. Most STREET PEOPLE rely on the use of their arms. These

opponents know little about feet, reach, power, deception or flexibility.

3. Kicking is the MOST POWERFUL WEAPON we have. The leg is approximately eleven times more powerful than the arm.

With proper use you can STOP your opponent at long range without endangering your own safety. A well executed side snap can stop an opponent's knee with 40 to 70 pounds of sudden pressure before he knows what hit him.

A strong well placed kick will penetrate your opponent's block, or smash the block into the target. This power in turn creates valid target areas out of normally non-valid target areas, like the shoulders, blocking arms, hips and thighs.

4. Kicks are the small/light man's equalizer and the big heavy man's SECRET weapon.

Most fighters fight at hand's distance and if you make them think you are slow, the first hard kick will blast through their defenses every time.

5. Kicking maintaines maneuverability, the prime tactic of guerrilla warfare.

Hit them, then fade out of range. Never stand still.

Hands-only-people, like boxers and wrestlers, know nothing about vulnerable targets like the groin and knees.

6. Kicking adds the element of SURPRISE to the fight. It creates confusion and fear in the opponent's brain.

They worry about what you're going to do to them next, instead of what they are going to do to you next.

7. Kicking is the best "dirty fighting" weapon you have.

Your feet easily reach <u>all</u> of the LOW-LINE targets; shin, knee, groin, back of knee, top of foot, toes, etc., and are <u>still</u> extremely effective for striking the higher-line targets.

- 8. Kicking skills allow you to safely throw your hit zone completely around your opponent and hit him from any of the eight directions.
- 9. Kicking skills are necessary for defense against a gang attack Kicks can be executed to any direction which more than triples your fighting capabilities.
- 10. Kicks provide a weaponless defense against non-projectile weapons. Against a club or a knife.
 - 11. Kicking more than doubles your infighting abilities.

While your hands are SPEED HITTING upstairs, keep your feet busy downstairs. Scoop kick his groin. Side snap kick his knee. Leg check his movement.

12. Kicking is great for getting someone on the ground.

The best time to kick him is as he is trying to rise. He is competely vulnerable trying to put his feet under his body.

- 13. If you are a weapon's man (and I strongly advocate it), the feet can be used to augment the weapon. While he watches your knife, or your gun, or your stick, that's the time to catch him off-guard.
- 14. When knocked to the ground, kicking increases your zone of defense. When he gets in range, go for the low-range target.

As he backs off, or falls down, then regain your feet.

15. Kicking is good for non-deadly force.

REMEMBER, there are 5 immediate ways of stopping your opponent.

- a. Deadly force --- KILL HIM (I don't really advocate this)
- b. Eyes --- Stop him from seeing, then pick your target at will. (this measure is also very drastic and hard to live with)
- c. Throat --- Stop his breathing, then death follows (not a real choice either)
- d. Groin --- Sends him into convulsions and shock
- e. Knees --- Instantaneously stops his aggressiveness.

Getting kicked in the knee hurts like hell. The pain generally stops him from wanting to hit you any more.

Kicking is similar to the use of the baton carried by cops.

The baton is a functional weapon that gives the officer the edge. The police officer can choose how much pain he wants to inflict upon the Bad Guy.

It's the same with an expert SPEED KICKER. He can choose how much pain he wants to inflict upon the Bad Guy.

16. Kicking is an appetizer-destroying weapon.

These appetizers are the pain sensitive targets like fingers, hands, elbows, knees, shins.

Make him aware of pain, for pain is a dgeat deterrent to thought.

Hurt him and he'll be more concerned with running than with striking back.

17. Kicking will keep you healthy.

The Chinese state that, "as long as your legs stay in shape, the rest of your body will also remain in shape."

A SPEED KICKER never gets fat. The leg exercises alone will keep the lard from building up along his waist line and hanging over his black belt.

I still remember this one 10th degree FAT MAN telling me, "John, I used to be FAST. Then I took the "S" out and just became "FAT".

Okay.

Now I've gone over the reasons why you should kick.

The BEST KICKS for SPEED are the snap kicks. I'm talking about:

- 1. Lead foot front kicks
- Lead foot snap wheel kicks
- 3. and, lead leg snap side kicks

On all snap kicks the kicking knee is aimed PAST the chosen target, then the foot is snapped out and back.

A snap kick has four (4) parts:

- a. Proper kicking fold
- b. Outward striking motion
- c. Return to proper fold
- d. Return to centered, two-point balance.

This is important. Because of the extra distance, the REACTIONARY GAP is longer. It's easier for the opponent to see the foot attack.

This means (unless you are Bill Wallace) <u>all</u> kicks must be a surprise. To surprise him means:

- 1. Your CLOSING GAP must go unnoticed
- 2. Your kicking FOLD must be non-telegraphed
- 3. You must create a LAG-TIME distraction to keep his attention elsewhere.
- 4. Your kick must be QUICKLY and PROPERLY executed
- 5. You must ATTACK him from MENTAL AMBUSH without him knowing you have kicking ability.

Now your next question is, "How do I get close enough to kick him without him seeing me come?

The answer is simple. There are only eight CLOSING GAPS. Only three (3) are functional for SPEED KICKING:

These three are:

- 1. The BODY SHIFT
- 2. The SHUFFEL STEP
- 3. The COMBINED HOP attack

(for a more indepth study if needed I suggest you study pages 105 to 118 of the book SPEED KICKING)

The next IMPORTANT STEP in speed kicking is FLEXIBILITY TRAINING. There is a secret on how to be loose enough to kick him in the head without warming up first.

The secret is this; for leg quickness training, your karate stretching motions MUST BE SPECIFIC to the kicking motion required!

Yes.

Of course you need to do stationary and prone stretches.

Here I'm talking about dynamic stretches like front leg raises, side leg raises, and rear leg raises.

Then, you must do the STATIC STRETCHES, holding for 30 seconds, at the <u>end</u> of the training workout when the muscles and inner joint heat permits more looseness.

After that you need to do the ISOMETRIC AND HOLD exercises to build up proper hip and buttock strength for your new range of mobility . . . but these are only BASIC DEVELOPMENT MOVEMENTS.

They are not all the answers to speed kicking.

Before they are learned you need to concentrate 100% of your energy on their achievement.

After they've been mastered, you need to maintain the skill, but more flexibility IS NOT REQUIRED.

Then you need to go onto specific drills that are needed in the kick to be used.

Pay attention now.

If you are a lead leg kicker and you love to "jam" an inrushing opponent with that front thrust kick, then you need to
practice counter fighting from a NARROR STANCE where a rear leg
single point balance is easily achieved as you simultaneously
raise that lead leg's thigh up to your chest and thrust out with
your heel, as if you are wearing women's high heeled shoes and
are driving that shoe spike straight through them.

There is nothing more ridiculous than watching a karateist in a non-moving DEEP HORSE stance attempt to raise his lead leg and counter kick an on-rushing opponent.

First, the idiot must shift his weight back to his rear foot.

Then he must narrow his stance by moving his lead leg towards his rear leg.

Then he must try to get his thigh up on the attack line of aggression.

Then he must try and kick the guy.

These are just the physical movements required.

What about the three (3) mental movements?

What about REACTION TIME? Reaction time consists of the following three items:

- 1. You must SEE and UNDERSTAND the incoming opponent's attack
- 2. You must DECIDE what to do about the incoming opponent's attack
- 3. You must then CARRY OUT (execute) the PLAN developed in step #2.

These three (3) steps take a minimum of 6/10 on one second with the BEST TRAINED SPEED EXPERT.

A karateist who is not quick in mind, who is not quick in body, who is not quick in movement, will get run over every time.

Why?

Because the attack itself, IF NOT telegraphed, takes only 2/10 of one second. Action is much faster than reaction.

That's why the distance between the two fighters is called the REACTIONARY GAP.

If the other fighter is SPEED TRAINED and non-telegraphs his movements and is within your reactionary gap, he can hit you at will. You must be able to control his SET POINT and the gap between you.

Look guys. The following is very important. I base my entire training philosophy on it. Putting it real bluntly . . .

"LOSING SUCKS!"

Sure. When I'm in a tournament, I am out there to have fun.

Sure. I want to train and pit my skills against new opponents.

Sure. I know that when a person loses, he is really finding out, through competition, what he really needs to work on. It's called "getting an education."

Yes. I know that some "experts" state that it's not who wins

(continued on next page)

or loses that counts, it's how you play the game that counts.

Yep.

I've heard it all.

I don't agree with it. I'm out to win. If you train with me, I expect you to want to win also.

So. Everything I teach is to help YOU ACQUIRE THE WINNING EDGE. My teachings are not a philosophical teachings to help you get to heaven. If that's what you want from karate training, then you're reading the wrong book.

But, if you WANT TO WALK TALL and be a WINNER, then I'm writing this report specifically for you.

Now I'm gonna give you the FLEXIBILITY FORMULA for SPEED KICKING.

FIRST, there's the warm-up. This is usually two, four, and eight count jumping jacks, done from the balls of your feet.

Jumping rope is another excellent to raise your inner joint heat and bring on a light coating of sweat.

For the specific goal of "quick starts" the key is to concentrate on springing off the balls of your feet. There is nothing better for this than practicing fast dashes.

Next there's dynamic stretching. These are leg swings (front, side, and rear) that allow the karate expert MORE RANGE OF MOTION than will be required in the kicks he will be using.

And lastly, practice the EXACT COMPOUND CLOSING gaps, practice "hot rocks," practice mild bouncing, and practice QUICK BURST forward, backward and sideways which resemble the exact kicking movement that will come off that quick burst movement.

One way to make this workable and automatic is to practice the QUICK BURST reactionary gap movement with the PRECISE FOLD necessary for the kick and the angle of the kick to be executed.

Okay.

Now you have the QUICK BURST FORMULA. Let's give you some specific steps.

Let's start off with a simple lead leg front kick.

This kick is to STOP an in-rushing opponent. Usually the in-rushing opponent is coming in with a lead hand back knuckle, or with a back knuckle - reverse punch combination.

When you play your distance right (the set point) he'll have to use a two step closing gap to close the reactionary gap.

This gap gives you plenty of time to counter kick him before his attack lands, IF YOU PRACTICE THE FOLLOWING DRILLS.

IMPORTANT: These drills are easy to follow intellectually, but just knowing how-to-do them intellectually won't help you or your quickness one darn bit. You must wire these drills in through repetition, 3,000 to 5,000 , done over a period of time, following a specific training routine.

p.s. SPEED KICKING IS A SKILL THAT IS DIFFICULT to learn from a book. So I have produced two kicking videos (in addition to the one you received with this book), one kicking book, and a large training manual to help you see how the fastest kicks are practiced.

VIDEO #1. SPEED KICKING LEVEL 1 - \$59.95 + \$5.50 P&H

VIDEO #2. ADVANCED HARD CORE SPEED KICKING AND NERVE CAVITY STRIKES - \$59.95 + \$5.50 P&H

BOOK - SECRETS OF SPEED KICKING AND POWER KICKING \$14.95 + \$3.50 P&H

LARGE TRAINING MANUAL - FLEXIBILITY TRAINING FOR SPEED KICKING \$20.00 + \$3.50 P&H



MICHING IS AN ARI

Simplicity is the secret to kicking.





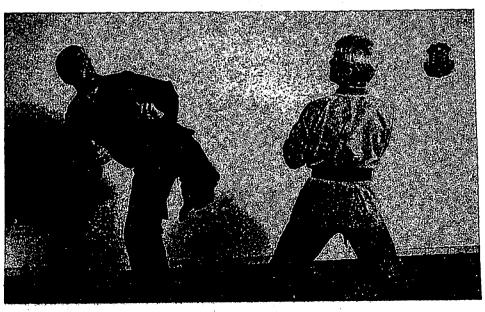


The journey of a thousand miles began with but a single step.

—Lao Tzu







REPLACEMENT

This is a quick shuffle off the rear foot to the former position of the front foot, as the front leg does a kicking attack. There is no initial hand motion to get his attention.

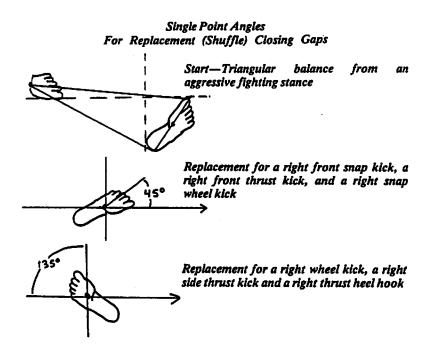
You are relying on speed and the element of surprise. This technique works well on all fighters; boxers, street fighters, kung fu practitioners, tournament champions. Anyone who is not aware that closing gaps can be executed quickly with a kick attack sequence.

Snap the rear foot to the front, while keeping a constant head height. Hide the closing movement of the rear leg behind the front leg.

Common telegraphed motions on the replacement closing gap

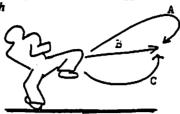
- 1. Hand reaching out motion
- 2. Head bobing up and down during transition
- 3. Body leaning forward
- 4. Closing from a stationary position (the closing gap will be less telegraphed if the legs and body are already in motion prior to the move)
- 5. Change of facial expression. Don't get that "I've got you", look in your eye. He might not know what you are doing, but he knows something is coming and might be able to do something about it. Forewarned is forearmed.

The best kicks from the replacement closing gap are: lead leg kicks like, front snap kick, front thrust kick, wheel kick, snap wheel kick, side thrust kick, and thrust-heel hook kick.

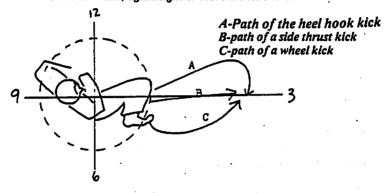


Deceptive Tight Fold

From that position you can kick your opponent anywhere on a 270 degree arch



A-the high kick has shortened reach of eight or more inches B-is maximum reach of side thrust kick C-the low kick, again eight or more inches shorter



OPPONENT'S POSITIONING

There are three basic stances your opponent can be using if you are standing in a left leg forward fighting stance:

- 1. The frontal wrestler's stance.
- 2. The open stance—His right leg is leading.
- 3. The closed stance—His left leg is leading.

WRESTLER'S STANCE



Targets available and kicks to use on straight line attack. point of chin—right front snap kick—or left front snap kick groin—right front snap kick—or left front snap kick throat—right front snap kick—or left front snap kick bladder—right front snap kick—or left front snap kick solar plexus—right front snap kick, or left front snap kick front left knee—left side thrust kick inner right knee—left instep wheel kick front right shin—left side thrust kick solf belly—left side thrust kick point of chin—left side thrust kick right temple—left instep wheel kick left temple—left heel hook kick left rib case—left instep wheel kick.

THE OPEN STANCE

His right leg is leading, your left leg is leading.

Targets available and kicks to use on straight line attack: right shin—left side thrust kick right calf—left instep wheel kick



THE CLOSED STANCE

His left leg is leading, your left leg is leading.

Targets available and kicks to use on straight line attack:

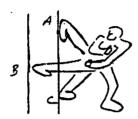
left shin—left side thrust kick
groin—left instep wheel kick
left knee (lateral)—left side thrust kick
belly—left ball wheel kick
left hand—left instep wheel kick
left short ribs—left side thrust kick
solar plexus—left front kick
right temple—left instep wheel kick
left back of knee—left heel hook
left kidney—left heel hook
left temple—left heel hook

OUTER RIM PRINCIPLE

Understanding the outer edge (rim) principle is necessary to know the maximum range of your kicks.

The kick, after the closing gap is executed can be no longer than the length of your foot, leg and thigh, minus the depth of penetration and the altitude of the kick.

The straight side thrust kick, parallel with the ground, is the longest kick.



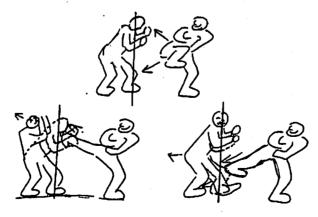
A. the high kick has shortened reach of eight or more inches. B. is maximum reach of side thrust kick. C. the low kick, again eight or more inches shorter.

All fighting stances have appetizer targets due to the position of feet, body, hands, or head.

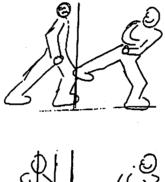
For a standing man, a mid-section shot would be the first reachable target. See below.



For a crouched boxer, the first targets are the head, guarding forearms and knees. The body is crouched down and back, well protected from a frontal attack. See below.

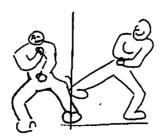


For the practitioners who use formal stances from Okinawa, Korea or Japan, the most accessible targets are the front guard hand-forearm or the lead leg. As a general rule these people guard their prime target areas and give little importance to their secondary targets.





Sometimes you run into the fighter who's a runner. Scoring a point on him during contest is difficult. His body is always shifted back out of range. For combat survival, his lower limit is always available.



