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Hardcore Street Fighting Secrets Uncovered Revealing Brutal Martial Arts Techniques & Moves That Always Work!

5 Prison Fighting Secrets

I

So you might have found yourself getting sick of the routines and customs of traditional martial arts. Worse yet is the fact that many of these so called black belts and instructors don't know how to win any street fight.

However when you learn street fighting from a guy that has been in many street fights you will start to see who really has the skills of enabling you to survive a street attack. Here are some of the techniques and tips you will want to know and use. You probably won't find these techniques in any conventional martial arts so here is a list

How to win any street fight #1 - If your attacker grabs at your head or puts his hands or arms at face level, by all means don't hesitate to sink your teeth into his flesh. All areas of the body are good for biting. You can really sink your teeth deep into muscle or cause more serious bleeding. Remember this tip and use it.

How to win any street fight #2 - If you are going to try throwing kicks at your opponent, keep them low on the body like the legs only. You can throw side kicks into someones knee cap and snap it, or you can deliver a swift kick to the groin and drop a much larger attacker. If you are being bear hugged you can kick shins and stomp the feet. There are many ways to cause pain to the lower half of your opponents body. That's where your kicks come into play.

How to win any street fight #3 - Take some time to hone self defense techniques that are not rehearsed. Have someone throw you around in an open space in order for you make the scenarios seem more real, and to practice responding to unexpected maneuvers that you will probably face in a real fight.

How to win any street fight #4 - Eye jabs are going to result in a high amount of pain, and are more effective than a punch. If your opponent comes into close combat range then I suggest stab your fingers into his eyes or try ripping them out The person you are fighting will be in extreme pain, and he/she won't be able to see very well, which will help you gain an advantage.

How to win any street fight #5 - Always be aware of weapons being pulled by your attacker. Last night in front of a bar I fought off a man who tried attacking me with a hammer, luckily one of my friends yelled at me he was armed, because I didn't notice before hand. I disarmed him and beat him and left the scene.

4 Killer Martial Arts Moves Revealed!

I have been in plenty of street fights, tournament fights and fights in the bars. I plan on sharing some special key martial arts lessons you can pick up and learn from based on my experiences. This will further your edge in your training and will take you to higher levels as a fight expert.

Best martial arts moves #1 - When you can avoid an attack from happening in the first place you will be at an advantage. If you can give up your wallet to a man with a gun pointed at your face you just won. Even if it means losing twenty dollars and credit cards you can cancel later. Knowing that violence is only a tool allows you to remember that avoiding confrontation can work sometimes better then violence.

Best martial arts moves #2 - Not all sport based martial arts can work on the streets in an attack. I had to learn this lesson the hard way. You want to train in a system that is focused on reality based self defense. I recommend such styles as: Krav Maga, Military Martial Arts, Jeetkunedo Concepts and Karate. Unfortunately I didn't include any ground based fighting arts, simply because in a street assault you never want the fight going to the ground.

Best martial arts moves #3 - When you are confronted and being intimidated with impending violence be the first one to attack and attack hard! Let your animal instincts take over and don't allow fear to paralyze you from attacking or counter attacking. You want to explode with violence that will disrupt your assailants mind and actually take advantage of the bad guy and have a better chance of winning!

Best martial arts moves #4 - I suggest you implement the following moves into your self defense arsenal: kicking to the groin, biting, eye gouging, kicking the knees, punching the throat, and regular strikes and punches. I recommend that you go ballistic with street fighting based moves and use any stuff you have learned in the dojo as well.

Just knowing those four things can take your training to a higher level. Being trained and taking these lessons is a good idea, but having the integrated systems of reality based combat will make you a better fighter.

Remember the best self defense moves include learning as much martial arts styles as you can. Look into the various forms of combat in your community and enroll in a course today.

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Street Self Defense Moves You Absolutely Need To Know!

If you have any formal practice or experience in the martial arts or if you have just started, I have some things you will want to know. I will also show you some information and training tactics that I think are the best self defense moves currently available for street based defense. Many of the traditional arts don't have the stuff you need to survive in a life or death battle on the street. In reality, you probably won't fight off someone with a sword, but chances are you might face someone with pepper spray attacking you. Either way here are some of the best self defense moves you can use starting with:

Best self defense moves #1: Don't let your battle go onto the ground, ever. If you find yourself on the ground, your best home is to attempt an arm bar on your opponent, but it's more likely that your opponent has backup coming to help him in his fight, and that being smacked into the hard ground will break your bones or possibly knock you unconscious, so being on the ground can be fatal. This position makes it easier for your opponent to pull a knife and stab you. If the fight goes to the ground, do whatever you can to get back up on your feet. Do what ever it takes to get up, if that means biting or whatever. Don't get stuck on the ground in fight. I've seen a guy get knocked out with a baton while executing a perfect arm bar on buddy with the baton's friend.

