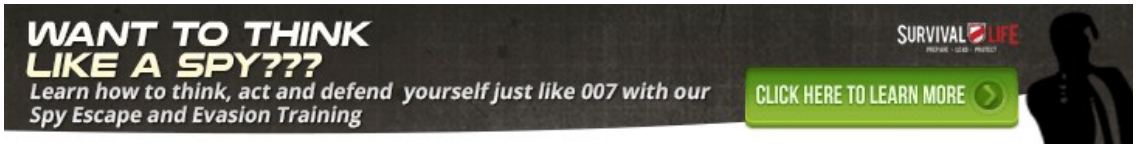

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Street Fighting And Martial Arts Applied To Street Self Defense:

4 key facts of self defense

In this article, you will find simple to follow instructions to learn basic self defense and information, advice, and tips about the skills you would need to survive an attack, defend yourself from an attacker, and beat the attacker down so that you can escape.

Learn basic self defense number 1 - You might want to use eye gouges rather than punches when it comes to counter attacks if you are weak and small. I would recommend this technique that is included in many styles of krav maga and military arts.

Learn basic self defense number 2 - What are a couple of fighting techniques? I advise that you check out judo, karate, ninjutsu, kung fu, Philippine styles of fighting, and jeetkunedo. You will want to study every style of martial arts that you can to add to the basic self defense techniques you are learning. Even if it takes signing up at a local YMCA and taking some classes. Anything is good. Even going to the library and taking out some different martial arts books. Learning is essential to martial arts mastery!

Learn basic self defense number 3 - You need to keep a healthy lifestyle, stay active, and maintain a good healthy weight, because making sure your body is healthy is important if you are going to be able to fight in a karate tournament or if you are mugged by someone in the street. Many street attackers are typically wired up on drugs, so they have more energy and more aggression to cause pain and cause serious damage to you.

Learn basic self defense number 4 - A passive part of self protection is trying to keep out of trouble. Even if you do have all the techniques and skills to defend yourself does not mean that you should attack people for no reason. Being able to stay away from dangerous people, talking someone down from wanting to fight you at the bar, giving your wallet to a guy holding a knife, are things you can do. Being passive is just as important as being aggressive with violence so use your head when you are deciding to fight or not.

These 4 basic self defense methods will assist in making you a great martial artist and help you defend yourself from any bad guys you may come across. I hope these basic self defense tips you just learned help you and I wish you nothing but success and safety!

Street Fighting Tactics That Maximize Success!

You can take your martial arts trainging to a much higher level by following the useful street fighting moves that I am about to give you. There is a difference between street fighting techniques and trainging for the dojo and tournaments. I plan on teaching you a bunch of valid tips when it comes to better protecting yourself or the ones you love from a violent attacker below:

Learn martial arts street fighting #1: Always attack before the other people. You can throw the attacker off of his game plan by using the element of surprise. If you were to get mugged on the street, rather then handing over your wallet act like you're going to put your hands in the air and punch your assailant in the throat along with other strikes. A good move is to strike first.

Learn martial arts street fighting #2: There are three regions of the body that you should attack. Region One: the head- throat, eyes, nose, temples, chin, ears. Region Two: the mid section- collar bone, kidneys, ribs, stomach, groin. Region Three: the lower body- shins, knee caps, feet, toes, legs. It is important to know how to attack many different areas to cause pain and damage.

Learn martial arts street fighting #3: Always have a weapon for self defense. You should carry a weapon for self defense, especially if you are smaller, weaker, or have a disability. A simple weapon like pepper spray can be effective at detering an attacker from going further- especially since he can't breathe or see.

Learn martial arts street fighting #4: Another great tip that I have to recommend is that you learn martial arts at home. If you have a library card, why not go and take out a couple martial arts books and practice with a friend? I think a huge aspect of being the best fighter you can be is doing active sparring and practicing actual self defense moves and combat.

If you follow these street fighing techniques you will increase you chances of survival by applying them to knowledge of martial arts. You can be a much better fighter by knowing several different types of combat. I also suggest you try out different styles of combat including different arts.

Continue your pursuit of the martial arts and learn as much more stuff as you possibly can. Most importantly stay safe and always be prepared for violence in whatever shape or form it shows its ugly head!

Street Martial Arts Moves You Won't Learn In The Dojo!

Within this guide are four different viable ways to defend yourself and help save your life. These tips haven't been designed in a dojo or martial arts school, but I have had to learn them as a bouncer as well as fighting for my life in prison. The street martial arts moves I'm about to teach you will take your self defense training to whole

new levels, so enjoy and utilize the following tips:

Street Martial Arts Moves #1 : Trapping. The definition of trapping is to subdue the aggressor by not permitting him to use his hands, feet, or even forehead, to attack you. To successfully trap an aggressor, you must immobilize one of his arms and hit him as many times as possible with your free hand while he is subdued. So for every strike he tries hitting you with, you want to trap his limb at the joint and pin it against him. So if he tries throwing a punch at you, block his arm from reaching you by pinning it against his chest.