BASIC KICKING ROUTINE						
(A)	REPR	YOU SET	LE THE STATE OF TH	Cosme Gara	A SECTION OF THE PROPERTY OF T	THEST
1	10	r	left foot	step through	front snap	belly
	10	1	right foot	step through	front snap	belly
2 3	10	r	left foot	step through	front snap	belly
4 5	10	1	right foot	step through	front snap	belly
5	10	r	left foot	step through	front snap	belly
6	10	1	right foot	step through	front snap	belly
7	10	r	left foot	step through	front snap	belly
8	10	1	right foot	step through	front snap	belly
9	10	r	left foot	step through	front snap	belly
10	10	1	right foot	step through	front snap	belly
11	10	r	right foot	replacement	wheel kick	belly
20	10	1	left foot	replacement	wheel kick	belly
21	10	r	right foot	replacement	side thrust	belly
30	10	1	left foot	replacement	side thrust	belly
31	10	r	right foot	replacement	thrust heel	head
40	10	1	left foot	replacement	thrust heel	head

The kicking routine may be changed to fit your own foot combinations, hand combinations, hand-foot combinations and the eight different closing gaps. There are hundreds of kicking sequences that can be derived from them.

All of the simple closing gaps can be developed into compound closing gaps. A push step, replacement can become one compound closing gap.

Compound closing gaps are used to catch the fighter that runs, or is too distant to hit without a double closing gap. When it is necessary to attack rapidly over a large distance, the good kicker takes enough steps to insure that his center of gravity is not out of his control.

One common beginner's mistake is to increase the size of their simple closing gap. This attempt leaves the center of gravity behind the kick. The kicker will fall because his butt is not over his supporting foot. He is off balance for standing or kicking.

Do You Make These 18 Mistakes in Your Kick Training

- 1. Is your stance WIDER than shoulder's width?
- 2. Do you pivot AS YOU KICK?
- 3. Do you COCK YOUR KICKING leg away from the target?
- 4. Do you stand on your TIPTOES for more kicking power?
- 5. Do you POINT YOUR KNEE at the target?
- 6. Do you do floor stretches BEFORE SPEED KICKING drills?
- 7. Do you LOOK AT THE TARGET before you kick it?
- 8. Do you HOLD YOUR BREATH when you kick?
- 9. Do you LOSE YOUR BALANCE when you kick?
- 10. Can YOUR OPPONENT block your kick?
- 11. Can you kick him in the HEAD?
- 12. Do your HIPS HURT when you kick?
- 13. Is your balance knee STRAIGHT when you kick?
- 14. Where are your arms when you kick? At your SIDES?
- 15. Do you do kick training with BARE FEET?
- 16. Do you TALK TO YOURSELF when trying to kick fast?
- 17. Do you execute all your kicks with ONLY ONE LEG?
- 18. Plus hundreds of other mistakes you'll learn how to correct in the book SPEED KICKING.

An Amazing Technique That Can Make Your Speed Skyrocket and Your Closing Gaps Awesome

Here's my story.

SECTION #23

When I opened up my first professional karate school in 1974, I had already trained for seventeen years. I was crammed full of techniques from Korea, from China, and from Japan.

I mean I'd really absorbed <u>all</u> my teacher's knowledge about TaeKwon-Do, Shotokan karate, Jujitsu, Judo and Kenpo karate.

In seventeen years a guy could absorb a lot of different stuff.

My point here is . . . Not all the information matched. What one style said was correct, another style said was totally wrong. The information from the different systems conflicted.

In my first school I used to teach four (4) different arts, which was confusing to students that took classes in . . . let's say both Kenpo and TaeKwon-Do.

For example: Kenpo states, and can do at least 3 hits with one step.

TaeKwon-Do states that you need to time the execution of your punch with the foot coming to the ground. Or, one punch per step. This philosophy was backed up with the idea of tremendous power.

Unfortunately you have great difficulty hitting a fast fighter with that "one step - one punch" mode of training.

Anyway I just started teaching only kenpo for real street defense and only TaeKwon-Do for tournaments.

The logic behind my choice was this:

"In a STREET ENCOUNTER a hit with a BB gun is more effective than a miss with a cannon ball."

"But in a tournament, if the strike looks close the referee will probably count it valid."

There is also that fallacy of ULTIMATE KNOCK-UM-DOWN power.

In my experience as a police officer, a cop trainer, a karate instructor, and as a Special Forces trainer . . . the only absolute knockem-down-power is a two-by-four upside the head.

That two-by-four will take anybody out in this world right now.

(This material contains a portion of the 1992 video WARRIOR'S KI TRAINING.)

Nothing is absolute in a fight. Not your kick. Not your punch. Not the gun you are carrying.

Listen to this.

"In 1974 two Los Angles cops shot it out with a gunman. Both officers emptied their guns at the suspect, hitting him 9 times in the upper body."

"The suspect continued firing, hitting a policeman in the stomach. The other cop reloaded and pumped 4 more rounds into the suspect, who was then WRESTLED to the ground by other officers."

"The suspect, with 13 bullet wounds was still so violent that he had to be shackled to his hospital bed."

"Later that night he pulled out his I-V and died."

How's that for HARD-TO-STOP?

Anyway.

What I'm getting at is, "The concept of total power and "hell" with everything else is not really a good concept for living a long time.

Movement with balance and control is much more important than stability and power. Ask any GI that's been killed in a foxhole.

Now comes the subject this entire chapter is about.

This chapter is really about FLEXED KNEES.

In all fighting, even from the non-assuming fighting stance, your knees should be flexed and no farther apart than the Bend, Extend, Shift, Technique will take them. This distance is similar to the width of your shoulders.

This slight crouch makes sense because the human body, in the grip of a FEAR REACTION or body alarm for self-preservation will crouch anyway.

And, therefore the martial arts athlete should be trained to move, kick, spar and close the reactionary gap from that crouched position.

Notice that the deep horse stance of old style kung-fu is not necessary. Merely unlocking the knees suffices.

I came across this FLEXED KNEES concept totally by accident.

My first professional karate school used to be a veterinary, a place where a Doctor treated sick animals.

The building was constructed in 1943. The floors were of concrete, and had 40 plus years of slick built-up floor wax on them.

1.434

We used one of the rooms for group lessons because it was huge. Only . . . the large room did have one slight drawback.

When a group of twenty or so of us would get together to spar the sweat would pour off our bodies and land on that smooth, waxed concrete floor.

Then it was like trying to spar on an oil slick.

If you didn't keep your physical center directly above your feet . . .

If you didn't keep your knees bent . . .

If you didn't explode forward with perfect timing . . .

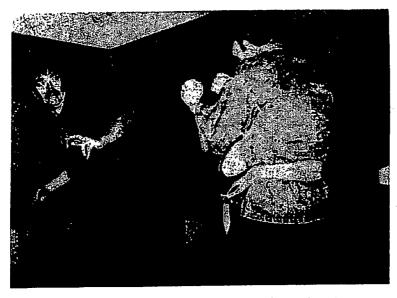
YOUR FEET WOULD SLIP OUT FROM UNDER YOU and you'd crash to that hard concrete floor.

Well.

My students and I sparred on that slick floor for 8 years. Those guys learned how to center correctly because that floor would get them every time if they didn't do it right.

Because of that floor I had 6 champions that learned how to center so good that no one could touch them.

The moral of the story is, "KEEP YOUR KNEES FLEXED!"



A side thrust kick still feels like a side thrust kick, reguardless of the tongue spoken. The results are what count, not the Korean, Chinese, Japanese, English, or American word.

How to Center Physically

The Single Most Effective Key to Speed Hitting—Reality Tunnels!

Listen up.

SECTION #24

In July, 1992 I signed up a 61 year old man that had earned a black belt from a REAL master. That just means his instructor was from the Orient. This 61 year old man received his black belt in Hawaii.

During his first lesson this old man started arguing with me about, "How you guys throw a punch must be really ineffective because . . .", his "because" was because our SPEED HITTING method was not like he'd learned it from Mr. Kim.

So. I demonstrated the CLAP HANDS DRILL on him.

The CLAP HANDS DRILL is where you have him hold both of his hands up infront of his face and then, WHEN HE IS READY, you throw a punch between his hands, from 3 feet away, and retract it BEFORE he can clap his hands. You gotta move three feet, he's gotta move only three inches.

P.S. I claim no credit for this drill. I saw World Champion Joe Lewis do it to Johnny Carson on the Johnny Carson show in the early 1970's. I bet Joe borrowed the technique from Bruce Lee.

But THE CLAP HAND DRILL is a great drill to demonstrate the LAW OF ACTION vs. the LAW OF REACTION TIME. A simple paraphrase of this law is "Action is faster than reaction." I stated that law in 1978 in my first book Mental Training of a Warrior.

The appropriate of the state of

BONDAN CONTRACTOR OF THE SERVICE

Anyway.

This poor old man didn't even SEE THE PUNCH.

This old man didn't even START to clap his hands.

I did the clap hands drill on him three times and he didn't move.

So, I asked him what was wrong.

The old man stated, "You gotta throw it between my hands BEFORE I'll waste my time trying to catch it."

This black belt was SO BLINDED BY HIS TRADITIONAL punch taught to him by his Oriental master that he deleted the SPEED, POWER, and SNAP-CRACKLE-POP of my knuckles snapping past his hands . . . punches that fluffed his hair and fanned his face.

In the old days when a man couldn't see my technique, I'd make them feel my technique.

I'd snap my knuckles off the bone of their forehead and cause them to bleed a little . . . and hurt a lot.

But this man was too old to treat that way . . . and maybe, although I hate to admit it, just maybe I have more compassion at my own ripe old age of almost fifty.

So I just chuckled . . . Then I took him out into the large group workout area where a FREE SPARRING CLASS was going on. I stopped the class.

I got two black belts and three brown belts and told them to see how close I got to the old man's forehead.

Then . . . and only then, did I do the SPEED HIT AGAIN.

I blasted that punch straight in between his hands, to his eyes, and back out again.

All five of the class confirmed the hit.

They confirmed, to him, the distance.

They confirmed, to him, that the punch went between his hands.

Guess what? Yep. The old man still would not believe it.

So I then did the same SPEED HIT on all my students . . . one by one, as I had the old man watch directly from the side.

After I'd finished all five of them the old man shook his head, and admitted they were there.

He admitted they were fast. Then he added on that horrible word, "but".

(Let me add a point on linguistics right here. If you don't blow it, the word "but" actually erases the sentence before the word. For example, if I say, "I really like Chinese food but . . . what I really am saying is "I don't like Chinese food.")

The old man saw SPEED HITTING but still $\underline{\text{would}}$ $\underline{\text{not}}$ $\underline{\text{believe}}$ it.

The old man still couldn't believe it . . . the blinding speed . . . was possible.

This old man's previous years of training had not only caused him to believe that his way of punching was the only way to punch . . . his method has also caused him to lock out of his mind any skill that violated what his Master of the Orient had taught him.

So. The single most important key to EFFECTIVE SPEED HITTING is the belief that such an animal exists.

That's the problem I had to overcome with the old man $\underline{\text{before}}$ I could actually teach him anything.

That's also the 1st problem anyone with prior limiting training must overcome in <u>any</u> field <u>before</u> they can advance farther.

P.S. The old man is now doing rather well. I did a SPEED DRILL on his body, BURNING HIS SKIN with every punch. I then took some effort to show him how our SPEED HITTING related to his other training . . . not, how his other training was bad!

His other training was not bad.

His other training was different. But when the old man learned it, it was very effective for the use it was learned.

But in today's world, advancements in training technologies must be used . . . or your old technique will not work.

The top 2% of martial arts athletes are much better trained now a days. Unfortunately the other 98% are as still as backwards as ever.

Listen up now.

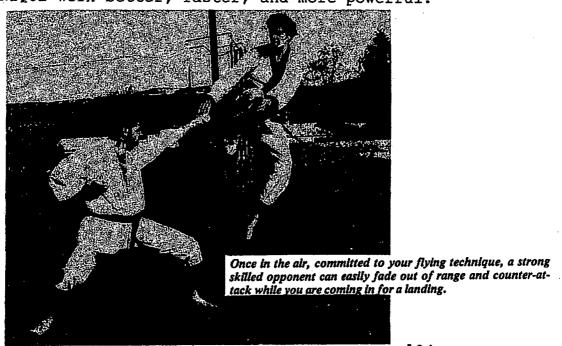
If I were a Soldier of Fortune, my life would depend on my wits, my weapons, and my training.

I'd buy the best guns, keep them oiled and ready, and load them with the most fool-proof ammunition.

In my profession as for-hire gunslinger, a jammed or misfiring weapon means I'm dead meat. Okay, I'm not a gunfighter. I'm a karate trainer. Does the difference in professions entitle me to sloppiness, poor training methods, shoddiness and oldfashioned tactics?

My hands, and my feet are my bullets and, if I'm firing wet and rusted ammo, or worse, blanks . . . from a sand filled barrel, I'm just as dead, another hired Hessian had more knowledge, better weapons, or a tactical speed that out-classed mine.

So . . . Take this SPEED STUFF and <u>add</u> it to your line of knowledge . . . Add it to the stuff that you already do to make YOUR TECHNIQUE work better, faster, and more powerful.



Speed Fighting Against a Knife

Speed fighting against an opponent with a knife, gun, or club, if at all possible, should be done the same way as in the technique SEVEN BLOWS OF THE DRAGON.

SECTION #25

That means HIT HIM before he comes at you.

HIT HIM before he shoots you.

HIT HIM before he cuts, or clubs you.

Most people when they use a club, or a knife, usually telegraph their swing with a "pull-away" motion when they are winding up for more POWER.

As they cock their hand back for more power . . . That's when you attack . . . going for STOP 'UM targets. Even if the opponent has a knife in his hand, or a club in his hand, or a busted bottle in his hand . . . your opponent will be a SITTING DUCK . . . if you have the courage to act.

You see friend, pure violence, naked force, has settled more issues in history than has any other factor. Any opinion to the contrary is wishful thinking at it's worst.

So all tactics are aimed at avoiding the opposition's strong areas, and striking at his weak areas.

What it comes down to is "We must not fear the enemy. We must not be frightened to death like a rat who sees a cat just because the enemy has a weapon in his hand."

"We are MEN. It is only a MAN holding the weapon, so why should we fear him?"

Any man is 9/10 beaten when you know the motives by which he is most easily channeled. From that knowledge you will know his major weaknesses, and with proper wisdom (the Dragon), you will be able to fight him effectively.

For this book I'll cover two (2) knife defense SPEED TECH-NIQUES where you control the knife weilding opposition by a concept called INVITING HIM IN.

This "inviting him in" means you set a trap for him and when he goes for, you STOP HIM COLD.

The first technique is called CHINA DIVERSION.

In China Diversion the opponent is holding his knife infront of him. His blade is slightly extended, pointing at your throat.

Now you have four (4) choices:

1. You can attack <u>before</u> he attacks . . . but if you do you need to divert the weapon first.

(This material contains a portion of the text from the book, Warrior's Guide to Knife Fighting.)

- 2. You can RUN and AVOID the conflict.
- 3. You can WAIT for him to move, which means he has control of when, where, and how, which is not good for your survival.
- 4. Or, you can SET HIM UP. You can invite him in, and when he is trapped, then take care of the problem.

In this situation I am going to set him up and then trap him.

To set him up, you control his SET POINT, you control his DISTANCE. You control his target. You make him choose, by deception the target you want him to go after.

So . . . Stand facing him in a non-aggressive centered stance with your hands, thumbs in your belt . . . With YOUR THROAT completely open.



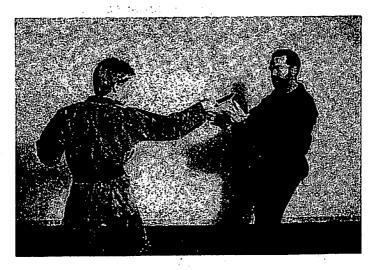
Then you state in scared tones, "Hey man, DON'T hurt me!" "Don't cut my throat!"

What you've really done is made him aware of your EXPOSED throat. He'll see it. He'll see it is exposed. He will try to stick it.

So, he steps in with his right foot and pokes at your throat with the knife in his right hand.

You are physically, mentally, and emotionally centered. . . waiting and ready. When his blade gets to the point of no-return. . . . Execute an "X" parry past your right ear, thus diverting the blade and right hand off the path of aggression.

(continued on next page)



. . . As you step forward to 11:00 with your left foot



. . Execute a left outward chop to his throat



. . Then drop that left hand to his right shoulder and pull him into a . . .

. . Right fore-elbow blow to his left under jaw.



The complete SPEED technique is completed in about 4/10 of one second.

The next SPEED KNIFE DEFENSE I'll cover is when the opponent tries to poke you in the stomach with his knife.

He has his right foot forward. He's waving that knife at you . . . up and down your center-line.

You don't stand still and wait for a knife fighter that is creeping up on you just waiting for his opening. What you do do is give him a chance that you WANT him to take.