Best self defense moves #2: If a fight is inevitable, strike first. Your initial attack probably won't be a knockout blow. You want to channel the full power of your rage when you tear into the opponent. There's no such thing as a fair fight, so use every painful thing that you know to make your opponent hurt and prevent him from hurting you back. Even if that means scratching your opponents face with your long nails or using your car keys and stabbing the bad guy in the face with them. Anything works. Remember when Mike Tyson bit off a chunk of that guys ear? Well if you can bite your attacker it might end the fight.

Best self defense moves #3: Even blackbelts can lose fights in bars and nightclubs. Why does this happen? The wild nature of actual fighting isn't addressed by techniques learned in the dojo. Focus your mind and react quickly, don't be afraid of getting hurt, and don't hesitate to be as violent as you need to be to save yourself. When you are in training at the dojo, practice the moves you are learning to the best of your ability. Learn how to make them automatic so you don't need time to think about using them. Make it auto pilot.

These are the best self defense moves you can possibly know!

How To Win A Fight Against A Bigger Opponent

What are the most effective methods of learning street martial arts training and applying them to street fighting? Real fighting is centered on street combat, although there are many different types of martial arts combat that encourage tournament formats. True to life events that take place in street attacks.

Some suggestions that will help prepare you are as follows:

Winning street fights against bigger opponents point number one - For those not practicing martial arts, I suggest that you keep physically fit through repetitions of sit ups, push ups, body weight exercises, gym workouts with weights, and walking, running, or any other physical activity to get and keep yourself in shape.

Winning street fights against bigger opponents point number two - In a street fight situation, do not forget that no rules or restrictions apply. When you are attacked, you should utilize the simplest, fiercest moves to immobilize and defeat your enemy. Such moves as kicking the opponent's groin area or kneecaps, gouging out his eyes, kicking his shins, or biting him are all effective means of defending yourself.

Winning street fights against bigger opponents point number three - Practicing any form of martial arts is always more helpful than not participating in any. Even as the deceased martial arts master Bruce Lee taught his followers, you must finally get to the point that your body internalizes these skills and then reacts on its own. Any type of combat training you can learn will help. Attending classes is terrific. Attending mini courses or seminars is also super. Getting a pair of gloves and heading over to a park to spar against a friend is also highly recommended.

Winning street fights against bigger opponents point number four - Anyone who can learn additional fighting instructions and internalize other forms of martial arts will perform even better in a fight. You should not neglect training personally in your own home. It would not hurt to observe other moves and styles demonstrated in YouTube videos, or to study various martial arts books that you can borrow from your local library.

Winning street fights against bigger opponents point number five - Working out with weights is the next most effective method you have for being ready for a street brawl. Begin by practicing push ups and sit ups, or maybe get a gym membership and use it. Taking regular walks, jogging, or bike riding are also good ideas. Either decrease the amount of food you take in, or eat healthier. If you really put some effort into improving your body's health to its optimum level, you will be better able to fend off an attacker.

Hopefully you gained some useful insight and ideas into effective street martial arts training from this article!

[Click Here For Brutal & Banned Street Self Defense Tactics!](#)

Get Effective Self Defence Results With Your Training.. Here's How!

How to ramp up your self defense training; go higher than ever before.

Your self defense training may need help if you practice drills at the YMCA, practice hitting a heavy bag, or you only train in a school that doesn't allow sparring. Even more serious would be if your trainer is a blackbelt but has never gained actual experience in a street fight; the very place you may need to defend yourself.

To take your self defense training to a greater level of mastery, you need my crucial tips; make the most of your dedication to style, hard work and dedication. You need to experience the realism of an attack; the purchase of some protective equipment is necessary: foot protection gear, a pair of 16 oz open-glove sparring gloves, a martial arts helmet and a cup and mouth guard. Constant exercise with practice sparring and fighting is the only way to actually be ready for a street fight.