Street Martial Arts Moves #2 : When you are trying to apply and land kicks in a scuffle with an aggressor, do not let him get a one up on you by pushing you to the ground or upsetting your balance. Kicks to the head are often ineffective and dangerous. An easy alternative is a quick leg snap to the groin area, lower leg, or knee. These kicks can easily subdue an attacker. You don't want to try any UFC style head kicks, because you can fall, and have the fight turned on you.

Street Martial Arts Moves #3: Finding the "Sweet Spot" You may have to use some dirty tactics like biting, hitting the groin area, or going straight for the eyes, but if you escape with your life any dirty tactic will be worth it. The number one rule with street fights is that no rules apply. If you know some nasty fighting techniques that aren't allowed in the UFC or in the dojo you go too, by all means use them in a life or death battle. Alot of martial arts being taught today don't have any valid use in real street fights. Remember this!

Street Martial Arts Moves #4: Always keep your distance and don't waste your energy fending off attacks that are not close to you. Dodge off target attacks and block only the ones that are definitely going to make contact with your body. Don't reach forward to block a punch or kick that isn't a threat to your safety, keep distance and master timing.

What Can You Apply From Mixed Martial Arts To Self Defense?

I have learned alot of my current skills behind prison bars and in nightclubs where I have worked as a bouncer. I believe you can learn many good skills from watching mixed martial arts events like the UFC. Within this special article I would like to share with you some serious techniques you can apply to street based battle.

Mixed Martial Arts & Street Self Defense #1 - One of the best aspects of mixed martial arts practioners is their ability to fight for up to 20 minutes at a time. What I'm saying is, is that their strength and cardio conditioning styles should be applied to your daily life at a gym or however you can do it. Doing pushups on a daily basis and doing situps, or being able to blast through three two hour gym workouts a week will make you more efficient in being able to hold your own in street self defense.

Mixed Martial Arts & Street Self Defense #2 - Constantly drilling, sparring and preparing for battle is essential to your fighting success. Being able to constantly train with other people, wearing sparring gear and fighting each other is essential to learning real skills when it comes to street self defense. In mixed martial arts, all they do is practice fighting on a daily basis. If you can cordinate going to a martial arts class or trying out self defense classes, you will be doing better then sitting on your butt watching the UFC.

Mixed Martial Arts & Street Self Defense #3 - Actively engaging in combat on a daily basis is essential. That's why if it takes saving up and buying a pair of boxing gloves at the wal-mart with a buddy, or joining a sparring based martial arts school is essential for implementing real street martial arts and self defense skills. You want to be able to fight and fight often, like UFC fighters. The more exposure to combat that you get, the less fear and stress you will experience if you ever get caught in a situation that calls for violence.

Utilize these three aspects of mixed martial arts and street self defense. You can apply alot of what you watch in the mixed martial arts like UFC to actual street combat that you should!

Being able to stay in good shape and living by the three rules of this article will keep you safer and more efficient if you are ever attacked on the street.

Click Here For Brutal & Banned Street Self Defense Tactics!

Get More From Your Martial Arts Training Now!

Discover how to explode your results with self defense training using this proven method

If you only train in a school that doesn't allow sparring, or practice hitting a heavy bag, or maybe you practice self defense drills at the YMCA, a common problem I have seen is people being trained by "know it all" blackbelts who have never even been in a street fight, which is frightening!

If you're in this situation read my crucial evidence and self defense training knowledge putting all the hard work you've put in, and rocket launch it to a whole new level. You need to buy a martial arts helmet, a pair of 16oz open glove sparring gloves, foot protection gear, a cup and mouth guard because you need to feel the realism of an attack. Only way you will be able to accomplish being street ready, is practicing sparring and fighting with constant exercises.

To maintain top possible mental processing while engaging in combat, you need to experience the stress and pressure of fighting somebody in battle. Feeling the sensation of being hit in the face and having stress flowing through your blood stream as you get kicks and punches thrown at you. You need to feel the impact of your limbs, head and body being hit. I even recommend when you are good enough, sparring lightly with no gloves or helmets to experience first hand what it feels like to take hits. This will teach you new things about self defense training that will make you a much better fighter.

You might have all the self defense knowledge and fighting wisdom through books, training or videos, and I commend you for it. However being able to gain experience in timing your strikes, your speed, range of motion and actually getting sweaty, breathing hard and fighting will empower you from being another victim that makes it in the news.

The purpose of intensive sparring is to be able to relax and keep the mind calm while you have kicks and fists hitting your wrists, being punched in the face, grabbed and thrown around aggressively. Sparring is the only way you can condition your reflexes and sense of calm in battle which is fundamental to fighting success.

Continue to work hard and keep on training in the martial arts and self defense training you are already doing. When using these sparring and combat tips use full safety gear and turn on your animal instinct 100%! Go out into a park, or private place where you won't be disturbed as you feel the thrill and rush of combat, exploding your performance for a real attack at minimum a 115%

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The Differences Between Martial Arts Tournaments And Street Fights!