So when you are in a forward aggressive fighting stance with your left foot forward. . . When both your arms are held close to your upper body and throat . . . When you hold your hands like a boxer holds his hands. . .

THE OPPONENT THINKS YOUR BELLY IS OPEN! He does not know that, because of linear zero perception, that your belly is really

(turn to next page)

is really PROTECTED by distance. Your belly is more distant from him than your arms. The distance is deceiving.



. . . So he pokes that knife at your exposed stomach.

. . As he does the poke, you execute a right downward chop to his wrist.

. . As you push-step your left foot to 10:30

. . Then slam a left palm strike to his elbow



. . As your right foot is coming forward to 12:00

 You execute a right downward chop to the top of his wrist

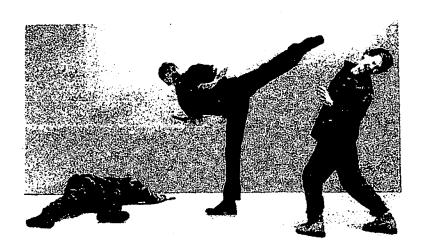


. . You then left palm hit/check the nerve cavity in the joint of his right arm joint.

. . And right ridge hand strike him to his throat, or philtrum of his nose.



It is over. The knife weilding opponent has been totally defanged.



When using a knife don't neglect the use of your natural weapons, especially if they are protected by tough boots that can crush and stomp the opposition.



SECTION #26 Cloaking—the Speed Way

In 1969 a beer-drinking buddy of mine paid me fifty (\$50) bucks to beat up the local bully at a place called the Twenty-One Club.

At that time, '69, I felt darn good about getting that kind of money for so little work.

I apologize. I hope the above statement didn't make too many of you readers "see" red. Just stay with me a few more pages . . . You'll probably like what I'm going to tell you.

Back in the 60's I was known as a SLEEPER. A "sleeper" is a person that looks like one thing, but underneath his outer exterior is something totally different.

Putting it mildly, back in '69, when I got out of the Army Security Agency, I looked like a whimp, and I dressed like a whimp.

I was six feet, two inches tall . . . and I weighted about 162 pounds. I was so skinny that if I'd turn sideways, I'd disappear.

I looked like a nerd. I dressed like a nerd. So, I really had to be a nerd . . . Right?

So. Anytime I got into a roust with some blow-hard bully, they would always assume they'ed found the easiest push-over in the whole world.

You talk about the element of surprise. I had it. All I had to do to win was PRETEND to be stupid, or PRETEND to be drunk, or pretend to be SCARED.

When that wise guy relaxed his intent for a split second, I'd blast through him before he knew what had hit him.

One of my belief patterns is, "There is no such animal as a FAIR fight."

Me . . . at 162 pounds, pairing off to spar that 257 pound
bar fighter would have been plain dumb . . . if not plain suicide.

Sure. I was a black belt. But being a black belt did not mean that I had a big red "S" on my tee-shirt. Nor did being a black belt mean my bones wouldn't break and my nose wouldn't bleed.

So. I didn't challenge the big dude.

I didn't need to.

He was in the mood to attack someone puny like me . . . so all I had to do was stand next to him and "accidently" bump him and spill my Heidleburg beer down the front of his trousers.

His ego and his attitude would take care of the rest.

(continued on next page)

Have you ever had a MEAN DRUNK charge you?

This Baddie was used to over-powering his victim with his initial speed and his immunity to pain.

But, he didn't know a darn thing about "set-point". All he knew how-to-do was CHARGE FORWARD on his line of aggression, until he got you . . . or crashed into something else.

Now here I am with 257 pounds of mad human expoding towards me. I'm not in a fighting stance. My hands are down at my sides.

Guess what I did to the heavy.

Have you quessed yet?

Let me first tell you something about drinking humans.

Point one - they feel no pain!

If you go for a pain point like the groin . . . he won't feel the pain until tomorrow morning. Don't you believe me? I still remember this one drunk I was bopping. I kicked him in the nards three times before I figured out nard kicks wouldn't work on a drunk.

Nope.

The technique I did to Mr. Bully was much cleaner than the nard shot.

I stepped back just out of his grasping range, cried out, "Don't hurt me," to protect my ass if it ever went to court. . . Then I front kicked him full power in his bloated beer belly.

I then watched him VOMIT two and a half quarts of tap beer across the room.

The poor guy became sick as a dog. Once you prime the pump, it's hard to stop the flow. He'd been primed well.

I, of course, was very repentant about the whole affair. I went up to my new friend.

(Have you ever noticed that whoever you get into a fight with is your "instant" friend regardless of who wins or loses?)

I told him how sorry I was.

I asked if he was okay.

I bought him a beer, then soothed his ego by telling him things like, "How I was lucky he hadn't hit me."

Then, I went back to my betting buddy and COLLECTED MY FIFTY BUCKS.

Okay. You're probably asking, "What's the point of the whole story?"

The point is real simple.

Surprising the opposition is the tactic of the intelligent SPEED FIGHTER. If you must get into a fight, the less the opposition knows about you, or any skill level you have, or even if you 're going to fight back, is all points in your favor.

You do not tell him, "You'd better watch out, I know karate," or any other type of stupid braggadocio.

Some street people are so paronoid, such a statement just might aggravate him into <u>pulling out a gun</u> and blasting six holes through your chest.

Boasting of karate skills before you put him down is empty boasting. Such cockiness will get you hurt, if not dead.

Let me tell you a story.

Back in the 70's I had a good friend named Mike Echanis. You might have heard of him. His face was plastered on the front of Black Belt magazine, and he was the Martial Arts editor for Soldier of Fortune magazine.

Mike had one fault. He loved personal combat.

Mike would get into fights two or three times a week.

In the short 3½ years that I knew him he'd had his left knee torn out. His right wrist busted, and he'd been cut several times.

Remember. Mike loved a good fight. Mike also liked to fight fair, whatever that means. Well . . . the moral of the story is . . .

"MIKE DIED FIGHTING FAIR."

Rumor has it that the one who took Mike out, took him out from ambush with a mechanical device, a high altitude bomb, that blew his plane into tiny fragments at 2,000 feet above the ground.

Poor Mike had become a target.

My good friend died, September 7, 1978.

Now Jimbo is different.

Jimbo is the type of slob that is totally despised by most of the human race. He's a big man, about 350 pounds, in his midfifties, and he used to work for a top secret agency.

Before that Jimbo used to be a boxer. Because Jimbo liked his work so much he attracted the attention of this special agency during a bar fight. This agency then trained Jimbo to be real dangerous.

Jimbo's particular job was assasination. According to the

rumors I've heard Jimbo's used his specialty on hundreds of the opposition. Jimbo calls his skill, "fighting intelligently."

What FIGHTING INTELLIGENTLY means is taking out the opponent before the opponent knows he's to be taken out. Another word for fighting intelligently is AMBUSH.

Jimbo knows few karate moves. In fact he believes karate and all of it's fancy moves is a non-funcional waste of time. What does Jimbo believe is not a waste of time?

What Jimbo knows how to do is attack <u>from surprise</u> to all four (4) directions, without telegraphing his intent.

He has developed his peripherial vision so his eyes don't telegraph his attack.

He has developed the skill of kow-towing to lower the defenses of any viewers.

He has developed the skill of never giving away his advantage.

You see friend, the STRATEGY BEHIND the tactic of SURPRISE is "Strike him where least expected, when least expected."

In an offensive situration this philosophy would mean an ANTICIPATORY ATTACK, or, "Do it unto him $\underline{\text{before}}$ he does it unto you."

One of my long-time friends (ranked number 2 in the United States and Canada for Self-Defense in 1991), was the highest paid bar bouncer in Hawaii for two years.

Rafael had read my book, <u>Mental Training of a Warrior</u>, and also, <u>Warrior's Guide To Knife Fighting</u>, and he found out the TACTIC OF SURPRISE is what enabled him to win over all those big Somoans.

Well. That's what this book is all about. Workable SPEED FIGHTING TACTS that will work every day on the street.

My job is to give you real valuable nuggets of gold that don't take a lot of time to learn.

I'm going to give you natural laws for SPEED DEVELOPMENT, and for FIGHTING SURVIVAL of the fittest . . . or, as I call it, LOOKING OUT FOR NUMBER ONE.



Michael D. Echanis 16 Nov. 1950—8 Sept. 1978

"DON'T BE BRAIN DEAD-LIKE I WAS!"

When I came back from Korea, way back in '69, I was locked mentally into the TaeKwon-Do way of doing karate. Things like lock-out reverse punches, kicks were only valid off of the rear leg and all lead-hand techniques must be cocked back to the hip to get the power necessary to stop anyone.

I had been conditioned one way so I automatically locked out all other ways of fighting.

Of course, I knew all the other ways existed, but they had to be wrong BECAUSE those other ways were not my way.

I was BRAIN DEAD. I WAS BLIND. Because when you lock in like, "I've got it!", what you've automatically done is blinded yourself to the other options.

That blinding process is called DELETION. That's when you ignore unconsciously everything that doesn't fit your reality of what GOOD, FAST, EFFECTIVE, HARD karate is like.

Let me ask you a question.

What is it like in your karate training?

What opinions have you locked onto, where you absolutely know . . . you are absolutely so sure . . . absolutely positively know . . . that the way YOU DO IT is positively the only way to fight, spar, or do forms?

Are you the type of athlete that says, "It's always been that way!" or "Master Lee says it's that way and nobody can show me a darn thing!"

When you lock-in only to the training that you've had before, you don't allow yourself to grow, to see, and become better at SPEED FIGHTING.

And, it's not because you're stupid. It's because, like a school kid, it's because of your prior karate conditioning.

You're not able to see black lettering on white, or, you've been taught to read phonetically and you lock-out the visual images so you can't spell at all.

You were taught wrong and don't know it and still try to dance on one leg.

Well. I wanted to be better than slow, average, dull and non-functional. So I started studying the winners in the karate arena.

I found out that real winners had certain attitudes. I found out that winners did certain things.

I also found out that most of the winners had no idea of

why, or what they were doing that caused them to be winners.

But, they all thought they did! They had been trained the old fashioned way I had been trained and didn't even know their past instructor's rules usually had nothing to do with their current success.

These athletes were winners in spite of their training.

So, instead of listening to them and hearing about what they thought they did, it was easier to film their movements and model exactly what they did.

I found nine common success elements.

1. The person who was aggressive usually won, regardless of whether his strike was first or not.

Because of his aggression, <u>all</u> eyes were on him and the judges gave him a point because it was the only point they saw.

- 2. All winners had good movements. I mean they were all fast on their feet. They bounced around like spit bubbles on a hot griddle.
- 3. If fighting defensively, their constant motion was at the expense of their opponent's attack angle.

In other words, they moved so the opposition couldn't hit them from the position he was in.

- 4. When fighting aggressively, they knew how to explode straight to their target with either a simple closing gap, compound closing gap, or an angular attack off the center line at the opponent's angle of cancellation.
- 5. Regardless of attacking or defending, they knew exactly how to control the distance (set-point) between them and their opponent.
- 6. Winners knew intuitively that action was faster than reaction. They attacked <u>first</u>, and they attacked intelligently, which leads us directly to the next success element.
- 7. Somehow these top performing athletes had conditioned their minds to see only targets. They didn't see the arms, the stances, the body postures . . . They saw only voids -- places that could be hit!
- 8. All winners turned into visual-kinesthetic mode of thinking while fighting.

What does that statement mean?

Okay. To auditories, people who talk to themselves, and kinesthetics, people who feel when the time is right, this see-do mode of thinking is wrong. But it isn't for SPEED FIGHTING.

So -- train to become a visual-kino, or a see-do athlete.

See the opening, then just hit him. No talk. No feeling. Just see-do.

9. This one is an extension of the last one.

In a fight, or in a tournament, all techniques, all basics are non-functional.

Bruce Lee put it the same way. Let me quote him, sort of:

"Before I learned a punch, a punch was just a punch. While I was learning a punch, a punch was much more than a punch. After I learned a punch, a punch was just a punch."

Didn't make much sense did it? Okay.

Let me now give you the psychology behind what Bruce Lee said. Learning of any new skill, or sharpening up an old skill requires four (4) stages of behavior.

STAGE #1. This is the stage of unconscious incompetence. You don't know that you don't know.

If you've been brain washed that fighting flat footed from the deep horse stance is the best way to go for quick fast hit and retreat guerrilla warfare, you've been brain washed.

You don't know that you don't know -- but unfortunately, you believe you do know.

STAGE #2. At this stage you are now conscious of your incompetence.

This knowledge leads directly into stage three for some athletes, and right back to stage one for other athletes. This is the stage of confusion and frustration.

Let's say you've been fighting <u>flat</u> <u>footed</u> from a <u>deep</u> <u>horse</u> stance and have gotten the snot kicked out of you for the past five years in tournaments.

At first, you may <u>rationalize</u> your defeat by saying things like:

"The judges are bad."

"The judges are prejudiced."

"That other guy, the one that beat me, is just flash and trash, and, in a real fight he couldn't touch me."

Or, "Yeah, he touched me, but it was off the lead hand
(or lead leg), and everyone knows they lack power."

After five years, even an idiot will change teachers, adopt new, improved training methods, or quit.

STAGE #3. In stage three (3) you start practicing the GOOD stuff.

That means you train on how-to-do SPEED RIGHT. You adhere to the "WA" principle. This principle stresses WISDOM and understanding first . . . and then, physical practice . . . and then ACTION and ACCURACY.

Chunk the technique down and acquire the NEW SKILL at no more than 1/8 speed.

The mind must be in total control, so that when you goof up, which you will surely do, the mind can correct the technique inside your head before it reaches your body.

Ome-eighth speed is it for learning something correctly!

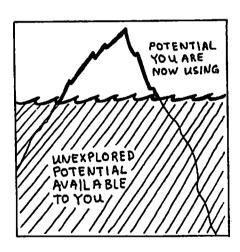
Get it down right . . . Then add more speed. You want the proper conditioned reflex.

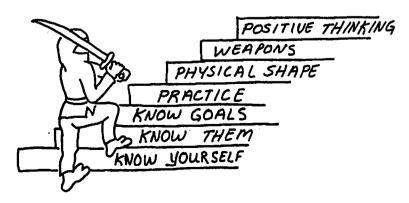
STAGE #4. That physical conditioning training carries you to stage four, which is unconscious competence.

You just hit him right, without knowing, or caring why or how.

Once again, just like Bruce Lee said, "A punch just becomes a punch."

Mental training is the master key to the unexplored warrior potentials that lie asleep in your brain.





Steps to self-confidence start with knowing yourself and having a burning desire to achieve your goals.

SECTION #27

Speed Fighting vs. Guns

Unless you happen to be a coward . . . a real fast miss won't hurt you at all when someone shoots at you.

Now I'm going to cover the area of GUNS, GUN-FIGHTERS, and SPEED FIGHTING.

The powers to be in the military and law enforcement agencies have adopted the policy that weaponless defense against guns is no longer necessary.

The reason most often stated is the lack of face-to-face combat.

On a large scale operation, they might be correct, but to that soldier on guard duty, or facing the enemy, or that civilian facing a Bad Guy, such a defense is, and will continue to be, A MUST!

Hundreds of thousands of victims have been captured, killed, robbed, raped, or injured because of the lack of this knowledge.

If they had known weaponless defense, that might have all been changed.

Hands vs. guns have been taught ever since guns have existed.

There are many cases on record at all police departments where criminals have excaped, killed or seriously injured cops who were holding them at gun point.

On the other hand, they also have documented cases where cops have successfully disarmed the armed thug.

In the long run it is not sophistication of equipment that counts, but sophistication of training.

Quality must always be achieved on the basics before quanity. For, to have functional techniques you must have the knowledge and practice of how, and why, to do every step. With this step comes a SPEED and AWARENESS some people do not think is humanly possible.

As Soldier of Fortune Mike Echanis demonstrated to weapons expert Chuck Taylor, the key principle utilized is that "Action is faster than reaction."

When the critical distance is <u>under</u> six (6) feet from body to body, and the weapon's holder <u>does</u> not <u>know</u> (sometimes it does not matter if he knows or not), the unarmed defender is coming, he has little or no chance to functionally retaliate.

Deyond that range the odds change rapidly. Even so, there are documented cases where some combat masters go far beyond the range of the normal and do things that are classified as impossible.

The following terms must be understood prior to practicing any gun defense techniques.

209

(This material contains a portion of the speed video Kill or Be Killed, 1991.)

DIVERT - To deflect the weapon, hand, arm or shoulder, so the bullet doesn't strike you. Usually a slap, grab, push, kick, or some thrown object.

EVADE - The art of avoiding the bullet by removing yourself from the path of aggression. Normally body shifting, body stepping, diving, rolling, running or jumping.