Your mind and body must get accustomed to the stress and pressure of engaging an opponent if you are to keep a cool head in a real-life attack. You must have experienced the pain and impact of blows to your body and feel the stress of kicks and strikes coming at you. Feeling the impact of blows to your head, limbs and body needs to be something with which you are familiar. First-hand experience sparring and taking hits without gloves or helmet is something I recommend after you have plenty of experience and are trained enough by a professional. Your self defense training will escalate to levels you've never before experienced.

Any self defense training knowledge and fighting wisdom you may have acquired through books, videos or training is commendable and could be useful. However, preventing yourself from becoming another statistic requires empowering yourself by breathing hard and fighting, knowing how to time your strikes, mastering your range of motion and getting sweaty; in essence, having experience from actually doing.

In order to keep the body relaxed and the mind calm while your body experiences the aggression of blows in the face, kicks and hits impacting your wrists and being forcefully thrown around requires the experience of sparring. The conditioning you need for your reflexes and to maintain a sense of calm during an assault can only be gained by sparring.

Continue mastering the martial art of your choice through hard work and training. But put your raw aggression into sparring and combat drills, using your full safety gear. Feel the thrill and rush of combat and explode your performance for a real attack at a minimum of 115%; go to a private place where you can spar undisturbed or maybe to a park, but make sure you spar.

What Most People Don't Know About Self Defence....

Read on to learn easy self defense moves, which will be effective and take you to the next level as a fighter. Typically, a punk who will assail or hassle you on the street utilizes strikes to gain control over you. His goal is to subdue you, get the upper hand and eventually vanquish you.

What a lot of people don't realize is that in a street fight, there are no illegal moves. This isn't the UFC. There really aren't any rules. Thus, if you can land a stunning wallop to the throat followed by a gouge to the attacker's eye, then you will be ahead of the game.

Ways to win any street fight #1 - The big thing that will give you an advantage is to be the person to launch an attack rather than be the person attacked. The bad guy will be disoriented by this since this is typically his card to throw. You've now completely messed up his plans and taken him by surprise.

You want to gain the favored position. To get the upper hand, grasp his testicles and exert pressure so as to crush them under the weight of your fingers and palm. Another excellent move is to fracture your opponents fingers during the struggle.

Ways to win any street fight #2 - Attempt to assail any areas on the body that are open to attack, susceptible, and sensitive. These are the spots you want to target with your blows. Throat, eyes, testicles, kidneys, and neck are all good spots to target. Land as many blows as possible to these areas. Kick, punch, hit, wallop, and jab these areas in any way possible.

Your aim is to walk away, to survive. You don't want to be a victim. You don't want to be beaten unconscious, subdued, further violated or even worse, taken to another location against your will. What you need to do is tap into your inner will to survive--that animal instinct, that core anger from the fight/flight response--and let the fury of hell loose on this guy.

Ways to win any street fight #3 - The trouble with martial arts classes in general is that they simulate "typical attacks" without any real world, organic elements to the scenario. You need practice in scenes with actual force, responding to true pain and learning to fight through that pain. Study and training that simply purifies the attack experience doesn't at all prepare you for a street fight or an attack in the real world. Defeating an opponent who is purposefully trying not to hurt you is not at all the

same thing as fighting for your life.

However, a martial arts class centered on sparring and drilling is a good use of your time. You really want valuable training and practice in both striking and fighting on the ground.

Ways to win any street fight #4 - You want to maintain your fitness level and improve it if at all possible. Weight training to build muscle is also important. I myself weigh more than my opponents. Despite this, I still pack a legal means of self defense with me at any given moment.

The point I am trying to get across is that you can't be shy in a street fight. You need to use whatever you have, whatever you can pull off. Don't feel as though you need to be fair. Your attacker isn't playing fair. Thwarting an attack is essential. Beating down your attacker is even better. But you must be able to defend yourself to survive.

Don't think that a street fight is going to mimic the UFC. In real life experiences, muggers, rapists, assailants, thugs... your enemies aren't following a rule book. There is no referee. There is no one there to time out the fight or call foul. So please don't let a sense of decency drive your maneuvers to defend yourself. Don't be locked into fighting like a gentleman or being humane. You can be certain they won't be observing any rules of engagement.

Keep these tips and hints in mind. Practice whenever possible. But above everything else, keep yourself safe!

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How To Defend Against A Potentially Deadly Attack!

One of the crucial factors in not succumbing to a potentially lethal attack is to know how to avoid getting hurt by employing real-world methods of defending yourself.

In the thick of the fight, it's important not to forget your objectives: take down your attacker and get away. In the event that escape is not an option, plan B should be to go on the offensive, dropping all inhibitions and letting your primal instincts take over.