A lot of problems that people experience within the martial arts tournament fighting is that it is a lot of fun. But on the other hand it has nothing to do with a real life or death fight on the streets. Things like points sparring and mixed martial arts are all filled with rules and regulations.

In this article I plan on covering the different aspects of a fight in a martial arts tournament versus a fight on the streets. Now don't get me wrong, I won't completely bash martial arts tournament style fighting but I would like to show you ways you can apply what you learn in the dojo or in tournament competition to street based self defense.

Martial arts tournament fighting: There are rules, referees, and it is built and designed to be a friendly competitive contest. Punches and kicks that land are graded with points and the end result of such contests is to be the best sport martial artist. You can win trophies and have a lot of fun in a stress free atmosphere where you have practiced for weeks or months in preparation for the battles ahead of you.

Reality based self defense fighting: Unlike a martial arts tournament, there are no rules and a fight or attack can happen anywhere at anytime. The rules of engagement in self defense include fighting extremely dirty, using moves that are banned from tournament competitions and being able to hurt the bad guy as quickly as possible. If you can execute a Judo throw, only make the bad guy land on his head on the cement or on a curb, do it. The only points you can possibly win in a street fight is staying alive.

You won't be using a fancy round house kick to the head in a street attack. But if you do you will be in big trouble if it gets caught or you get thrown to the ground. Another aspect of reality based self defense is that unlike a grappling martial arts tournament, you don't want a fight to go the ground on the streets. If a fight does go to the ground you better be able to get back up on your feet as quickly as possible. I don't care if you have a blackbelt in jiujitsu, if a street fight goes to the ground, get up quickly!

I believe that joining and competing in martial arts tournaments is good for competition and better training with sparring, but don't compare the two as if they go hand in hand because they don't. What works in a tournament could get you killed on the streets so always keep that in mind.

How To Choose A Local Martial Arts Dojo!

I plan on exposing some flaws and some good accurate points about the different types and styles of local martial arts schools that are probably out there in your town or city. Not all of these dojos are created equally however. I am going to show you a hard nosed approach to picking the most appropriate dojo to get the most from your training. If you are looking for valid self defense applications in your training style, this article will expose the light!

I want to share some advice on local martial arts schools so you can get the best self defense training for your dollar and get accurate skills. There are a few misconceptions floating around on what makes a good school.

One myth is that the local martial arts schools with the most trophies doesn't mean much considering the dojo can give their students trophies or just because the student chooses to keep his trophy at the dojo doesn't mean anything compared to reality self defense. Another big thing you have to remember too, is that a martial arts trophy is from tournament fighting. It doesn't mean the guy who got the medal survived a mugging/stabbing attack.

You don't want to fall into the trap of local Mcdojo martial arts schools that limit active aggressive sparring until three belts ahead of white is silly and nonsense. You should be sure there is active sparring in the martial arts dojo you decide to look into. You want a martial art that is going to make you fight and fight often with safety gear. This is the only way you will ever develop real skills.

Another thing you want to consider is how long the teachers have been teaching and being a blackbelt. A local blackbelt martial arts school instructor with multiple dans on a black belt ensures that you will be learning accurately from a certified instructor. So be sure your instructor has 2 or 3 levels past blackbelt and be sure he's not some punk kid 18 year old with a blackbelt in Taekwondo.

Another active thing you can do is interviewing your soon to be martial arts doo teacher on why he should teach you and what he has learned himself. You want a teacher that encourages active and aggressive sparring even if it's sport based!

Whatever you do make sure you make the right pick in choosing a karate school!

6 Killer Self Defense Tactics Exposed!

I plan on sharing with you a collection of tips and advice on self defense you can learn just from reading this article. I'm going to show you actual statistics that come with street fighting and martial arts. Reality based self defense is something I'm good at, so follow these tips and techniques below:

Learn self defense advice #1 - I highly recommend that you train with weights and try to have a healthy lifestyle. Exercise regularly, even if it is going for a bike ride, a walk, or doing pushups in your living room. Any kind of strength and cardio training you do, will give you an edge if ever confronted with a street fighting battle.

Learn self defence advice #2 - If you are weak, disabled, elderly or inexperienced with combat, I recommend you pick up a self defense weapon. One of the best tools I personally highly recommend is pepper spray. Another device you can use is dog repellant pepper spray. Tazers are good too, carry a concealed self defense tool when you can and have them around your house, your vehicle, and on your person.

Learn self defense advice #3 - You have to realize that the police won't magically arrive right on time to save you. The only person that will save you, is YOU. Learn how to fight back and don't be victimized if someone threatens or assaults you. Fight back, you are your own best savior.

Learn self defense advice #4 - People who are watching you get attacked probably won't help you. People are self serving, and in reality 95% of people won't help, because they fear the bad guy themselves, or are afraid of personal injury.