BLOCK - To obstruct the bullet by putting something else of substantial hardness or enveloping capabilities on the path of aggression between you and the muzzle: Body armor, metal clip board (used by cops), thick books, brick fence, large tree, etc.

NEUTRALIZE - To cause a blockage of the weapon so that the gunman is not able to fire.

- 1. This means you can stun, incapacitate or kill the man prior to his pulling the trigger.
- 2. Perform some technique to his weapon that will cause it not to shoot. Grasp the cylinder, put something between the hammer and the firing pin, shove the slide back so it jams, etc.
- 3. If it does shoot, have some debris obstructing the muzzle so it will explode in his grasp.

THE WASP PRINCIPLE

When doing any type of weapons defense or attack, you must understand the WASP principle. The letters stand for Wisdom, Accuracy, Speed and Power.

Accuracy, Speed and Power are all of equal importance and one without the other is functional . . . but all synchronized and put together into the right syntax is much better.

Wisdom, the controlling agent, is most important. It controls the other elements and puts the proper ingredients into each technique. Wisdom is not just concerned with physical basics, but also emotional, intellectual and psychological.

In weaponless defense against guns the physical is not usually enough.

The lightening speed which some defenses rely upon cannot be achieved by most individuals without constant, updated practice over a long period of time. We need to use the intellectual and psychological so that it supplements the physical.

Divert his bullet by diverting his mental focal point with a well placed mental distraction.

Take advantage of outside mental distractions, the phone ringing, the sound of a distant siren, a door slamming . . . NOW use your trained physical reflexes to subdue him.

BASIC ASSUMPTIONS

When a man points a weapon at you, you must automatically (continued on next page) 210

assume three things if you plan on surviving the weapon's attack:

- 1. His GUN is LOADED,
- 2. You are his TARGET,
- 3. He is willing to DESTROY YOU, even if you do obey his demands.

BULLET PATH

The prime factor to realize is that we are not afraid of the weapon, but the bullet that is propelled from it.

We must be aware of the bullet's path and do one of the following seven (7) points, or SUFFER at the hands of the assailant.

- 1. Divert the gun before the DISCHARGE.
- Remove the target before the discharge, but after he has STARTED his squeeze on the trigger and doesn't have time to change his aim.
- 3. Put some other barrier between us on the PATH of aggression.
- 4. Destroy the man holding the weapon, or his gun, or arm before he has time to react, or shoot.
- 5. Put a LESS IMPORTANT target infront to take up the force of the bullet.
- 6. Take out his eyes temporarily, or permanently so he has difficulty in locating you.
- 7. Distract his attention so his arm will hesitate before he shoots. His moment of indecision must be your moment of action.

PHYSICAL TRAINING

Your physical basics must be honed with your mental and psychological techniques.

You must be able to snap out your kicks at HIGH SPEEDS, and DIVERT his weapon's muzzle with a hand movement TOO QUICK for the human eye to follow.

The fastest known kicks on record have been clocked at 72 + MPH. This means that if you have a kicking critical distance of 3½ feet, and can kick without any telegraphing motion, it will take approximately 1/14 of a second to reach your target.

Not all people can kick that fast . . . but we all can, with proper training reach a sufficient stage of progress to handle most armed vs. unarmed situations outside of a FIREFIGHT.

The SPEED TRAINED athlete can increase his leg reach by body pivots, knee flex, and simultaneous closing gap so he closes on the opponent and strikes him, or his weapon, within fractions of

a second.

Understood and utilized with these physical basics must be equal emphasis on the MENTAL BASICS, strong points and weak points of your opponent.

DECEPTION AND SURPRISE - Tools of the DRAGON

In disarming a gunman, do not ever assume that you can move faster than the weapon can be fired.

You are not beating his reactions. You are timing his reactions, so he doesn't know you are attacking, WHEN you are attacking, or WHERE you are at until it's too late.

The weapon is only as good as the man holding it. If you must move five feet to reach his weapon, and all he has to do is squeeze his index finger half an inch, he will beat you everytime.

In a gunfight there is not a third man there that says, "GO!" A gunfight is not a race.

The quicker you set up your attack, but the longer you hold off on it, the better off you will usually be.

It's a psychological advantage on your part because you can pick the TIME, PLACE, and STAGE for the disarming action.

The gun wielder cannot anticipate it if you do not telegraph your intentions. The LONGER YOU WAIT, the more careless he may become.

If he's relaxed, in condition white, and sure of your lack of ability, he has to do more than pull that trigger.

He must overcome the shock of surprise.

The surprise of you doing the unexpected. Then he must reassess you. Then he must plan his next action and start execution of that plan. That thinking takes lots of time. Sometimes as long as two to eight seconds, or more.

You are honed and ready for action. He thinks the action is over and the battle already won.

He doesn't know that your battle plan was successful on the other levels. He doesn't know that you're just shifting into gear on the physical action level.

Remember. Behind every weapon is a man, and the weapon is only as good as the man controlling it.

OUR DECEPTIVE BEHAVIOR will control the man and his weapon. We program him for his next response. We, knowing what he is going to do, can and MUST act accordingly.

EYE AWARENESS - and EYE TRAPPING

Looking the man in the eye just prior and as you are (continued on next page)

executing your disarming technique is best. Your glance locks his attention on something else besides your disarming him.

While watching his eyes, accelerate your blink rate so he will sub-consciously think that you are nervous and completely dominated by him and his gun.

Do not create a non-verbal power play by trying to stare him down.

If he stares at you and gives signals that he feels you are overly aggressive, drop your eyes from his eyes and shift your eyes to your left side like you're looking at his feet.

This "being afraid to look" posture is a universal signal of submission and he will be beguiled by it.

After he is beguiled by your posture, then, and only then, can you look back. Anytime the eyes lock for over two (2) seconds, look away again and you will reinforce your kow-towing to his superior force.

Never, during any part of the time preceding your attack, focus your attention on his weapon. If you look at his gun, he will know you are interested in it, and might be planning some type of an attack.

If he suspects you are planning some sort of an attack, he will then psychologically prepare himself for it, or just SHOOT YOU so he doesn't need to stay alert.

Use your peripheral vision for the locating procedure, then explode into action when the time is right.

SPEED TRAINING TECHNIQUE RANGES

Techniques should be learned that cover weaponless gun defense at the following ranges. The given distances will fluctuate according to the height, leg reach and arm reach of the defender.

You MUST EXPERIMENT and come up with YOUR OWN exact critical distances.

The difference will not be more than a few inches, but those few inches could mean the difference between your life, your injuries, or your death.

FRONTAL ASSAULT

- 1. Short range, gun to body. Technique used, body shift.
- 2. Close range, gun within 2½ feet. Body shift or parry.
- 3. Medium range, gun within 2½ feet to 6 feet. Body shift, step and parry.
- 4. Medium long range, 6 feet to 10 feet. Body shift, step and snap kick using the dorsum (top of the foot).

- 5. Long range, 10 feet to 20 Feet. Body shift, step and DIVE and ROLL.
- 6. Out of range, beyond 20 feet.
 - a. Throw object to make him move as you go another direction.
 - b. Block by UTILIZING a barrier.
 - c. Stop him at long range. If you are carrying your own weapon, pull and fire first. Remember Luby's Cafe?

REAR ASSAULT

- 1. Short range, gun to body. Execute a body shift.
- 2. Close range, within 2½ feet. Body shift, or a parry.
- 3. Long range, past 2½ feet requires directional change.

Try and turn to face him. Turning to face him will increase YOUR ODDS by informing you of the total situation.

Once you have surveyed the territory, initiate your battle plan according to the distances of the above frontal assaults.

ATTACK BEFORE WEAPON IS DRAWN

Many times in hand vs. gun defense, the whole action is based upon knowledge of him drawing the weapon. If the opponent is within closing range, and you SEE HIS ATTEMPT to grasp the weapon, the BEST DEFENSE is an immediate attack.

BEFORE the weapon is drawn and lined up on you you must:

- 1. Close the interval.
- 2. Neutralize the weapon, or weapon's hand.
- 3. Take out the opponent.

You MUST NOT WAIT for the weapon to be fully drawn to respond!

When you have reasonable cause to assume that he is carrying a weapon and INTENDS to pull it on you, you must respond aggressively to the gesture, or verbal clue (i.e., "I'm gonna kill you Asshole!") which forewarned you.

You should have plenty of time.

Most people who carry weapons illegally do not have the patience or self-control to become proficient with a gun.

In their demented minds, AS-SOON-AS they've paid the cash, they are automatically SELF-CLASSIFIED as DIRTY HARRY. They believe the weapon, or the threat of the weapon will suffice during an encounter.

SPEED FIGHTING TIMED RESPONSE TRIALS, SHORT TO MEDIUM RANGE

On SPEED DRILL timed trials I have conducted, the following average times were arrived at.

When the weapon is within arms length and no closing gap is necessary, and you EXPLODE from a relaxed position, it takes approximately .14 of a second to deflect the gun.

When the opponent is seven feet distance and the weapon five feet, the average time to slip to the side, close the interval and deflect the weapon with a dorsum snap kick took .37 of one second.

When the opponent was at ten feet and the weapon at eight feet, the time to slip to the side, close the interval and deflect the weapon with a snap kick took .63 of one second.

AS YOU CAN PLAINLY SEE, DECEPTION, or some other type of lag time MUST BE USED prior to your execution to increase the odds in YOUR FAVOR.

But . . . when these techniques combine awareness training, surprise, aggression, and other elements previously mentioned, they become practically workable every time.

LONG RANGE GUN FIGHTING

If your opponent is out of kicking range to the front, you still have some type of chance IF you catch him by SURPRISE and UTILIZE your awareness of where his WEAK SPOTS are.

Experiment with weapon's experts have shown that:

- A moving targets are much harder to hit than a sitting duck.
- A small target is harder to hit than a bigger target.
- 3. (If the gun man is right handed) a man that dodges to his right side is harder to hit than a man that dodges to his left side.
- 4. A man that dives and rolls towards a gun man is harder to hit than a man that runs at him, or jumps at him.

On all the above drills your survival chances are better still, IF he is holding a rifle instead of a pistol or revolver.

Because of a rifle's size, it is more difficult to quickly maneuver to adapt to any unexpected, swift closing gap attack from his most difficult to defend position.

OUT OF RANGE

When the weapon holder is out of range you have to crouch, run at unpredictable speeds, keep low, and weave at unpredictable times.

Change direction and speed every 12 seconds. Establish no

patterns.. He's STILL TRYING to get a sight picture on you.

When YOU KEEP MOVING he will not have time to line up on you.

The tires of your car. Also make use of available barriers. The car's motor, trees, contours of the land, brick fences, etc.

Utilize natural formations and environmental factors that will hinder HIS VISIBILITY. Use shadows, shrubbery, brush, or picket fences.

Anything that will CONCEAL you while you are making an escape, or closing the interval.

It doesn't really matter if the concealment you choose is real cover or not, whether it's bullet proof or not. When you are moving, and he CAN'T SEE YOU, he probably won't be able to hit you.

Simplicity is one of the Master Keys to weapon's success.

The weapons defense must be simple enough so that it works against all types of guns.

If a weapon has a certain weakness, it's nice to understand it and, if possible, take advantage of it . . . but train yourself for general overall conditions, not that one chance in a thousand.

Learn concepts that will work against 100% of the people, not against only the 3% odd-ball.

You should limit your SPEED TECHNIQUES to avoid confusion on your part.

You need two (2) techniques for each range. The one that works best for you and one back-up in case he is not set up properly.

You must know the principles and base all your techniques on those same principles. You must know three or four basics SO WELL that you can put them together, in AN PRACTICAL SEQUENCE, automatically without cognitive head scratching or, "What do I do now?"



SECTION #28

Speed is Not an Accident

If karate athletes and their ignorant coaches stay in their ruts and rely on out-dated training methods of the past, it is fairly simple to see that their SPEED HITTING RESULTS will not improve at all.

In fact they'll get worse because everybody around them will be getting better!

Why won't they get better? The answer goes back to the reasons for the origins of karate. The reason is simply this . . .

"PEOPLE TRAIN TO PROTECT THEMSELVES SO THEY DON'T GET BLASTED BY THE OPPOSITION!"

People want a fighting method that will give the intelligent the power to defend themselves against stronger, and more brutal opponents.

Remember guys, the <u>original karate was</u> transmitted in <u>secret</u>. Any secret technique, if it is done when the opponent is ignorant of it's purpose, WILL WORK!

But it works because of it's unknown quality, not because it's the best technique . . . or the FASTEST technique . . . or the MOST LETHAL technique.

This secrecy mystique surrounding the martial arts started disappearing in 1922 with the publication of RYUKYU KEMPO: KARATE, by Gichin Funakoshi. Once books were published for the common populace the secrecy was gone.

Remember that <u>all</u> human predators look for the winning edge. That little extra something that will help them defeat the other guy while remaining safe themselves.

So . . . Guess who started buying all the karate books, all the kung-fu books, and all the martial arts books?

Have you got the answer yet?

Yep. You're right. Both the good guy and the bad guy.

Guess who was motivated to study the books most? The people motivated by GREED and POWER, or the goody-goodies motivated by pure thoughts?

The Bad Guy, right?

In the old days, days prior to the 1960's, anybody that was a brown belt or a black belt was emensely respected because their methods of striking, kicking, and thrusting were much <u>different</u>.

Because these movements were different, <u>not</u> quicker, these types of strikes escaped notice from the untrained karate eye.

(continued on next page)

Back then, when a boxer, or a wrestler, or a street fighter went against a trained karate expert, he was easily defeated by the karate guy. This defeat was due to the opponent's confusion, not to karate's supposed superiority.

This unbalance of power in the favor of the martial arts athlete against the Bad Guy is no longer valid in 1992. In today's world, if you go against the Bad Guy using the karate techniques from the 60's, 70's, or 80's, well . . . I don't know how to say it any other way . . .

"YOU ARE OUTRIGHT STUPID, AND THAT STUPIDITY MIGHT GET YOU KILLED!"

You see the Bad Guy knows all the normal karate moves. Even if he can't do them he can recognize them coming because of all the movie exposure during the last 60 years from Mr. Moto, to Charlie Chan, to Bruce Lee to Steven Segal.

Not only does the Bad Guy know the moves, he's probably been trained in valid "knock-um-down" technique all his life by his family, his neighborhood, and the gang that he belongs to.

The Bad Guy also has been trained in chains, clubs, busted beer bottles, knives, guns and gang attack.

So beware karate man, if all you know is a reverse punch from Shotokan Karate, or a side kick off the rear foot from TaeKwon-Do, or the fangs of the tiger and the lion from kung-fu, then you are not really prepared for today's world of violence and mayhem.

In today's world:

- . . . cocking your hand to your hip will get your teeth smashed in.
- going into a karate stance will get you shot, both by the Bad Guy and the police officer.
- . . . kicking off the rear leg means you'll be kicking air, while he's kicking your ass. Mr. Bad Ass saw it coming three seconds ago and has already moved.
- . . . locking out your arm on a punch will get your arm broken.
- • warning the Creep that you know karate will get you Pearl Harbored.

In today's world of fighting sophistication you need to know more about SPEED FIGHT-ING than you've ever had to know before.

You need to know:

- 1. The proper training methods
- 2. The proper recovery methods
 - a. Massage

- b. Spinal manipulation
- c. Sauna
- d. Recovery drinks
- e. Sports pharmacology
- 3. The proper mental training methods
 - a. Relaxation
 - b. Self-hypnosis
 - c. Positive self-talk
 - d. Autogenics training
 - e. Alpha-theta whole brain training
 - f. Advanced awareness training at the OBJECTIVE and the SUBJECTIVE dimension
 - g. Concentration and FOCUS TRAINING

Then you must devise a training system for top SPEED HITTING. This SPEED SYSTEM should have two parts: Special Physical Preparation (SPP) and General Physical Preparation (GPP).

The general preparatory exercises should be used for general physical development of people just starting a training routine.

For example. If you are 32 years old and you can't do 50 snappy pushups, or run a mile, or do 100 sit-ups . . . you need General Preparatory Training before you go into competition against even a midi cre opponent.

In the beginning of any type of karate training, even the worst style out there, practically all their drills will have a positive influence on improving your skills.

But . . . not because they are good drills.

It's because most people are so out-of-shape and know virtually nothing when the start training.

Anything, even modern dance, would be an improvement.

I give training seminars and I'm completely amazed when I watch karate athletes try to improve their SPEED and POWER by using General Preparatory Exercises.

These athletes are running their laps wrong. These guys are training with weights incorrectly. These guys are producing buckets of sweat daily, but are doomed to failure.

Why? Because these athletes have brought up to believe that more is better, but in top level athletics, as in SPEED FIGHTING, that is not the case.

This is important.

As you advance in technique mastery, the importance of how many reps you do decreases. But the INTENSITY (the top SPEED and PRECISION) increases.

For example. If you are a lead hand SPEED HITTER and you train at an intensity of less than 90% - 93% of your speed, you are wasting your time. You are wasting your energy. You are actually doing something that will make your HAND SPEED SLOWER.