One element of survival during a fight is having the skill to take hits to key areas of the body, including the kidneys, ribcage, groin, and skull. Here is some advice on the best way to annihilate a nasty attacker when he comes to get you.

Holding your arms in a defensive position the way you've seen boxers do is a widely known and proven way of deflecting a barrage of blows to your face neck, and head.

Now get ready for an idea that will take it to a new level!

At the first sign of an altercation turning violent, when the first punches are being thrown, you must take your dominant hand and tilt it back about two inches from your ear, making a triangle that does more than simply protect!

The point of the elbow that covers your face will also help you when your attacker goes in for a punch, pulling his arm back, thrusting...and totally crushing and damaging his knuckles on that protective elbow!

Always remember, when employing this open-stance position from boxing, to cover your ribcage by keeping your elbows in near your torso; you'll be astounded at how this works with the triangle I just described! You can also keep other major body parts safe with the additional suggestions I have for you.

The bottom half of the body can be defended effectively if you remember to separate your legs to about shoulder width, and block attacks to the groin with your knees. Don't keep your feet firmly planted or stuck to the ground, but keep them moving to help you weave, dodge and otherwise stop kicks before they can land. Smooth movement is a crucial factor.

Always keep in mind that self defense is all about damaging your attacker to the greatest degree you can while simultaneously keeping him from hurting you. The use of these all-important self-defense techniques could certainly mean the difference between life and death.

Participating in martial arts training and taking courses in self defense techniques is also a great way to prepare you for violent attacks anywhere you may go. And finally, try to pay attention to and remember any advice and education offered by fellow fighters and self defense experts.

7 Street Fighting Secrets Every Martial Artist Should Know!

I want to present to you here some important methods for defending yourself that I value very highly. I will give you some ideas and strategies that you can use to make your training more useful and effective.

How to Street Fight Tips #1: Always pay attention to the surroundings and be alert to the individuals and any events that are developing near you. For instance, if you must pass through a dark alley, be even more observant, watching and listening carefully, heeding any premonitions of danger that you feel.

How to Street Fight Tips #2: Train and discipline yourself regularly so you can control your fear of being struck during an attack. Panic and an adrenaline rush can freeze you so you're incapable of defending yourself, but that reaction can be prevented by habitual sparring and training. So sign up for a martial arts course to receive regular training with real sparring.

How to Street Fight Tips #3: Exercise strenuously every day so you don't become exhausted and give out during a fight. Even UFC fighters, who are in peak fitness, sometimes give out during their fights. If you're overweight or puny and weak, start lifting weights and exercising daily to get in shape. You need to be strong enough and fit enough to take on and overpower an attacker.

How to Street Fight Tips #4: Learn and rehearse simple techniques so that you can use them instinctively even in the sudden fright and panic following an attack. Master strategies that are easy but effective in overcoming and repulsing a potential assailant. These include such actions as kicks to the groin, throat jabs, blows to the temple, eye gouging.

How to Street Fight Tips #5: Don't escalate the situation by taking the offensive, but first make an attempt to avoid the fight by talking to the attacker. Try to find a reasonable way to settle the situation without a physical struggle. Don't put yourself at risk if you only have a watch and fifty dollars in your pocket. It isn't worth going to the hospital or losing your life over, so just give it to the guy.

How to Street Fight Tips #6: Always have something with you that can be used as a weapon. Choose one you're familiar with, but be careful not to violate any local or federal laws by carrying it.

How to Street Fight Tip #7: Take all these ideas seriously and implement them, because they are simple but effective strategies that could save your life someday. There may come a time when you have only yourself to depend on. The police may not show up in time to save you. But do notify them after the assault and describe the attacker.

If you follow these seven simple tips and make them a part of your daily routine, they will help you to be aware and capable if a sudden confrontation makes it necessary for you to defend yourself, and they could someday save your life.

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How To Beat A Bigger Opponent No Matter How Hopeless It Seems!

Have you found yourself wondering about how you would handle a situation, in which getting into a fight was inevitable, and you have never been in a fight before? You can be confident that you will be well prepared for such an event, as the information that you will receive in this article, will ensure that, regardless of the circumstances, or how much larger your opponent is, you are guaranteed to come out on top.

How to street fight bigger people - Pay careful attention to what is going on around you. Many people make the mistake of muting their surroundings with the use of headphones, which makes them an easy target for a would be attacker, whether you are in a parking lot, on a deserted road, or somewhere else. An assailant will be keenly aware that they can easily approach you without being noticed, and will take advantage of this opportunity!