Learn self defense advice #5 - Train often in the martial arts. Even if you are only training at the local YMCA or take some free self defense lessons. Whatever you do, train in the martial arts or some form of self defense. Just be active with learning fighting and combat, and the different styles and techniques of fighting that are out there.

Learn self defense advice #6 - Be aware of the people and places you are in. Be aware of what kind of people are around you, if you are being followed or about to be preyed upon. Be aware at all times. And follow the advice I outlined in this special powerful article. These 6 martial arts tips can make or break you in a combat scenario.

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How To Choose A Good Martial Arts Dojo To Train At!

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Another active thing you can do is interviewing your soon to be martial arts doo teacher on why he should teach you and what he has learned himself. You want a teacher that encourages active and aggressive sparring even if it's sport based!

Whatever you do make sure you make the right pick in choosing a karate school!

Martial Arts Secrets You Must Know..

I'd like to pass on a few self-defense strategies I am sure are effective. As I spent years working as a bouncer and struggling to stay alive behind prison bars, I've discovered some findings that all martial arts students should use in conjunction with their martial art training and street fight studies. The following pointers and tips can mean life or death if you are struggling to fight off a rapist, or fighting off a mugger. Either way these strategies apply for street fighting, not martial arts in the dojo or in competitions like the UFC.

Learn self defense tactics #1 - Don't hesitate to bite if you have the chance. You can bite someone's fingers if they are around your face; in other instances, you can bite your attacker's eyebrows, ears, eyes, lips, legs, kidneys, elbow, groin, arms or face, and will discover that clinch fighting became even more dangerous when you use street fighting moves like biting. Yeah, blood is a scary issue, but if your in the middle of a struggle after a bad guy decides its time to kill you, what exactly do you have to worry about? Biting works, and it works well.

Learn self defense tactics #2 - If you kick someone, kick only their groin, kneecaps or shins. You better know how to pick yourself up off the ground immediately if your side-kick is caught by your attacker. So, keep a steady balance and try to only kick low in order to prevent the attacker from getting any closer. By the way, if you are going to kick use the dirtiest street fighting kicks and moves you can muster up. If you can stomp his feet and kick him in the shins followed with a punch to the groin, you just did a valid sequence of self defense moves. You want to be able to pull off this kind of ruthless violence.

Learn self defense tactics #3 - It's important to practice self-defense that will help you in spontaneous situations. You will want to make the scenarios and response as realistic as possible, so practice techniques in a park or open space. Also try training in smaller restricted spaces like in a bedroom or hallway. When I had to fight behind prison walls, the hallways were only 5 feet wide in some areas, so learning how to fight in different atmospheres and terrain with different sized opponents is essential.

Learn self defense tactics #4 - Using an eye gouge is much more effective and harmful than a punch. If you can reach them, gouge your attacker's eye sockets, and then punch them afterwards. Your attacker will be less likely to think he can defeat you if he can't see what he's doing. Or if you can, rip his eyeball completely out. If he is trying to assault or kill you, by all means do what it takes to survive using any street fighting move you know!

How To Fight And Win Against Someone Bigger!

Have you been thinking lately about what you might do in the event that you had to get into a fight, especially since you don't have any fighting experience? Fortunately, you can definitely win through several innovative methods, especially with the help this article provides; with my assistance, you'll be sure to win against whatever altercation you may find yourself in, no matter how overmatched.

How to fight someone bigger - Try to be as aware of your surroundings as you possibly can. Regardless of your surroundings, be it an empty street, park, or a parking lot, you leave yourself open to attack if you don't pay attention to the things around you and actively distract your sense of hearing with headphones. Your attackers will prey upon your inability to hear them and strike!

How to fight someone bigger - Following that, you have to remember that most people who are going to attack you will be men, which can provide you with an advantage. Since a man will be attacking you, be sure to go for the groin first. Using whatever limb or appendage you can, hit the groin. Regardless of your methods, you can make them hurt immensely if you choose this strategy.

How to fight someone bigger - eye gouging would be another great technique to learn; with these methods, you can perform quick strikes and immobilize your opponent without that much work. Just use your fingers to gouge or stab at the eye of the attacker, and you will render him sightless. The pain that this causes will cause him further discomfort and disable him!

How to fight someone bigger - One more weak spot that your attacker will have is the throat, and you can defend yourself by attacking that. You'll be attacking their ability to breathe and hold themselves up, causing a lot of pain when you hit them in the throat. No matter who you are, you can pull off this attack with effectiveness and efficiency.

Even though you can learn a lot from these tips when it comes time to defend yourself, you'll have a much better likelihood of defeating your attacker if you take a martial arts of self defense class. Being in shape is also an important component, so be sure to lift weights or do cardio, so you can better your physical condition. Remember and utilize these tips into your daily training and fighting regimen.

Deadly Martial Arts Tactics You Need To Know..