Pay attention reader. It is now known that reaction of training on the body is quite PREDICTABLE. If you train at a slow pace, under 90%, your results will be low as well.

When you use a lot of non-specific exercises, like taught in 99% of <u>all</u> karate schools (unfortunately even in <u>my</u> own school when I'm not present) your SPEED RESULTS will improve slowly, or not at, or, as I've seen many a time, <u>get even worse!</u>

Putting it bluntly, if you train with a high volume of kicking and punching exercises at less than 90-93% of maximum speed for a long period of time, your reflexes will adjust and adapt downward to this slow speed.

You $\underline{\text{must}}$ train at 90% to 100% (RED LINE) of maximum in order to show your best speed gains for actual fighting, or for competition.

The higher your knowledge qualifications are, the more your SPEED TRAINING should be at 90% to 100% of your performance competitive level.

This principle overlaps to <u>all</u> sports training. Take weight lifting. If you are a weight lifter and you do not use a weight close to your competitive lifts for a great percentage of your total volume of drills, your results will not improve.

The same with endurance training, i.e., running laps for FULL CONTACT KARATE. If you run 15 miles every day, that won't help your endurance one tiny little bit. This is because the distance running is too general for the moves a FULL CONTACT KARATEIST does.

If you are a FULL CONTACT fighter and you need to be inshape for ten, three minute rounds with a breather of sixty seconds between rounds, then what you need to do is this. You need to sprint as hard as you can for 30 to 60 seconds, then walk 5 to 10 steps while you bounce and weave like you do in a match. Then sprint full blast for another 30 to 60 seconds . . . and continue doing that repetition for three minutes. Then take a sixty second breather. Then repeat the above endurance drill ten times.

The above is a Specific Competitive level intensity training aid that will provoke adequate endurance competitive loads on the body systems, as well as help perfect the full contact fighter's technical, tactical, and psychological skills.

(turn to next page)

The only two times any person should use General Preparatory Exercises is when he's an out-of-shape novice, or, as a restorative means for top athletes <u>after</u> intense physical loads, and for rehabilitation after an injury.

A very common mistake most karate athletes make is to increase their volume of training on non-specific drills like pushups, situps, running, and general weight lifting.

It would be much better if he simply reduced the quanity of exercise and kept the SPEED DRILLS the same.

This is because the energy resources used by both means are the same. When you waste your energy on pushups and situps, and a lot of other General Preparatory Drills, then you have no energy left over to give on your SPEED DRILLS.

You must make room in your training for the SPEED DRILLS. And they must be practiced while you are fresh and full of energy. The only way you can do this is to reduce the non-specific drills.

When you plan your training. When you use the RESTORATION METHODS mentioned earlier, you will be able to train at COMPETITION LEVELS all year long.

Sometimes it is even possible to use exercises which actually exceed the intensity of real competition.

Runners do this by running downhill at to speed, up hill runs, weight belts, harness pulls, towing, different sizes of SPEED-CHUTES, and surgical tubing.

Along with the Specific Training, you need a VARIATIVE METHOD of training.

An example of variative means can be seen in practicing a back knuckle. To get real good at a back knuckle you literally need 3,000 to 5,000 reps just to wire it in for competitive levels.

This great amount of repetitions is very monotonous and it's easy to become bored to death by throwing the same back knuckle so many times.

To counter bordom it is necessary to change the quanity of hits (20 at FULL SPEED, instead a 100 while fatiqued) and to change something about them, such as making your hands heavier or lighter, and by using different body positions, coupled with different closing gaps and hitting to different targets, i.e., nose, bridge of nose, teeth, point of jaw, right side of jaw, left side of jaw, temple, throat, ear, etc.

A simple way to make your hands heavier or lighter is to train 1) barehanded, 2) with karate chops, and 3) with boxing gloves on.

A method that works really good is to do five repetitions of ten hits each with the boxing gloves first. Then do the same amount with the karate chops. And then do the same amount bareknuckled.

The heavy shots will help you develop strength, the lighter shots will help you develop speed.

It is important to mix the light, normal and heavy methods. You see, if either light or heavy training is used for too long, the adaptation you desire, in this case, SPEED, will not be properly transfered to REAL FIGHTING, nor to NORMAL COMPETITION.

There are other ways of varying your SPEED TRAINING and still produce the specific competitive exercise needed for growth.

- 1. Use some natural methods for SPEED and STRENGTH CONDITION-ING such as training and sparring and doing closing gap drills in sand, snow, water, or uphill.
- 2. The fastest method of closing the REACTIONARY GAP in karate is a PUSH-SPET MOVEMENT. So practice sprinting as fast as you can for 25 feet. Then again and again until your legs burn. Then use technical means to increase the resistance at the start. Wear the weight vest. Use a SPEED CHUTE.
- 3. For increasing closing gap speed, practice <u>all</u> techniques with additional resistance. Wear a weight belt. Wear a heavy jacket with lead weights sewn in. Spar with twenty extra pounds. Then spar with ten extra pounds.
- 4. Spar against a person that is faster than you and slightly out-classes you.

Spar two or more opponents at one time.

Spar at 90% speed. Then spar at RED LINE. Then spar at 95% speed.

NOTE: In the above examples it is <u>assumed</u> you already know top quality technique. These drills are to INTENSIFY the training, <u>not</u> to build in quality. Because they are performed by advanced karate experts who are highly trained and highly conditioned. The human body must be prepared functionally, first.

5. Just before a match it's wise to do some Central Nervous System Stimulation. These are drills to positively effect your REACTION TIME by stimulating the body before the fight. For closing gap acceleration in a match where you start ten feet away from the opposition, a few short EXPLOSIVE sprinting exercises will prepare the Central Nervous System for more explosive work.

Remember karate champ Howard Jackson? Well, he's now Chuck Norris's body guard. Jackson had the ability to push off with his back leg with such a blur of force that you didn't know he was coming at you until he'd hit you.

Jackson got fast from relaxation and the explosion.

He'd compress all of his power into his initial movement. Jackson practiced sprints up and down the floor until his legs burned. He practiced exploding into a run a million times until EXPLODING became second nature.

Bruce Lee, Speed Hitting and a Few Thoughts

Every body is out there teaching Bruce Lee's style.

Right?

Wrong.

Actually they aren't.

Sure. Maybe they teach what Bruce did . . . <u>plus</u> some Arnis De Mano . . . <u>plus</u> some stick work from Escrima . . . <u>plus</u> some neat throws from Penjat Silat . . . <u>plus</u> some awesome kicks from Savate . . . <u>plus</u> some other great stuff from Tai Kick boxing, etc.

These guys are missing one of Mr. Lee's main points.

According to Steve Golden, a first generation student of Mr. Lee, Bruce's entire philosophy was to trim away until he got to the primary core of what really worked.

But these disciples are going totally opposite from that concept. They are adding, and adding, and adding, until what was Mr. Lee's is now hidden in a weird goulash that no one knows what it's made out of.

The question is not if their art is good or not. of course it's good if it works. My point is it's not Mr. Lee's style anymore.

There's this one guy in town that professes to teach Mr. Lee's art of Jeet Kune Do. He supposily holds a 3rd degree black belt.

This dude's advertisement says he teaches filipino stick fighting, kung-fu, tai kick boxing and jeet kune do.

What the hell. I find it real interesting, especially SINCE NONE OF THE ABOVE STYLES HAVE BELT RANKINGS!

From my research I've only found one guy out there that actually teaches jeet kune do the way Mr. Lee taught it to him, and that's Jerry Poteet.

No. I am not a Bruce Lee student.

No. I am not a Bruce Lee wanna-be.

What I am is a SPORTS PSYCHOLOGIST that has researched Mr. Lee.

And . . . I found out some neat things.

First, let me talk about his learning style and normal learning styles.

(turn to next page)

(This material contains a portion of the speed video, Secrets of Speed Fighting, 1992.)

Mr. Lee was one of those very few martial arts athletes who could learn technique, mentally and physically, quickly, almost in a flash of comprehension. Why he was able to learn from the intuitive spontaneous method probably has something to do with him being such a high visual mode thinker, but that is totally unimportant for us because . . .

"THE GREAT MAJORITY ABSORB SLOWLY, LEARNING STEP BY STEP!"

For the average athlete, he must remain a wisher and not a doer until he learns the mechanics of motion $\overline{\text{CHUNK}}$ BY CHUNK, drill by drill.

Only with increased knowledge, gained through proper training, comes that sharpening of perceptions, increased power and blinding speed that mr. Lee, and others have acquired.

Listen up guys.

Success leaves clues.

Success is not something you either have, or you lack.

There seems to be this strange fallacy among karateists that learning SPEED is an inborn trait, pure and simple, and is no way dependent upon, or subservient to mechanics. By mechanics I mean specific procedures, methods and acquired skills.

NOTHING COULD BE FARTHER FROM THE REAL TRUTH!

Worth-while practical speed hitting is produced by, <u>first</u> a strong dose of mechanical drills, followed <u>secondly</u> by a <u>creeping</u> in of intuitive wisdom <u>earned</u> by doing the required training.

The martial arts athlete should remember that the mechanics and the art of SPEED FIGHTING blend inextricably together only by the glue of learning Master Keys well, through either thousands of repetitions physically, or combined with appropriate mental conditionings.

Mr. Lee's intuitive way of learning was backed up by many hours of special training and buckets of sweat. Also, in thirty-six years of training athletes I've not seen another karate guy that learned his way.

Speed is a skill, and every skill has its mechanics as well as its art.

A surgeon must know the mechanics of making incisions and tying ligatures. I would hate to have my child operated on by a surgeon that intuitively knew his art. It's the same with SPEED TRAINING. There are Master Keys (mechanics) and they must be taught and learned before they can become intuitive.

Another interesting point.

1 1951000

Mr. Lee said, "To be bound by tradition is the way of the mindless, the enslaved."

From where Mr. Lee was coming from, he was correct. To be bound by any type of rigid thinking is bad.

Unfortunately, some of Mr. Lee's disciples feel that what he really meant was, "that if any martial art was systemized, and procedurized, and chunked down into specific steps . . . then it shouldn't be learned!"

Actually, in real learning the reverse is true.

Let me ask you a question.

How in the heck can you get to any destination without a map, a road to follow, or some type of guide?

Maybe you can . . . if you've got lots of perserverance . . . lots of luck . . . and you don't care where you end up.

My next question is, "Why be stupid enough to try and make your own path when there is already a freeway right up to your front door?"

Mr. Lee admitted the above statements by his actions. Do you remember how Mr. Lee left mr. Inosanto with a <u>flexible</u> game plan for the perpetuation of jeet kune do? He gave Mr. Inosanto a <u>lesson plan</u> where he set up certain principles on speed, balance, weight distribution, etc., <u>that were true</u> regardless of the method or style.

Let's now go back and review the four stages of learning, and incorporate some of Mr. Lee's ideas at the same time.

LEARNING STAGE #1. This is unconscious incompetance. This is when a person does not know that he does know. They are totally ignorant.

LEARNING STAGE #2. This is being conscious of your incompetance. You've finally figured out that you don't know. This is a break through point and causes much confusion and frustration.

Let's take Louis Delgado as an example. Louis was a well known karate champion in the late 60's. After working out with Mr. Lee, Mr. Delgado came away convinced that Mr. Lee had supernatural powers. Louis described Mr. Lee as "quite baffling - almost as though he (Mr. Lee) has ESP."

Mr. Delgado was shown something he believed was not possible, so he applied a metaphysical reason for it, and then deleted it from his consciousness because he felt acquiring such skill was beyond him. He desired the skill. He saw that the skill was possible, but never expected to believe he could acquire it.

LEARNING STAGE #3. This is where you follow the road map to get where you want to go. This is the conscious competance

or mechanical stage of drills that takes a novice to the heights of the expert.

I'm talking about road maps for physical tools, mental tools, and for emotional content development tools. In the physical training tools, for example, all skills must first be chunked down to a learnable level, put in the proper order, then each task assimulated one small piece at a time.

Listen up.

We have a technique called the MEAT GRINDER. A qualified speed expert doing this drill can bop his training partner more than eleven times in one second or less.

But . . . he sure as heck did not start there.

He started out with one chunk done at 1/8 speed. This expert knew that self-defense power came through the P.A.W.S. Principle. first PRECISION, then ACCURACY, then WISDOM, and then finally SPEED. These four elements combine to result in real power.

Stage 3 is where all the wanna bee's drop out. Quitters don't have the discipline to stay motivated through the 3,000 to 5,000 repetitions necessary to acquire that new skill on a habit, behavioristic, reflexive level.

This is important. Just doing a new skill many times without concentration does not give you the skill.

You must be alert, aware, and pay attention to details so you can acquire new skill point by point.

LEARNING STAGE #4. This stage is a happening. One day, after lots of practice, sweating, and lots of training with live humans, you just happened to notice they can't hit you no matter how hard they try. And you can hit them whenever you want, with which ever technique you choose.

In fact, you probably won't know what you boped them with until you rerun the video tape in your own mind.

This is the stage Mr. Lee was talking about when he said, "There is no such thing as a style if you totally understand the roots of combat."

Mr. Lee again, in his own way stated the same psychological principles when he wrote . . .

"LEARN THE PRINCIPLES, ABIDE BY THE PRINCIPLES, AND (THEN) DISSOLVE THE PRINCIPLES."

Onward.

Let's move on to more about Mr. Lee and Speed.

(continued on next page)

Lee's fastest strike was his lead hand finger jab.

He gave three reasons for it being the fastest.

- Fingers are longer than a closed fist, so more reach - therefore shorter distance
- 2. Thrown from a relaxed position
- 3. Power is not needed.

There are eight master keys to make this technique a lightning fast finger poke.

- 1) Relaxed hand
- 2) proper elbow placement
- 3) Proper forward aggressive stance
- 4) proper hand alignment, zero perception
- 5) Proper visual dissociation and eye focus through
- 6) Aggressive head placement, "looking through the roots of the eyes"
- 7) Proper execution of closing gap with simultaneous delivery of finger poke
- 8) Proper intent

Mr. Lee attributed his lightning fast speed hitting to the following fifteen Master Keys:

- 1. Keep the hitting hand in continuous small motion
- Keep your hand loose and then tighten only an instant before contact
- The strike must be thrust forward without any retracting motion
- 4. The hand must be in a straight line with the target
- 5. The more hours you spend in speed hitting practice, the faster your hands will travel as time goes by
- 6. Use of the paper target
- 7. Utilize the flowing energy concept by adding heaviness to your hand (mental imagery)
- 8. The strike must be launched with your body line to be effective
- 9. To develop speed, you must hit with speed in mind, and not power in mind

(turn to next page)

- 10. Use your best side forward for speed techniques
- 11. Learn speed punching with combination blows and parries, so you automatically go into "flow" hitting
- 12. Learn to throw your speed punch "non-telegraphed", therefore your "action" will be faster than his "reaction"
- 13. Keep a "poker face" while facing your opponent so he won't see your intent
- 14. Combine the hand technique with the forward shuffle
- 15. Other qualities necessary, according to Mr. Lee were good coordination, perfect balance and keen awareness.

Mr. Lee did not believe in memorizing self-defense techniques.

He felt your fighting response should be automatic and you should just respond unconsciously to the attack with your counterattack.

Mr. Lee did believe in drills. In a coach's mind a drill and self-defense technique is the same exact thing. They are both training tools used by a practitioner to install proper targets, proper angles, proper breathing, and just about everything else you can think of.

These sequences, regardless whether you call them drills or self-defense tools, are installed into automatic conditioned responses so you are always set up for your next shot.

Training with a minimum of three hits gives you the tremendous combat advantage of always being in combat condition one, loaded and ready for the next grizzle bear.

You don't shoot him once, then leave your weapon empty as you check him to see if your shot was effective.

Pay attention now.

You do what Dennis Tuiller taught me when I took the Jeff Cooper Colt .45 assault training in 1976 . . . You shoot 'um twice, dead center. Stay at combat ready position and if the Bad Guy (I was working for Boise County at the time) is still coming at you, then you shoot 'um right between the eyes.

Just an update.

Current gun tactics now is to shoot them in the hips or pubic area <u>instead</u> of the head.

Reason? Good question.

Bullets sometimes bounce off heads . . . and people never wear body armour over their gonads.

A good "man stopping" target.

Now comes the most important question . . .

Could Mr. Bruce Lee have been faster?

Heck if I know . . . but I can pretend can't I?

Just for the heck of it let's take Mr. Lee's fight scene with Bob Wall in the karate movie classic, ENTER THE DRAGON.

Bruce and Bob were facing each other with right arms crossed in the classic on-guard stance. Bruce trapped Wall's forearm with his left hand and smacked Wall with a lighting fast back knuckle. From the ready position, to the sound of knuckle meeting flesh, only approximately 2/10 of a second had passed.

