

Insta Self Defense



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Only a few people ever get the chance to see these kinds of moves all in one place (yes, even so-called black belts). These are self-defense moves that work against opponents of ANY size, VERY fast and frankly they will make you dangerous (if you know how to use them). Read a few of the emails from my students from around the world at the bottom of this page, and see and hear what others have to say by watching the video below this should help convince you that what I'm saying is absolutely true (here are some people on video and I have several more at the bottom of this page). On the way of helping bigger and bigger military and law enforcement groups, I've not only built a massive online following of regular people who have learned KILLER martial arts techniques from me, but I've also made some enemies. Some people don't like that I don't teach years of curriculum before revealing what I think of as the good stuff of top high leverage moves. Some people like to practice Wax on, Wax off exercises for YEARS without ever learning a technique they can use to actually DOMINATE an opponent. That's all well and good but it's never been my style. As a smaller street fighter, I've had to go for the kill when it comes to effective and powerful techniques, and I've never taught my students any other way. And if you want to put up your dukes against someone twice your size with arms longer and stronger than yours GOOD LUCK! The fact of the matter is, it's often a LOSING strategy to try to stand and deliver against someone who can bench press twice your body weight. Most fights between an attacker and a victim result in both parties ending up on the ground, because people don't know how to fight effectively standing up! Do you really want someone who is stronger than you, and has 50-150 lbs. on you, sitting on your chest, pounding away on your face? For many people, that might seem like a death-rattle, a scary mental picture that freaks them out. With a small arsenal of just a few deadly self-defense moves, however, a smaller or even average person has an ability to make someone TWICE his size look like a fool

breaking his face, limbs and rendering him unconscious. With the power of the world's most effective moves in your hands (and the knowledge of exactly how and when to use them), you walk with a confidence most people never feel. This isn't about turning YOU into the kind of bad ass the point is to make the bad asses look the other way and mind their own business because you give of[...]

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The 9 Easiest, One Second Self-defense Moves That Will Stop Any Attacker From Robbing, Kidnapping Or Assaulting You Or Your Loved Ones

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