Fighting in real-life is much different than in a dojo. Your life may actually be in danger. Here, I will show you some effective methods that you can implement into your existing martial arts knowledge, to become more prepare in the event of an actual attack.

Learn Deadly Martial Arts #1: Trapping. A very efficient way to keep your assailant from striking you, trapping employs techniques that limit his ability to use his extremities against you. You can do this by locking is arms to his chest with one of your arms, or shifting his wrists to one hand, then hitting him to subdue him with your free hand.

Learn Deadly Martial Arts #2: Forget the high kicks. Although flashy and "cool" to see in movies, high kicks (such as in Taekwondo) are not very efficient in a real fight. A good rule to remember in actual street combat: Never put yourself in a compromising position where your attacker can throw off your balance and thereby gain the upper hand over you. Limit your kicks to regions such as the knees, shins, and groin, and decrease your own vulnerability by avoiding attempts to kick someone in the face.

Learn Deadly Martial Arts #3: Attack sensitive areas. Administering intense pain to your adversary may be the only way to avoid it yourself. If someone means to cause you or a loved-one harm, then he deserves what he gets! You MUST be prepared to fight by ANY and ALL means necessary, including eye gouges, throat strikes, groin kicks, and even biting. Do NOT hesitate! Keep in mind that there are NO RULES in street fighting! Your attacker WON'T be playing nicely!

Learn Deadly Martial Arts #4: Keep it simple. Use basic self-defense methods that you've trained over and over with. Now's not the time to try anything fancy. Be as efficient as you can at blocking his attacks, or try to keep your distance to avoid them altogether as much as possible. Use quick, decisive strikes when you are in close, and avoid reaching.

Utilize your martial arts background. This is what you're self-defense training has been for, so don't hold back ... USE IT! Your skills in real life will be greatly improved if you train in many various fighting techniques on a regular basis.

Every bit as important is your physical conditioning. Cardio and weight training 3 or 4 times per week should be a part of any serious martial artist's life. To get out of a seriously dangerous street attack alive, having your body maintained in peak performance is just one more method that is vital.

Keeping all these tips in mind, never let your guard down wherever you are. Stay sharp, and avoid becoming a statistic!

Intensify Your Street Self Defense Skills With This!

Let's step up the level and learn self defense training!

So maybe you've only done some self defense practice at the local Y, you're just hitting the heavy bag or if you are getting instruction it's from a trainer that doesn't set up sparring matches. Maybe your teacher has no practicle experience in a fight, there's nothing worse than a blackbelt who's never seen a streetfight. You want to learn self defense training from someone who knows!

Whichever the case, you need to move on to another level to really do yourself some more good with all the hard work you've already put in, you need these tips for learning self defense training. You need to put down your money on some sparring gear; a good martial arts helmet, some foot protection, a mouth guard, cup and of course a good pair of 16 oz open sparring gloves. You'll need them because the next step requires you know the feeling of an attack. The only way you're going to have your wits about you if a fight comes your way in the real world is if you've gone through the experience before. You need to train for the fight with frequent sparring exercises.

To keep it together during an actual attack you have to train your mind and body to deal with the emotion and feel of a real physical opponent coming for you with real contact in mind. You have to know the feel of that impact, the adrenaline that streaks through you when your opponent strikes or you know that kick is about to land. You have to feel the force of your opponent's blows on your limbs, your body, your head. Once you're more seasoned I suggest you spar lightly free of gloves and helmets so you know how it feels to really be hit. When your really know, the feeling, your mind's reaction and the adrenaline your ability of learning self defense training will rocket to new heights.

Learning self defense training is serious busine and I can teach you everything I know about fighting, you can read books, watch videos, and take on still more training and I 'll give you kudos for it. Still, the empowerment that comes from the experience of working on your speed and range while timing your strikes while defending, I mean really working hard in intense sparring, will save you from being a statistic if your turn comes on the street.

The training your mind and body receive in intensive sparring will make it possible for you to handle the situations without panicking if you are attacked. Your body and mind will already know how to responds to the kicks and blows from fists, the way it feels to be thrown around or punched in the face, you'll be prepared. By sparring you will learn to be calm when threatened, and your reflexes will be conditioned for a fight, there really isn't any other way to learning these essentials to self defense training success.

Continue on learning self defense training and putting your sweat into the martial art of your choice. Now spar, drill combat techniques, use the raw aggression you've saved for so long and the safety gear you paid for! Meet in a quiet park or a more private place so you'll be left alone to experience the adrenaline, the physical and mental acuity that comes with the experience of a real attack, pushing your abilities past the common to 115 percent or more.

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Jeetkunedo Philosophy And Street Fighting..

So when the legendary martial artist and philosopher, Bruce Lee, created his philosophy of Jeetkunedo the world became a better place, especially if you are a martial artist. I plan on sharing with you some street jeetkunedo tips and concepts that you can apply to street based self defense and fighting.