Mr. Lee had awesome reflexes. Mr. Lee was tremendously fast . . . but maybe he could have been even faster.

How?

Let me tell you how.

The first strike takes the longest. Once momentum is achieved, speed flow is easy. Mr. Lee had only a trap and one strike. I call that the appetizer. He needed to go on to the FULL COURSE and then finish up with a delightful dessert.

Let us pretend that Mr. Lee didn't stop his attack with the back knuckle, but continued his forward lunge.

Let us say that Mr. Lee's right incoming shin trapped Bob's right knee as he simultaneously belted Bob's right cheek with a left palm smash as he sandwiched Bob's temple with his right fore-elbow.

continuing his momentum Mr. Lee thrusts his right elbow through Bob's jaw as he synchronizes a left handed finger rake through his eyes.

Now Mr. Lee grabs Bob's chin with his right hand and pulls while his left hand rakes once again across Bob's eyes.

Dropping into a Chinese soft-bow stance, taking out Bob's right knee, Mr. Lee also strikes down on Bob's sternum with his right fore-elbow, and at the same time, whacks Bob's occipatal plate with an incircling ridge hand.

Continuing his drop, Mr. Lee bangs a right upward hammerfist to Bob's family jewels as he jabs Bob's eyeballs.

For dessert Mr. Lee scoops Bob's right foot outward with his right dorsum, and as Bob falls, Mr. Lee explodes a right rear kick through his chest cavity.

Okay. That's enough continious motion for now. Let's count them.

- 1. Trap
- 2. Back knuckle

- 3. Shin trap
- 4. Left-palm smash
- 5. Right elbow sandwich to temple
- 6. Elbow to jaw
- 7. Left inward eye rake
- 8. Chin grab, neck break
- 9. Left outward eye rake
- 10. Soft-bow to knee
- 11. Right elbow to sternum
- 12. Left ridge hand to occipatal plate
- 13. Right hammerfist to groin
- 14. Right finger poke to eyes
- 15. Right instep sweep throw
- 16. Right rear thrust kick

Mr. Lee would have improved his speed quanity by improving his "flow" as he added in supplementary hits with his other body parts.

Just an idea.

p.s. Just a couple of Mr. Bruce Lee's thoughts on things.

PRIVATE LESSONS -"Bruce Lee <u>hated</u> big classes. He felt that the only way to maintain the quality of instruction was to teach each student on a one-to-one basis . . .each individual has his own unique personality traits (physical, mental, and emotional) that effect his performance - and each one has to be handled in a different way." Dan Inosanto, page 50 Jeet Kune Do

DISCIPLINE - "One time (Bruce) got up infront of class and said, 'I know that socially a lot of us here are friends, and outside the school I'm Bruce. But in here you call me SIFU . . . THERE HAS TO BE SOME DISCIPLINE." Inosanto, Page 60 JKD

CONCENTRATION - Recognize, identify and react!

SPARRING - "Sparring is your duty. From the earliest beginning, students must be taught to spar effectively. You should wear suitable protective equipment and go all out." Ibid, Page 62

KICKING - "The secret of kicking was controlled anger . . . Think of something you hate, then kick the bag. If that doesn't work, have someone slap your face, hard, then turn around and kick the bag." Ibid, Page 63

SECTION #30 How to Be a Winner or What Not to Do to Be a Loser

Where exactly will you be by this time next year? Will you have a tale of success? Or will you have a story of non-achievement, misery, slime, and should of, could of?

there's only one thing for sure . . . Whatever you will have done in one year will be <u>initiated</u> and <u>carried out by you</u>, and only you!

Isn't that neat?

Just think. You have the POWER to write out your own personal action adventure in SPEED FIGHTING karate success and . . .

"YOU CAN MAKE IT COME OUT ANYWAY YOU WANT!"

You see friend, I'm just a karate nerd whose job has evolved to one of teaching. I teach through this SPEED REPORT, through my videos, through my books, through my seminars, and my private training sessions.

And you know, everytime I stand infront of a bunch of expectant faces, I ponder a bit on how some of the people in the audience are going to take the SPEED INFO I give them and go forth and become CHAMPIONS.

And others . . . well, those others are going to remain LOSERS no matter what I or anyone else ever teaches them.

What a difference between the winners and the losers.?

Is it intelligence, body built, age, specific style studied, or what?

I'll tell you something: This portion of my report is going to make a lot of you men very uncomfortable.

Why?

Simply because I know the difference between winners and losers and, I'm going to put the choice right dead square in your face. I'm going to give you a extraordinarily simple set of instructions and, if you do what I say, your chances of becoming extremely FAST and DECEPTIVE at WINNING a FIGHT is gonna be magnified by a factor of at least 1,000. NOTE: This doesnot mean you'll be 1,000 times faster. It does mean that you'll hit about anyone you want anytime you want a 1,000 times more effectively!

But most of you are not going to follow these simple instructions. I know that already from past experience.

(turn to next page)

And I even know already the reasons you're going to give for not doing what I suggest. These are the same reasons that everybody, including me, nearly always gives for not doing something that will make our skills better.

One of these reasons is not enough time, right?

Well that reason is not going to wash here because the time involved is just ten minutes a day for one lousy week. Think of it: I'm saying you only have to give up a total of seventy minutes to give yourself a 1,000 times better shot at becoming a SURVIVING FIGHTER.

And another reason is not enough money, right?

Sorry . . . That reason is not going to wash here either because the money involved will probably amount to about zero dollars. And surely, even the most direly financially stressed of any of us can scratch up that kind of dough, can we not?

And finally, we come to the reason that pisses me off to no end every time I hear it. It makes my blood boil. It infuriates me.

And, this reason is only given by people who have no understanding whatsoever of what it is that really separates the achievers from the pathetic.

This reason for not doing something is: "You don't really have to experience something to understand what it is all about."

Dummies who use this kind of reasoning are people who smoke and proclaim they truly do understand they are risking lung cancer.

It's just not true.

Go to the Simington Cancer Clinic in San francisco, California and hang out with some patients who have advanced lung cancer, all of whom got it from smoking, and ask any of them if they now believe that, in the past, when they were smoking, they truly understood what they were risking.

If you're a smoker, tobacco is death . . . Not a quick clean death, but a slow, expensive spirit-killing, ignoble, painful death that approaches week by week as gradually you cough up more and more blood, become unable to eat, see your strength and tissue melting away, vomit, and become blocked because your guts have rotted out. You glance at yourself in the mirror and see the devastation. You catch a whiff of your scent and smell the decay.

Tobacco death is a bad death. PERIOD!

You see . . . What it really comes down to is . . .

"SPECTATORS CAN NEVER UNDERSTAND WHAT IT IS TO BE A PLAYER!"

Men can never truly understand what it is to have a baby.

Non-alcoholics can <u>never</u> truly understand alcoholism. Poor people can never understand what it is to be rich, and . . .

Onward. My job right now is to give you the VITAL MESSAGE you MUST understand if you really, really, really want to be a winner. To be a real SPEED HITTER.

So, all I'm saying is, don't give me that crap about how you don't have to do the simple training task I'm going to give you because you have the mysterious ability to understand HITTING SPEED, even if you don't experience it. By reading about it, maybe. Or watching it on video. Or listening to some audio tapes.

Yes, I know . . . YOU are blessed. All you have to do is go to a movie, watch BRUCE LEE, and SHAZZAM! . . . you can immediately understand what it takes to be a SPEED HITTING EXPERT.

Why am I pushing this concept so hard?

Let's go back to where I'm standing, looking out at a sea of expectant faces. You notice what's the hardest thing it is for a caring teacher like me to do?

I'll tell you . . . It's not to explain SPEED HITTING, CHI POWER, or DEVASTATION ENHANCEMENT to my audience. That's actually real easy.

No, my friend, the real challenge is to make my training message real to that audience.

You see, anyone who understands for real what it is like to have lung cancer will never smoke.

And anyone who understands $\underline{\text{for}}$ $\underline{\text{real}}$ the truth of how the SCIENCE OF SPEED TRAINING methods can change their lives will then . . .

"GO DO WHAT I TEACH AND BECOME FASTER AND MORE POWERFUL THAN THEIR WILDEST DREAMS!"

Here's a little story that illustrates the difference between INTELLECTUAL knowing and REAL knowing.

A few days ago I got a call from Jack Williams and it reminded me of what happened once when he was visiting me in Colorado Springs.

We were in my karate studio at 908 N. Circle Drive, about four blocks from the United States Olympic Training Center. I was explaining a 4th degree black belt form when I happened to mention some SPEED TRAINING MASTER KEYS that I'd uncovered using PRECISION MODELING from Neuro-Linquistics Programing.

So, I started telling Jack how we could now hit eleven times or more in one second or less with exact PINPOINT ACCURACY to NERVE CAVITY targets before the opponent could even blink his eye.

Anyway, as we were sedately moving through KEMPO TECK SET 6, Jack remarked that he knew I was fast.

I challenged him on that. I told him he only had a bullshit intellectual idea of what SPEED HITTING really was, and he didn't really know how fast a human could move at all.

Jack said he didn't understand. I told him not to worry, Just throw a punch at me and I'd make my point.

Well Jack got this gleam in his eye and threw a right haymaker at my head.

My right hand skimmed his wrist, hitting his radial nerve, paralizing his hand, and continued into his liver torqueing him forward with buldging eyes as my left hand slammed into his temple splattering sweat from his head. I continued my eruption of DEVASTATION as Jack's mouth opened as though he was getting ready to scream. There were twenty-four hits of nerve slamming, gonad bouncing, chin reverberations with my hands and feet leaping and churning around and through his body . . . and old Jackie boy was screaming for all he was worth . . .

"OH LORD! OH JESUS! OH SHIT! HOLY MARY! OH MY GOD! OH MY GOD! OH MY GOD . . . DAMN THAT WAS FAST!"

And that's when Jack knew about SPEED HITTING. Jack really-knew.

And it's that difference, the difference between INTELLECTUALLY knowing and really knowing that can save YOUR LIFE on the street.

Enough of this talking. Now it's time for me to give you your little assignment. And, after I give you this assignment, I'm going to explain the significance of it to you in minute detail.

And, after my explanation, the more dense of you will say, "Hay yeah, this makes sense to me. I understand what he's getting at so . . . there's no real need for me to actually do this little training drill."

Is that you?

If so, you lose! Why? Because you cannot understand anything about SPEED HITTING unless you do the assignment. You see, I'm real good at what I do because I do it a lot . . . But I can't multiply zeros. And if you do the SPEED TRAINING drill . . .

"YOUR LUST FOR FAST TECHNIQUE WILL BE ENERGIZED BEYOND BELIEF FOR ALL THE REST OF YOUR LIFE!"

Not so fast my friend. So what's the point of the above?

Before I get to that, you're going to have to endure even more of my long winded drivel. Be patient. This drivel is relevant.

Ready?

Okay. Once upon a time when I had a karate school in Boise, Idaho I got a call from a KeiShinKan black belt that was a tournament fighter. He wanted to become a tournament winner.

He wanted to know how to get the attention of all the judges and referees so they'd see his technique first.

"Do This," I said. "You should start by presenting a strong physical presence the moment you enter the arena to compete. The people you talk to should sense an air, a presense that you posess. Your presense will give them an indication of your ability."

"This presense - or image - should be practiced just as you would practice other mental and physical exercises."

"When you are called upon to enter the ring, be sure you are dressed in a clean, pressed uniform. Bow before entering the arena. On the bow, your legs should be shoulder width apart and your arms extended infront of you about 8 inches away from your thighs. Focus your eyes directly on your opponent."

I went on to say, "By presenting yourself in this manner you will gain several advantages. First, you will get the attention of the spectators. Second, you will get the attention of the other contestants. The judges officiating the matches will be more inclined to watch what you attack with as opposed to what the other guy does. Your PROFESSIONAL PRESENSE has given everyone an idea of what to expect from you in ability and performance. The only thing remaining, IS TO DO IT!"

"When the HEAD REFEREE signals to BEGIN the match, step forward with your <u>best</u> side and set yourself in a forward aggressive SPEED FIGHTING stance."

Then I said, "Do your normal karate technique, even without our SPEED TRAINING STUFF and I guarantee that you will WIN much oftener."

My caller was elated. He SANG my praises. He said my comments were GREAT ideas.

Time passes. About a month later he rings back wanting to talk some more and perhaps pick up another GOOD IDEA or two.

I asked him, "How did the last 4 tournaments go? The ones where you developed the proper presense and image?"

"Oh, I haven't gotten around to doing that yet," he said. "But I think it was an exciting idea and I'd like to pick your brain some more."

"No way!" I told him. "I'm going to hang up and, quite frankly, I have no interest in ever talking to you again!"

He couldn't believe it. How could I be so insufferable? It was easy.

You see. I am often very short with people who approach me as MARTIAL ARTS ATHLETES and then I find out they are really only BULL-SHITTERS.

You want to know what is one of the major differences between WINNERS and LOSERS? It is simply . . .

"MOVEMENT!"

WINNERS go out and get going BEFORE they know all the answers, or even most of the answers. Losers will study something endlessly to make sure they don't do anything RASH. Losers have to talk-it-over with someone else before THEY can start training on SPEED TRAINING or any other type of training that their original MASTER never taught them.

KNOW THIS: For the most part loser are underlings, and children, and followers . . . not WINNERS!

The loser must talk first to his training partner, to his wife, his teacher, his Daddy, his Mommy or whomever, and he never realizes that . . .

"TWO OR MORE SISSIES CAN NEVER EQUAL ONE REAL PAIR OF BALLS!"

And, by the way. These days, I see a lot of women who have more balls than some of the men that profess to be experts at self-defense.

No. Wait. I'm getting off track here. I'm supposed to be giving you one technique to do so you can TASTE Scientific STREET SPEED TRAINING right off the bat.

Look. This technique, INCLUDING RELOADING, contains only two movements. Yet, because it is so ON-TARGET, because it PENETRATES precisely into a NERVE CAVITY directly into the brain, that little dinky punch is a button that starts up SPEED HITTING, INTERNAL ENERGY, FLOW HITTING, and many of the other MASTER KEYS that will cause a RIVER-OF-ENERGY to be diverted through your knuckles.

What that means, of course, is you can harness the POWER of that river to achieve your own martial arts objectives. Such as whopping the daylights out of those who earn it.

But . . . YOU will never FULLY UNDERSTAND that river-of-energy, and thus be able to harness it's POWER, until you become INTIMATE with it. That's why YOU have to do the training physically.

So, when you punch you FEEL the proper distance, the EXACT angle, the BODY SHIFT and all the other elements that make this SPEED STUFF work. Only then can you understand it FOR REAL.

And something will change in you, my friend. All of a sudden you will know, truly know, that SPEED TRAINING really can PRODUCE results!

(continued on next page)

And once you know that, really know it, this business of STREET SPEED HITTING, and all its aspects, begins to get very exciting.

Your self-defense-seeking antennae will begin to function better. You'll become tuned-in to looking for other "nerve-cavity" targets. And, because you have experienced this one first-hand, then you'll be able to use another when you come across it.

No longer will you see BIG FREDDY as just another bully.

No. You'll see that overweight PORKER as a fat little walking - talking collection of "easy-to-hit targets."

No longer will you see his snarl as a threat. No. You will begin to realize that . . . when you find the right combination of hits to direct the ENERGY generated by HIS movement . . . Then you have the BUTTON THAT CONTROLS him!

Nuts.

I'm not satisfied yet. This is one of the most important lessons I tried to communicate to you in this report so far and I have the feeling you think I'm LOONEY TUNES.

Look. What stops people from doing something is often the simple fact they don't know . . . really KNOW IT CAN BE DONE.

Case in point. For over a hundred years nobody was able to run a mile in under four minutes. No one "really knew" it could be done. Then ROGER BANNISTER did it and lo and behold . .

"DOZENS OF OTHER PEOPLE DID IT RIGHT AFTER HIM!"

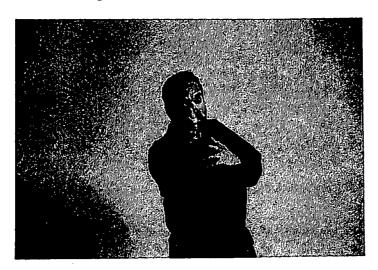
Because NOW they knew, really believed in their minds and in their hearts that it could be done.

Okay. Let's do the technique.

- 1. Stand facing the opponent at a 45° angle side ways.
- 2. Have your best hand forward, your own elbow into your ribs, the hand loosly folded and the big knuckle pointed at the opponent's face.



- 3. You feet are in the CENTERED MODE, non-aggressive stance. Which means he doesn't know you are coming.
- 4. When you hit, the energy within the abdomen is generated and transmitted by your lead hand centrally to the adversary's chin. This strike causes a reaction within his brain. This is as much knowledge on this point as any diligent martial arts student requires.



Wait a minute. Don't go away.

Don't be too disappointed.



SECRETS OF KENPO KARATE

American Street Defense

by John M. La Tourrette, Ph.D.

A Kenpo fighter is a combination of warrior and scholar, using the deadly blend of brain, brawn and body for aggressive attack, and man stopping counter-attack. Kenpo teaches that turning the other cheek to those whose ways of life are set in

Kenpo teaches that turning the other cheek to those whose ways of the strength and violence is wrong. Such a passive attitude encourages lawlessness and injustice. This book will help you overcome those who intimidate to survive.

Over 256 step-by-step photographs, diagrams and illustrations cover:

- Eighteen step-by-step techniques from the meal-of-death
- Kenpo's real secret
- Kenpo's techniques of aggression
- Mind force principles of Kenpo
- Mind training, the best weapon
- Philosophy of the Kenpo warrior
- Secrets of internal power
- Secrets of weapon invisibility

Granted the above is brief. Now let me outline the MASTER KEYS exactly so you have a funcional training drill.

But first, let's make the above drill a TOTAL DECEPTIVE motion.

1. Stand with your feet about 1½ feet apart.
Have 70% to 90% of your weight on your <u>left</u> foot.
Have your right foot sightly forward of your left foot.

Your left knee should be bent a little, NOT straight and locked into rigid immobility.

(Don't worry. The opponent infront WON'T see your knee bend because the motion will be hidden by the pants, by frontal zero perception, and absorbed through the knees, hips and tan tien.

If the opposition sees anything at all he will assume you've shrunk because of FRIGHT. He will not know that your stance is cocked and loaded to EXPLODE!

He won't know that by placing your one foot forward of the other, that by turning your hips and shoulders about a 45° angle, that you have SET HIM UP for SPEED ATTACK.

This SET UP does four real neat things for you, and many bad things for him. First your balance and stability is much better from this modifided non-assuming side stance.

Second, by turning slightly, you've HIDDEN your following vulnerable targets from any type of direct frontal attack. These are the groin, belly and solar plexus.

Third, you've made all your targets SMALLER because he now has a side SIGHT PICTURE, versus a front-on sight-picture.

And forth, you've placed your best weapon, your right hand, closer to him, but in a position HE CAN'T SEE because it's low down, BELOW HIS DIRECT EYE LEVEL. Your weapon is between ANY possible target he can choose, BUT HE DOES NOT KNOW IT!)

2. Your attacking WEAPON is cocked and oaded, ready to explode forward. Surprise is totally on your side.

It's like the Japanese attacking Pearl Habor all over again.

3. From this position there are three ways you can go.

These 3 ways are:

- a. Anticipatory Attack
- b. Proveable Self-Defense

(continued on next page)

c. Or, just hit him FIRST and DAMN the legal consequences.

I suggest you are SMART ENOUGH to choose either ANTICIPATORY ATTACK, or PROV-ABLE SELF-DEFENSE.

Let's do Anticipatory Attack first. This simply mean you BELIEVE he's gonna hit you, or knife you, or shoot you. So, YOU being an INTELLIGENT human, step in and bust him one BEFORE he can swing at you. BEFORE he can pull his knife. BEFORE he can pull his gun and hurt you bad.

Here's how it's done.

From your non-assuming stance you step in with your right foot and hit him in the nose, throat, or belly (or solar plexus) with a Chinese vertical punch.

Your next question is probably, "What is a Chinese vertical punch?"

Well. It's not a karate punch, nor is it a boxing punch.

It is a straight-in punch to the target with the knuckles of the fist arranged in a vertical line with the floor. The thumb is ON TOP of the closed fist, but NOT TIGHT along side the fingers. The fingers are folded into the palm, NOT CLENCHED tightly into a fist.

Notice that the targets I mentioned two paragraphs above are the nose, throat, and the soft belly. Because you'll be striking TENDER, VULNERABLE TARGETS, you won't need to have a ROCK HARD fist . . . The type of fist that can go through six inches of concrete.

When you throw the punch, don't cock it to your hip, or cock it behind your head for more power.

Before I go on can I ask you a question? Okay. Thanks.

The question is, "Do you need a CANNON to kill a SPARROW?"

I'm glad you said "no" because that's the right answer.

So, cocking back the hitting hand for ADDITIONAL POWER is plain stupid and time consuming. Worst yet, the thug can see it coming from a mile away because of the exagggerated telegraphed motion.

Instead. Hold your elbow close to your body and thrust your punch straight out to your chosen target as you step.

This combined step with the punch technique will ADD your body mass (weight) to the arm's SPEED, POWER and TORQUE.

Look. If you take the bumper, which weight 20 pounds off a 3,000 pound car and throw the bumper at someone at 40 miles per hour, that bumper is just going to bruise them a little as it bounces off because it LACKS MASS.

But . . . when you leave that 20 pound bumper attached to that 3,000 pound car and DRIVE OVER HIM at 40 miles per hour, it's going to SQUISH THEM FLAT.

The moral of the above story is . . .

"ALWAYS COMPLEMENT ANY HIT WITH YOUR BODY WEIGHT!"

Additional body weight can easily be added by stepping your lead foot forward as you hit, or just by shifting your weight forward as you hit, or by just shifting your weight DOWNWARD as you hit, or just by exhaling your breath as you hit.

Either way he's being hit with body mass, plus arm SPEED, plus a tiny impact point . . . all to a TENDER VITAL area.

More additional POWER can be achieved by breathing out sharply, TIMED with the hit, and the closing gap.

Also focus your intent through the target, not to the target.

In other words, if his nose is your target, don't aim at his nose, aim through his nose at the back of his head.

If his throat is the target, aim through his throat to six inches BEHIND his neck.

If his soft belly is the target, go through it and come out his spine with your fist.

PENETRATION is the MASTER KEY to damaging soft tissue areas, NOT hard hitting.

Now what should your left hand be doing as the right hand strikes out?

Simple. The left palm should slap against your right upper breast.

Why?

To cover your own centerling vital targets. This is pure and simple self-protection. Also, by having your left hand on your chest you are now in continued MODE STRIKE POSITION. So once you've read this book and trained with this material on SPEED HITTING, YOU'LL be able to MULTIPLY that one initial strike into more than eleven (11) hits in one second or less!

Earlier I mentioned self-defense mode rather than anticipatory attack mode. Once you know the above, the self-defense mode is fantastically easy.

p.s. If you have trouble grasping the above, that's okay, it's on the video that came with this book. Good luck and have fun.

SECTION #31

169 Tips for Speed Fighters

- 1. Always hit last . . . before the ref breaks you apart. So the last point the judges see is your technique.
- 2. The Ultimate goal of SPEED HITTING, hitting your opponent without being hit.
- 3. Work out on a speed bag, but don't work out on a heavy bag, especially if you are striving for more speed. Also . . . never punch nor kick air.
- 4. Tournament sparring will teach you more about yourself then you can ever learn by floor exercises in the dojo.
- 5. If you want to become 10 times the martial artist you are now . . . FIGHT IN TOURNAMENTS.
- 6. If you want to have your true self-confidence increase five-fold . . . FIGHT IN TOURNAMENTS. Actual fights will separate the real martial artists from the wanna bee's.
- 7. The best speed hitting knowledge in the world will not work until the final touch is sharpened in REAL SPARRING.
- 8. The real secret of SPEED HITTING is not the destruction of your opponent, but the discovery of yourself.
- 9. Only through actual sparring will you discover that you and you alone are responsible for what you do, or do not achieve in SPEED TRAINING.
- 10. When you fight another person's fight . . . when they choose the ground . . . and the time . . . and the rules . . . you then have no one to blame for your defeat but yourself.
- 11. Don't be a spiritual cop-out. Nothing can replace the lessons of competition. Pure steet does not fear the test by fire.
- 12. The secrets of SPEED FIGHTING remain secrets <u>until</u> <u>you</u> ingrain them into your subconscious mind through practice and real sparring competition.

(continued on next page)

- 13. When you lose in a competition match . . . you really win much more than if you actually won . . . at least, when someone else defeated you, you got an education of what you must evolve to and train at to become even better at SPEED TRAINING.
- 14. A competition match is the part of your SPEED TRAINING that gives you full versatility of applying the inner you to the physical art.
- 15. If you want people to watch you, get their attention first.
- 16. All the <u>best SPEED TRAINEES</u> train hard. More importantly, they learn how-to-think strategically with the hidden secrets of SPEED FIGHTING.
- 17. An attitude of FIGHTING TO WIN . . . is at least 90% of the battle.
- 18. A wise SPEED FIGHTER knows the eight angles of movement. He also knows the eight primary closing gaps, and how-to-use them to invade the opposition's defenses at will.
- 19. A SPEED FIGHTER trains until his reflexes and techniques reach the stage of INDEPENDENT MOVEMENT. Just seeing an opening will trigger his NON-TELEGRAPHED attack.
- 20. Dynamite is so effective because it EXPLODES. You must be able to EXPLODE FORWARD and strike the opponent before he can move. This is from the non-telegraphed aggressive centered stance.
- 21. There are many targets on the human body . . . but there are only three major roads to ATTACK most of them by. These are his OUTER LINE, his CENTERLINE, and his INSIDE LINE.
- 22. Make sure your weapon follows the LINE OF LEAST RESISTANCE to the chosen target. Use hand positioning, angles of cancelation, zero perception, etc.
- 23. Watch his eyes for outward focus, versus inward focus. Learn how-to-cause inward focus. When he's in inward focus, that means any fast and direct attack will work.
- 24. When you hit, always explode from your start line, not his.
 - 25. Be in continous motion with small steps like you are (turn to next page) 243

walking on "hot rocks". Then the opponent will not be able to see your INITIAL MOVEMENT.

- 26. Hide the REACTIONARY GAP from the opponent with constant movement.
- 27. Shrink your SIZE DOWN by using a bent knee stance. Then when you EXPLODE FORWARD into attack mode, your REACH will amaze him.
- 28. For SPEED FIGHTING pick about five speed techniques and learn them well.
- 29. In a tournament the PROVEN primary SPEED ATTACKS that work best are:
 - a. Lead hand back knuckle

14 Sec. 1 1989

- b. Lead hand verticle punch
- c. Lead leg wheel kick (round house kick)
- d. Reverse punch from a high gate aggressive stance
- e. and a lead leg extension side thrust kick with a sliding compound closing gap
- 30. Always keep your technique SIMPLE, SWEET and DIRECT. plus always keep the elements of SPEED FIGHTING ADDED to them.
 - 31. Exploding forward from a RELAXED CENTERED POSITION is three times as fast
- 32. A RELAXED SPEED FIGHTER has more speed. He has more POWER. He has more ENDURANCE. He has better REFLEXES.
- 33. A good GUERRILLA SPEED FIGHTER knows the value of movement. He knows how-to-HOT ROCKS. He knows hot to place his feet. He knows how to shoot to 10:30, to 12:00, and to 3:30, and STILL HIT His chosen target.
- 34. Constant forward pressure, hidden by mobility is a MASTER KEY TO SET-POINT and to creeping effectively.
- 35. Hitting an opponent outside of his SET-POINT IS EASY. Just apply two of the closing gaps, by skipping, sliding, or hopping forward you can easily reach him as you do your hit.

- 36. From outside the opponent's reach, SET A TRAP by exposing your own centerline. As he goes inside his own head, thinking about how-to-hit it, you EXPLODE forward with a compound closing gap and hit him.
 - 37. In a <u>fight</u>, always take the shortest route to the nearest <u>valid</u> target. Punch his hand with your fist. As he kicks, break his toes with your elbow. As he stands there in a DEEP HORSE STANCE, kick out his closest knee with your lead leg.
- 38. Know the EXACT ANGLES OF PENETRATION and the locations of at least 35 nerve cavity strikes. Because of the sensitivity of the point struck, twisted, locked, or rubbed, you will increase his pain ten fold.
- 39. To keep the opposition at bay, fight from a centered MOVING STANCE . . . elbows tucked into your sides . . . and your chin down. This stance will keep him from attacking.
- 40. Stay away from ALL CIRCULAR DEFENSES like the cocked inward block, the extended outward block and the circular rising block. THEY JUST DON'T WORK!
- 41. If you must block, COVER GOOD INSTEAD. No one ever won a fight by blocking . . . YOU ONLY WIN BY ATTACKING.
- 42. Learn how-to-throw your opponent into a state of CONFUSION. When he trys to kick you . . . STOP TIME his kick with a forward leg check . . . then bust him.
- 43. Pretend to go high, then go low. Pretend to be scared, then attack him like a hungry tiger.
- 44. Use SET-POINTS. Attack him <u>before</u> he's ready to attack you. Practice push-step and sprint runs to increase your reach and your explosive take-off speed. Learn to hit him before he even knows you are in range.
- 45. Most people are trained incorrectly to fight with their power hand back. These guys are sitting ducks. Just attack their forward, weak side. They can't stop you.
- 46. Adapt your speed fighting principles to your OWN PHYSICAL LIMITATIONS. If your knees are shot and you can't kick, use your feet for closing the reactionary gap and your hands to hit him with.

- 47. Know the fire ranges of unarmed fighting, the closing gaps to use for each of them and the targets that will stop him.
 - 48. Out-thinking and out-maneuvering the opposition is better than pure firepower any day.
- 49. Speed hitting is about CONTROLLING YOURSELF FIRST . . . and to control the opposition second.
- 50. The SPEED FIGHTING PRINCIPLES are more important for winning than ten thousand techniques.
- 51. A SPEED FIGHTER does not care how much the other person knows, or what belt rank he holds. What a speed fighter does care about is what the other person can apply . . . which is usually VERY LITTLE.
- 52. If you know only the speed fighting principle on INITIAL SPEED, THAT <u>one principle</u> is enough to beat most black belts.
 - 53. Those who learn how-to-strike FIRST, strike last!
- 54. Learn how-to-push off fast and strong. Your explosion will leave them on the ground in awe.
- 55. If you are going to fight defensively, you'd better keep your hands up . . . not extended nor cocked to your side.
- 56. When every thing else fails, FAKE . . . then CHANGE your angle of attack. This is a variation of a SET-UP of the LAW OF THREE.
- 57. If you want to win, then your thoughts must be on WINNING.
- 58. If you want to win, you'd better be ready to SMASH THROUGH THE REST OF THE COMPETITION.
- 59. For competition, the FORMULA FOR SUCCESS is much more than kick 'um and hit 'um. It's also your attitude, the way you carry yourself and your self-talk.
- 60. To beat a novice with speed training you only need a few weeks of practice. To beat a TOP CONTENDER you must be fine turned in mind, body and emotional content.

- 61. There are no "stupid" SPEED FIGHTERS.
- 62. Winning a street fight takes less than three seconds, even if you are 92 years old . . . You can kick his butt when you know the speed fighting principles.
- 63. When you go against professionals, you'd better be professional in your training also.
- 64. You can't hallucinate you are Bruce Lee unless you practice like Bruce did. First become GREAT IN YOUR OWN MIND, then train hard to achieve it.
- 65. There are no good losers. THERE ARE ONLY LOSERS that try and excuse their defeat by pretending to be in a dream world.
- 66. There are no famous second place winners. Only NUMBER ONE IS EVER REMEMBERED.
- 67. Mental training is gonna be at least 90% of your speed training . . . possible even up to 99% of speed training is mental training. I suggest you think on it.
- 68. When you talk crap to yourself, anyone can use you for fertilizer.
- 69. In today's world the Buddha would carry a walkman . . . so do all good speed fighters <u>before</u> a tournament. Use the walkman with a self recorded tape doing POWER TALK, "I'm strong, I'm fast, I train hard, etc.", make this tape a WINNER'S EDGE tape for yourself.
- 70. Study your losses. Be a PHOENIX -- Rise from your defeats and learn what you need to do better. Chuck lost about every match for more than two years before he won his first grand championship is Salt Lake City.
- 71. A WISE SPEED FIGHTER trains with a video camera . . . so he can <u>see</u> his progress . . . so he can <u>see</u> what he needs to train on. NOTE: I watched a film of me fighting Super Dan. I didn't know it but every time I did a lead leg wheel kick I <u>pulled</u> up my pants leg with my right hand. "Super" Dan saw it coming every time.
- 72. Learn to read body language, the non-verbals that tell you the truth about the opponent's level of ability and self confidence.