Street jeetkunedo training #1 - The concept of the straight blast is one of the most under utilized fighting ideas. Most importantly this technique works amazingly well. Being able to blast forward on your opponent with a fury of punches, kicks, elbows and knees can knock the bad guy off his game plan. By following the constant forward motion moving towards and through your opponent makes it almost impossible to react. Being bombarded with strikes being forced to block and move backwards will throw any fighter no matter how experienced off of his game plan. You can also mix in some eye gouges and facial pressure point attacks to this combination of strikes to give the most bang to the bad guy!

Street jeetkunedo training #2 - Breaking a bad guys timing and hiding your own timing is essential to fighting. If you see the bad guy lining you up for a right hook why not throw him off his game, by attacking him at the exact same time! Don't stop and wait to react to your opponents attack. Instead, throw him off his game plan and attack at the same times he attacks you. Another thing is to not forshadow what you are going to do next. If you are going to throw a punch or a kick, do it in a way that confuses your attacker by adding feints or other decoy type self defense moves. But being able to break your opponents timing is essential. Follow your own game plan and be the first to attack, don't force yourself to wait and respond, instead be the one who is attacking.

Street jeetkunedo training #3 - Another great thing we can learn from the late and very great, Bruce Lee, is the fact you should always train. Bruce got himself into some incredible shape and you can continue learning from him even though he is dead. Reading books written by him can teach you the essentials of street jeetkunedo.

Always remember too, that you can incorporate street jeetkunedo concepts into any type of martial arts style you practice in. You can be in Judo or Kung Fu and get just as great skills applying the philosophy of Jeetkunedo to your training!

Street Judo Techniques Applied To The Streets!

So, you may be asking yourself if judo is a worthwhile martial art to train for street fights. I can give you some examples on how street judo can save your butt in a fight in the dojo or in the bar or any other type of self defense situation. You must follow these strategies outlined below to decide if this art is practical for the applications of street fighting below:

Street Judo #1 - The first good component of Street Judo is the fact that many fights go to the ground. Which is an obviously good thing to have happen if you know judo. Being able to throw someone on the ground and having them land on their head is good, and being able to choke them out within 5 seconds is even better in a street fight. Judo may not have the fancy kicks or punches of karate or taekwondo but it when it comes to clinch fighting and submitting someone on the ground only jiujutsu can compare.

Street Judo #2 - Alot of the push and pull techniques of this art are great and very valid for todays street based confrontations. If you are able to throw someone off their balance, toss them with your hip so they smash their head into the pavement as their first source of ground contact can win you the fight. I have used judo extensively as a bouncer for the past few years and can honestly say when someone is grabbing or pushing at you having these street judo skills is mandatory to escape the situation with the upper hand.

Street Judo #3 - Training in judo at the local dojo is good because it builds up your fitness and gives you actual skills you can use to fight someone off beginning with your very first white belt. It's a great art to know and I personally suggest you cross train in other arts like taekwondo or karate to broaden your focus and skills to become a better and more well rounded self defense fighter.

Street Judo #4 - Another great thing that this martial art teaches you is: Knowing how to fall properly. I have had many serious falls including mountain bike accidents and even being hit by cars. I was never seriously injured because I was always able to tuck and roll or land properly, like they teach you in street judo. Follow these tips to get the most from your martial arts training!

Street Jeetkunedo Philosophy And Self Defense

So when the legendary martial artist and philosopher, Bruce Lee, created his philosophy of Jeetkunedo the world became a better place, especially if you are a martial artist. I plan on sharing with you some street jeetkunedo tips and concepts that you can apply to street based self defense and fighting.

Street jeetkunedo training #1 - The concept of the straight blast is one of the most under utilized fighting ideas. Most importantly this technique works amazingly well. Being able to blast forward on your opponent with a fury of punches, kicks, elbows and knees can knock the bad guy off his game plan. By following the constant forward motion moving towards and through your opponent makes it almost impossible to react. Being bombarded with strikes being forced to block and move backwards will throw any fighter no matter how experienced off of his game plan. You can also mix in some eye gouges and facial pressure point attacks to this combination of strikes to give the most bang to the bad guy!

Street jeetkunedo training #2 - Breaking a bad guys timing and hiding your own timing is essential to fighting. If you see the bad guy lining you up for a right hook why not throw him off his game, by attacking him at the exact same time! Don't stop and wait to react to your opponents attack. Instead, throw him off his game plan and attack at the same times he attacks you. Another thing is to not forshadow what you are going to do next. If you are going to throw a punch or a kick, do it in a way that confuses your attacker by adding feints or other decoy type self defense moves. But being able to break your opponents timing is essential. Follow your own game plan and be the first to attack, don't force yourself to wait and respond, instead be the one who is attacking.

Street jeetkunedo training #3 - Another great thing we can learn from the late and very great, Bruce Lee, is the fact you should always train. Bruce got himself into some incredible shape and you can continue learning from him even though he is dead. Reading books written by him can teach you the essentials of street jeetkunedo.