- 73. Watch your opponent closely for signs of DECEIT. They might use friendship, flattery, aggression, or be down right mean . . . all for the purpose of causing you to lose your SELF CONTROL and EMOTIONAL CENTER.
- 74. When it's time to fight, run full blast up to that starting line. If will cause your opponent to lose his self control. You then have an emotional advantage.
- 75. If fighting for a point, always shoot from a position where the head referee can have a clear view of your technique. If he don't see your point . . . there is no point.
- 76. When fighting on the street, fight from zero perception so that none of the witnesses can see what you've done to him.
- 77. Open your eyes wide and stare into the opponent's eyes. If this stare is difficult to do, look instead at the points between his eyes. This stare will give you an emotional advantage over them. It will also give you an awareness advantage over them.
- 78. Mind WARP the opposition by first staring, then relax and smile. The smile will trigger a emotional warmth and they'll no longer be centered and focused for the fight. It'll take them three to five seconds to get back their power level (emotional).
- 79. Smile at the referee. When the ref likes you . . . and he thinks you're a "nice" person . . . he tends to see your points a lot better.
- 80. In a real fight neutralize the opposition by appearing to be less than you are.
- 81. If you don't want to beat up a Bad Guy, BEAT UP A PLANT INSTEAD! Get a <u>friend</u> to "pretend" to push you into a fight. You then deal with "your friend" physically infront of the Bad Guy. The Bad Guy now respects you, so he'll leave you alone.
- 82. Some people have no respect for reason or logic. They actually need a huge rap on the side of their head to get their attention before they'll listen to reason.
 - 83. Fear. We've all walked up to the end of the diving board and back again.
- 84. A thug will back down from strong opposition. The thug wants "easy" pickings.

- 85. There is no such an animal as "sportsmanship" in Speed Fighting . . . THERE IS ONLY WINNING.
- 86. There are six different types of speed in speed fighting. To win a fight the only one you need to have mastered is SPEED OF DECEPTION. The other speeds are AWARENESS SPEED, DECISION SPEED, TRANSFER TIMING SPEED, ACTION TIME SPEED, and CHANGE DIRECTION SPEED.
- 87. Your best manuverability comes when your feet are directly underneath your shoulders, your knees are bent and you are moving on the balls of your feet.
 - 88. No matter how fast you are, IF HE KNOWS YOU ARE COMING, you are not fast.
- 89. Breathing properly as you hit turns that "BB" into a cannon ball. Breathing improperly turns a cannon ball into a miss.
 - 90. No matter how slow you are, if he doesn't see it coming, to him it's awfully fast.
- 91. To explode forward the weight must be on the back foot. To explode away from him your weight must be on the front foot.
- 92. For fast hitting, move the lead hand first . . . than follow with the body.
- 93. For fast blocking move the body away first, then move the hand.
- 94. When hitting the only time your muscles should be tightened is when your going through the target. This exact tightening is done by proper exhalation of your breath.
- 95. Fight at 93% to 98% speed. This will be better than fighting at Red Line. Because just trying for Red Line causes tension. Tension in turn causes slower reaction time. So, through slowness you get speed.
- 96. Sparring for fun does nothing for speed except install BAD HABITS. Do drills for speed. You do the drill five times. Then the Uke does it five times. Always have a third person to give you intelligent feedback.
- 97. When you practice your reaction time drills, make darn sure they are exactly like real situations. That way when you

are in a real situation you'll know what todo because you've already been there.

- 98. Never look towards the center of an opponent when doing your speed drills. Instead watch his eyes and zoom in on all targets with your peripheral vision.
- 99. Remember that PERIPHERAL VISION picks up movement twelve times better than direct line vision. Use your eyes properly.
- 100. When practicing your speed drills, for example a back knuckle on a training partner, throw in a lag time confusion technique about every 5 to 7 times, like a smile . . . without him knowing about it. Note how good it works.
- 101. Frustration is the first sign that you are learning something new. So get frustrated a lot.
- 102. So you can't stand the pressure. Well, that's how very expensive diamonds are formed, with a lot of pressure. Speed Hitting, like diamonds, when formed under pressure is worth a lot.
- 103. When in a tournament slaughter the opposition with points. When in a fight just slaughter the opposition.
- 104. There are no natural speed fighters. Everyone of us had to learn the same way you are not learning. No one was ever born from a woman with a black belt around their waist.
- 105. If you want to be fast, practice a fast, fluid style. We highly recommend kenpo, kali, wing chun . . . $\underline{\text{if}}$ you can find a great instructor.
- 106. If your instructor still locks out his punches, RUN AWAY FROM HIM AS FAST AS YOU CAN. It's too damn hard to teach a DUMB DOG new tricks.
 - 107. Winning is a matter of proper training . . . not luck.
- 108. There are only four types of fighters. When you know which one that is facing you, his defeat is in your pocket.
- 109. The easiest way to beat a charger is charge him first. When he's thinking about defense, he can't move forward.

- 110. The second best defense against a charger is to stop kick him with either a lead leg side thrust kick, or a lead leg front thrust kick. All you gotta do is take a half step back as he charges and just blow him apart.
- 111. Charging is the best style of fighting. Why? Because no one can run backward faster than you can run forward.
- 112. Never use the same technique more than twice in a row . . . not even if it was effective the second time also. Most people need only three times to figure out your strategy. If you've just hit him in the head twice . . . the third time fake to the head, and then bust him in the midsection. IT WORKS!
- 113. Runners are easy to beat. You just let them go. No one ever won by running away.
- 114. Your lead hand strike is your fastest single strike. Then put your hand to the level of his eyes and come in an bop him on him temple. The ZERO PERCEPTION will cause him not to perceive you INITIAL MOTION.
- 115. Never cock a hand or a foot when executing a hit. When you cock you are going the wrong way for speed.

116. Relaxed hands are fast hands.

- 117. When you explode your closing gap . . . timed with your hand strike . . . timed with your breath exhalation . . . timed with your body torque . . . only then do you have true SPEED and POWER.
- 118. When you want to cover lost of distance fast, use a lead hand back knuckle . . . complemented by your push-step closing gap.
- 119. If your opponent is faster than you, then use the INDIRECT ANGLE OF ATTACK to throw him off his attack line.
- 120. Use a back knuckle with a push-step forward to 10:30 to stop an in-rushing opponent. You will easily break his timing.
- 121. A reflexive back knuckle will stop an in-rushing opponent. You just snap it out towards their face and let them run into it.

- 122. Scare them with your back knuckle. When they react to it by covering their face . . . just blast them in the guts with a lead leg wheel kick.
- 123. A wise tournament fighter will open his hand on his back knuckle strike. By opening his hand and leaning into the opponent he'll EXTEND HIS REACH BY TWO FEET MORE.
 - 124. The extended back knuckle is the longest reaching hand technique you have.
- 125. The extended back knuckle is the FASTEST TOURNAMENT hand technique you have.
- 126. The speed fighting reverse punch comes from the point-of-the chin on-guard position. It starts in the verticle punch position and only torques ½ to ½ of a turn.
- 127. Speed fighting reverse punches are for power shots to THE BODY . . . usually initiated by a left verticle punch to the head, or a left back knuckle to the head.
- 128. The speed fighting reverse punch gets an EXTRA TWO FOOT REACH by torquing the shoulder into the blow.
- 129. In a competition match, all body shots are FULL POWER. If you don't hit him, the judges won't score a point for you . . . and you won't stop the opposition.
- 130. Speed kicking always done from a solid base and with your knees bent.
- 131. Speed kicking is easy . . . if your legs are in shape . . . if you've done your flexibility training . . . and if you understand economy of motion. This means lead leg kicking. The ONLY EXCEPTION is the snap wheel step-through off the rear foot. Zero perception concepts make that technique hard for the opposition to stop.
- 132. Karate people who fight tall bounce off their opponents and fall.
- 133. Practice a jamming side kick on a swinging bag. When the bag bounces off your foot . . . you know your opponent will fly into the wall.

- 134. The lead leg side kick, when done with proper closing gap and with a hip hyper-extension will give a normal speed fighter up to eight feet of REACH . . . all in a split second.
- 135. Those who kick off of the rear leg kick air. Why? Because any average non-speed trained athlete will see it coming and evade, jam, or stop-punch you before you get your foot off the ground.
- 136. When you use your front kick . . . jam them with your heel, and be sure and move them backwards . . . or the ref won't count the strike as a valid.
- 137. For SPEED KICKING always point your knee <u>past</u> the opponent, or you'll lack POWER and ACCURACY . . . and you might even tear the Mencius in your own knee. STUPID. I know. I've done it . . . and \$10,000 bucks later it's still not the same. Think on this.
- 138. In tournament speed fighting, train both sides of your body in the basic five techniques . . . then apply all the speed fighting tactics and strategies to those 5 techniques and you'll have more than five thousand different type of attacks.
- 139. When wiring in a new speed drill, practice only one technique. If you are doing a back knuckle, force yourself to figure out all the methods it can be used in effectively. Use lag time, fakes, zero perception, angles of cancelation, initial movement, the law of three and any thing else to make it work.
- 140. If you don't have a roadmap, you'll never end up any where important. So condition your mind <u>before</u> the fight.
- 141. The Japanese samurai put tacks in the heels of the training swordsmen as a training aid to keep them on their toes so they could move more quickly with agility. In today's world it would be considered cruel and inhuman training methods.

TOO BAD!

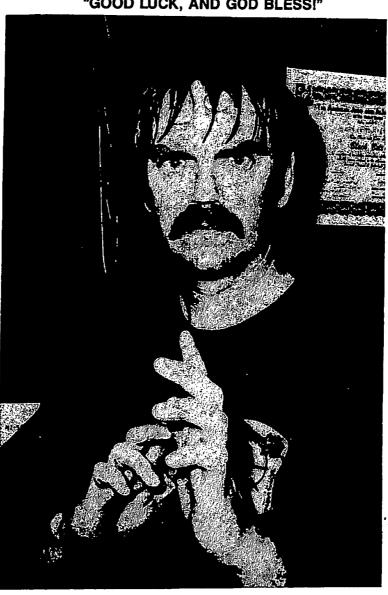
- 142. It's harder to hit a moving target than a stationary target . . . so move!
 - 143. The BEST DEFENSE is a rapid fire offense.
- 144. Action is at least three times FASTER than reaction time. So those who hesitate, meditatein horizontal position.

- 145. He who strikes first, strikes last.
- 146. When near, make it appear that you are far away. This deception is done by body shifts, feet placement, and hand placement.
- 147. Use the KEEP IT SIMPLE AND SURPRISE THEM technique. If your opponent is used to side kicks, use a front thrust kick instead.
- 148. Speed fighting <u>is not</u> an <u>art</u> form. It is a scientific application of the laws of movement used for getting the opponent first, effectively.
- 149. Economy of movement increases your speed . . . so practice lead side straight-line techniques IF YOU want to beat the socks off of every one else.
- 150. Learn to control your emotions so you explode from a non-tense position. A relaxed fighter is a speed fighter.
- 151. When you see a FLAT FOOTED FIGHTER . . . just run over the top of him. He can't get out of your way.
- 152. Use the SNEAKY CREEP to get close to a flat footed fighter. This deception move is done by drawing your hands to your body, and drawing your head away from your opponent as you slide your rear leg to your lead leg. He'll think you got farther away . . . but you are actually two feet closer! now explode over him. NOTE: The "sneaky creep" must be hidden by constant motion.
- 153. Only a dumb and ignorant fighter will throw an initial technique off of his rear side.
- 154. The speed training strategy of deception is <u>anything</u> that you do that makes your opponent <u>think</u> that something is happening <u>other</u> than what you are really attacking with.
- 155. All speed fighting is based upon deception. Deception is one Master Key a speed fighter cannot live without.
- 156. No matter how fast you are, if the opponent can see it coming, you are not fast. Use deception to hide your initial motion.
- 157. When you know a man's defensive sphere and his timing strategy, you can take him at any time.

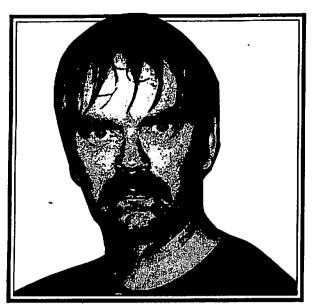
- 158. When you are sneaky, you don't have to be fast to be a SPEED FIGHTER. At the age of 82 Funakoshi grabbed a Bad Guy by the balls and just hung on and squeezed the gonads a little whenever the Bad Guy acted up.
- 159. Brute strength and natural speed have <u>no chance</u> against a speed fighter with the proper strategies and attitude.
- 160. Avoid the trainer that sayes he'll teach you speed . . . but he still locks out his own punches. Beware of the naked man that tries to sell you his shirt.
- 161. If possible get videos of the best speed fighters.
 I'm talking about Bill Wallace, Joe Lewis, John La Tourrette,
 Paul Vunak, Larry Tatom, Dan Anderson, Al Decascos and, of course,
 all the old Bruce Lee films. Then borrow speed techniques that
 you like and insert them into your arsenal.
- 162. I had a Kenpo 2nd dan visit my school. He'd trained more than twelve years. After 5 minutes of watching him spar I noted he had only one tactic of closing the reactionary gap. I stopped the class and gave them his only secret. For the rest of the class Bruce couldn't touch them. Bruce never came back to my school. What A WASTE! Twelve years of training at the feet of the world's best 10th degree black belt destroyed in only 5 minutes of CAREFUL OBSERVATION.
- 163. One 10th degree black belt told me. "Doc, I used to be FAST. Then I took the "S" out and just became FAT." Then he died. Think carefully on this.
- 164. One full-contact fighter snorted some cocaine just before his match. During the match his opponent hit him to the chest and his heart stopped cold. You should have seen the look of surprise on his dumb, dead face.
- 165. For speed hitting guidance, never ask instruction from someone who has never done speed hitting.
- 166. When you want to look good, use a mirror. When you want to hit fast, use a body.
- 167. When you want to look pretty you need to exaggerate all your movements . . . but when you SPEED FIGHT you want short postures and narrow stances. Don't confuse the two.
- 168. A speed fighter knows that what he does in the training hall is what he's going to do on the streets. So do it right and never have any ordinary moments of non-attention with your speed hitting. CONCENTRATE.

- 169. Practice does not make perfect, perfect practice makes perfect. So learn through perfect slowness to gain awesome speed.
- Don't be a part of the problem . . . be a part of the solution. I'm talking about an attitude. This is an attitude of knowledge first, make a decision to train second, and thirdly . TRAIN!
- The above 170 SPEED FIGHTING GUIDELINES work regardless of where and when you fight. They are designed to function universally by tactics, rather than by style or personal technique preference. Put these guidelines to use with the rest of the physical, mental and emotional skills presented in this book, and you'll be awesome . . . compared to where you are now.

"GOOD LUCK, AND GOD BLESS!"



"If I don't work out one day, I know it. If I don't work out two days, my opponent knows it. And if I miss three days, my students know it. Remember, you must practice every day to face the Tiger."



8th Degree Black Belt Or. John La Tourrette is Director of the American International Karate Kung-fu Schools of Self-Defense. Dr. La Tourrette is also Chief Street Combat Instructor for the United States Police Defensive Tactics Association.

Soldier of Fortune magazine states: "La Tourrette has broken through the stagnant forms of classical and non-inovative present-day martial arts... La Tourrette knows, as did Bruce Lee and Michael Evans..., win any way you can."

\$10,000.00

NOT THE
SELLING PRICE
BUT
GUARANTEED
TO BE WHAT
IT'S WORTH TO
YOU—AT THE
VERY LEAST.

SECRETS OF SPEED HITTING

Dr. John M. (Speed Man) La Tourrette

Listen up.

Most karate athletes are too busy doing pushups, situps, and punching air . . . instead of learning effective SPEED FIGHTING SECRETS that really work, and work RIGHT NOW . . . not after 5 years of grunt work and hocus pocus.

Let me give you an example:

Four years ago Jack Williams was worse than untrained. Jack was a 4th degree black belt in a sport karate style that taught lockout punches, how to kick air, and a "sissy" step for closing the gap. In fact, the only type of mental training he got from his instructor was "Try harder" and "Think positive."

Within one month after he started using the training secrets in this report, things started to change for him . . . to put it mildly.

- His kicks doubled in speed.
- Jack went from 3 hits a second (his idiot instructor taught him to lock out his punches) to 16 hits in one second by "precision modeling" a speed hitting expert.
- Jack learned how to train even while recuperating from injury by using the secrets . . . even though he was lying flat on his back.
- All that, plus a heck of a lot more in the first 30 days! And that was just the beginning.

And then there was Rafael Torre, the number one **bar bouncer** in Hawaii for two years . . . and also rated #2 in self-defense in the United States and Canada for 1991 . . . Rafael says: "The Doc's speed training methods are realistic and superior to any I've ever seen!"

Then there is full contact fighter Sensei Bernola, who states: "My professional record is 11-1 with 11 KO's. Thank you!"

And then from Sweden comes more: "... Very good books!!! I recommend all your books for friends and karate clubs in Sweden."

And I'll show you just how Jack and the others did it—The Smart Man's Way! My privately published Speed Training Secrets that I've shared with just a few special people. Four of those became triple crown rated fighters in less than six months. We are talking about Fighting, Forms, and Weapons Proficiency Demonstrations.

I'm not saying this to brag, but to prove to you how powerful *this* Secrets of Speed Training Program is when you *let it* complement pragmatic, high level karate training. I say "let it," because its only fault it that *it seems too easy.* So I won't ask you to "believe" it.

I will ask you to try it—and judge for yourself!