Always remember too, that you can incorporate street jeetkunedo concepts into any type of martial arts style you practice in. You can be in Judo or Kung Fu and get just as great skills applying the philosophy of Jeetkunedo to your training!

Taekwondo Applied To The Street Reviewed!

Are you ready to elevate your self-defense teachings to the next level? If so, you will really enjoy these street karate tips. Even if you've been taking martial arts lessons for years, you may wish to learn more street-specific moves that will help keep you alive in a real assault. This article will point out some key elements you need to know.

Learn street taekwondo training #1 - Never let your guard down. Be alert to everything and everyone around you ... ALL THE TIME! When a hunch gets you a little on edge, DON'T ignore it! Even if there's nothing to it, you will still most likely benefit from getting out of the situation you are in. Sketchy characters looking you over quite often means bad news for you. Don't stick around to see what they want, just leave. Pay attention to your intuition. Whenever possible, don't put yourself into hazardous conditions in the first place. Avoidance and careful planning is probably the greatest way to keep yourself from having to defend yourself from an attacker.

Learn street taekwondo training #2 - Don't give your assailant the first punch, or allow him to get a hold of you. Get in the initial blow yourself! By striking first, you can completely mess up this dirt-bag's entire plan of attack, leaving him confused as to what his next move should be. Start with a something like a punch to the throat, or an eye gouge, and follow up with a boot to the shin. Remember that this is for REAL! Don't pull any punches, and don't let up! Once you've begun your attack, keep choking, kicking, punching, even biting - doing anything that works to keep this knucklehead guessing. Having some type of personal defense weapon (such as pepper spray or expandable baton) is also highly recommended. Any extra advantage, added to the advantage of surprise, will dramatically increase your chances to be the one standing in the end.

Learn street taekwondo training #3 - Once you've landed a few blows, DON'T STOP! No matter how tough you may be, it's not very likely that you're going to incapacitate an attacker with a single "knockout" punch. Keep up your offensive, relentlessly and ferociously. Remember to target the weaker areas - eyes, nose, throat, shins, knees, etc. Bombard this guy with the most powerful punches, strikes, and kicks you can physically muster up. He will have no pity on you, and will show you no mercy whatsoever. If given the chance to get his second wind, he will certainly cause you serious harm. So don't let him! Realistically, there's still a pretty good chance that you ARE going to be struck yourself. That's okay! The pain is simply reminding you of your own survival. If you continue to battle this loser with all you've got, your pain will seem insignificant to the deserved beating that you're unleashing on him!

So, apply these self-defense principles to your existing martial arts style and increase your street fighting abilities tremendously!

How To Apply Mixed Martial Arts To Self Defense Training!

Acquiring many fighting techniques is something that I can say I've been able to experience from prisons, clubs, and bars, working as a bouncer. There are also some great advantages to studying mixed fighting events such as the Ultimate Fighting Championships. As you read this particular article, you will learn some very realistic and very effective methods for defending yourself in an actual attack.

Street Mixed Martial Arts #1 - One of the greatest characteristics of the combination martial artist is the power to maintain stamina for about a 20 minute period. Strength training as well as cardiovascular training - whether at home, in the gym, or both - should be done on a consistent, day-to-day basis. Whether you're blasting out two hour exercise regimens three times a week at the gym, or enduring daily push-ups and ab crunches, your regular endurance training is essential for keeping yourself in top shape in the event of a street fight.

Street Mixed Martial Arts #2 - Consistency is key. Sparring, training, readying yourself for an attack on a regular basis is vital in determining your victory in a fight. Unless you put the pads and gear on, and consistently spar with others, you won't be prepared if the time should come to defend yourself from a real-life attack. The combination fighters do little else but train to FIGHT every day! Watching UFC has it's advantages, but viewing a TV screen alone is pointless. Get out there, sign up for self-defense or martial arts lessons, and get active.

Street Mixed Martial Arts #3 - Day-to-day physical combat training is crucial to your success. Get yourself a decent set of sparring equipment (even go "halves" with a friend), or plug yourself into a martial arts dojo that actually focuses on - and practices regularly - hands-on fighting techniques that include real-life defense situations. To truly be the best fighter you can be, you naturally need to fight! With regular practice and increased experience in training to fight, anxiety and fear will lessen and you will become much more confident if violent action should ever be required.

Capitalize on the three combined martial arts techniques I've just show you. And fighting moves from the UFC really can be useful in a street fight. Many of these methods are highly effective, and should be implemented into your fighting style.

Applying the three techniques I've outlined here, as well as maintaining peak physical condition, will help you stay safe and be a much more formidable adversary in the event you are assaulted in real-life.

Click Here For Certified Mixed Martial Arts Training At Home!

Winning Street Fighting Techniques That Work Great!

Want to elevate your self-defense skills to the next phase? Apply these street fighting methods to your martial arts style as see some impressive results. Now, there is an obvious distinction between the tournament style "fighting" that you may have learned in the dojo, and a solid method of self-defense to effectively ward of a real attacker.

Martial Arts Secrets #1 - When you know an attack is imminent, BE OFFENSIVE! Don't get caught off guard by your adversary. Dealing the first blow yourself can really make your attacker have some serious second thoughts about going through with his assault on you. Remember that we are dealing with REAL life and death situations here. If you are just picking "bar fights," then you deserve to get your ass kicked! So, if some guy demands your money, cower in fake "submission," whimper or cry like a baby, then plant a knife-hand strike to his throat, or kick him in the groin, as hard as you possibly can! DON'T hesitate and DON'T hold anything back. Hitting extremely sensitive regions of the body will make him either run away ... or drop helplessly to the ground wishing he could. Striking first is an excellent way to get the upper hand on your assailant.

Martial Arts Secrets #2 - Keep these 3 vulnerable areas in mind: Lower extremities, midsection, and face. Attack points of the legs are inner thighs, knees, shins, tops of the feet and toes. The midsection offers the kidneys, ribs, abdomen, collar bone, and groin. The face give you eyes, ears, nose, throat, temples and jaw. All of these can deliver immediate and excruciating pain. Landing a good solid blow to any of these body parts will almost certainly confuse your aggressor, and perhaps send him fleeing.

Martial Arts Secrets #3 - Carry some type of weapon. Especially if you are not a large person, or do not have great physical strength due to age or body type, you may need an extra "edge" against an attacker. Pepper spray is fantastic choice of weapon because it can be carried just about anywhere, is simple to operate, and is extremely efficient. The danger from an aggressor is significantly diminished when he is gasping for air and his eyes are burning out of his head.

Remember to always stay alert. Anyone can be attacked, so be ready, or you could find yourself a seriously injured victim. Incorporate these defensive street moves into the martial arts background that may you already have, and you'll be a force that attackers will wish they had never messed with. Keep in mind that in a street fight, there are no rules! So sticking to one particular style of fighting is pointless ... your attacker certainly won't. Combine moves and methods, and use EVERYTHING you've learned to defend yourself!

And knowing all the "right moves" won't do you much good if you're horribly out of shape. Maintaining your physical health is very important, too. Workout regularly with cardiovascular and aerobic exercise, and do strength training with weights, to help you stay in peak performance!

Reality Based Martial Arts And How To Apply It In Real Life!

Let me illustrate four key elements to focus on when you are involved in an emergency attack situation. The four points that I am emphasizing here make up the crux of what you must do in a "reality based self defense" crisis, i.e. - a street fight confrontation which may well become life threatening. If this unfortunate predicament does materialize, it is absolutely critical that you have in place the required knowledge and tools in order to make sure you are the one standing at the end.

Reality based martial arts tips: The first rule is to surrender immediately if your attacker is brandishing a firearm. It is foolhardy to attempt to take away his weapon when all he is looking for is the quick payday that you might have in your wallet. Ditto if you are confronted with a switchblade.

The second rule of reality based martial arts: The acrobatic hand to hand battles that you catch on the tube are strictly fiction. Flying through the air feet first while screaming will not disarm a switchblade wielding attacker. I once witnessed a bar scene in which a gentleman tried this very tactic and quickly found himself in an intensive care unit. Remember that the key underlying concept of this system is to stay under control at all times. I would reiterate that you should not seek to duplicate the combat scenes on television!

The third Credo of reality based martial arts: Getting punched is not as traumatic as it would appear. Generally, the whacks that you absorb will be glancing blows rather than direct hits, and you will probably shake them off almost immediately due to adrenaline. Learning how to correctly roll with the punches in practice is an integral facet of becoming an expert in self defense. Engaging in training sessions at your gym or in your basement with a buddy will gradually increase your confidence and make you accustomed to combat situations.

The fourth and final point of reality based martial arts: Your worst enemy is yourself- it is impossible to correctly execute a battle plan when you are in a panic. You must have the knowledge to execute the correct responses while getting hit from all angles by your assailant. You must be seasoned enough that you will maintain your composure and not panic while you are being clobbered by an out of control adversary.

Don't forget, stay in reality mode - leave those late night television karate heroics for the actors and stunt professionals. Remember to keep everything as simple as possible, those sophisticated moves that look so exciting in movies could end up getting you hurt badly. If you keep those four keys in your head all the time, you will

definitely become more proficient at self defense.

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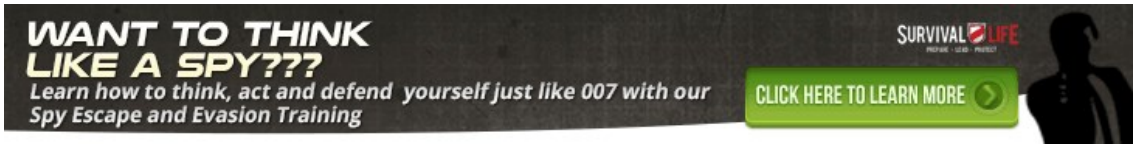

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