How to street fight bigger people - You will have an advantage thanks to the fact that the majority of attackers are male. Your best defense against a male assailant, is to aim for the groin area. You can kick, hit, punch, elbow, knee, or use an object you are carrying to hit your attacker in the groin. This strategy will allow you to inflict the most pain on your attacker.

How to street fight bigger people - Gouging Your attacker's eyes, is a method that is effective when done in with fast strikes, and does not require much effort, allowing you to disable them quickly. Your opponent will lose their sight temporarily if you stab or gouge their eye with your fingers. Along with the groin pain, this technique will leave your attacker debilitated and in pain.

How to street fight bigger people - Going after your assailant's throat is another vulnerable area that you can strike, that will allow you to get the upper hand. A firm blow to the throat will restrict their breathing, and inflict serious pain, that makes it difficult for your attacker to remain upright. Anyone, of any size, can employ these strategies to appropriately defend themselves in the event of an attack.

The information contained here, is very useful, but your chances of overcoming an attacker will be greatly increased by participating in a self defense or martial arts class. Individuals in good physical shape will fare much better in an altercation, so a regular weight lifting or cardio routine is recommended. You can incorporate the above advice into your fighting and exercise routine every day.

Self Defense For Beginners In 4 Easy Steps!

This article will give you easy-to-follow instructions for basic self-defense strategies, as well as information and advice on survival skills you'll need in the event of an attack, and how to overpower your attacker so that you can escape safely.

Beginners self defense #1. If you're small and not especially strong, it may be more effective to forget about punching the attacker and using eye gouges as a form of counter attack. This technique is used in various styles of krav maga and the military self-defense arts, and is one I recommend.

Beginners self defense #2. What are some good fighting techniques? If you're interested in fighting, look into judo, karate, ninjutsu, king fu, Philippine fighting styles, and jeetkunedo. It's essential for you to study the broad range of martial arts, which can be learned in combination with the basic self-defense techniques you're mastering. There are many ways to learn these skills; in many places, local YMCAs offer classes. Any sort of training you can take will be to your benefit. That includes checking out library books on the various martial arts. If you truly want to master martial arts, it's vital that you keep your mind open to learning!

Beginners self defense #3. It's important to maintain a healthy, active lifestyle and stay at a good weight, because you'll need to have a very healthy body if you want to participate successfully in a martial arts tournament, or if you have to defend yourself against an attacker. It's common for street attackers to be high on drugs, which gives them extra energy and aggression and enables them to seriously injure their targets.

Beginners self defense #4. Staying out of trouble is the passive approach to self-protection. You may well have the physical skills to defend yourself, but that doesn't give you license to attack other people even though you haven't been provoked. Self-defense also has a lot to do with common sense, which includes knowing when to stay away from people who may be dangerous, calming someone who is eager to start a bar fight, sacrificing your wallet and other valuables to someone threatening you with a weapon, and more. Being passive can be just as effective as being aggressive, so think carefully before you decide to use your fighting skills against someone else.

You can use these four basic self-defense tips to become an outstanding martial artist and defend yourself and others against all types of encounters with bad guys. It's my hope that these basic self defense tips will be of use to you, and I wish you safety and success!

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How To Learn Martial Arts At Home

Follow this established approach to studying martial arts at home and your skills will be greatly improved.

It may be that you're studying martial arts at a school or academy that gives students plenty of theory without any actual sparring experience, or doesn't let you practice the techniques with a heavy workout bag. Maybe you're just wondering which of the martial arts is best for you. It's important that you choose a style that permits you to study at home on your own, without the need to learn from masters who have absolutely no street fighting experience.

If this sounds familiar, read on and you'll be able to answer the question: How do I learn martial arts at home? Not only will you learn how to do this, you'll also be able to apply your knowledge to take your skills to even higher levels. If you decide to go with this type of training program, you'll need to buy some special equipment: a martial arts helmet, 16-ounce sparring gloves, cup and mouth guards, and some form of protection for your feet. All of these items will allow you to know what a real attack feels like. It's imperative for you to continually practice your exercises and sparring if you want to be able to defend yourself in a street fight.

You also need to prepare yourself mentally to fight well; sparring is an excellent way to understand the kind of stress you'll experience when you actually get into a real fight. You'll know what a strike in the face feels like, as well as what adrenaline surges feel like when you're being kicked and punched by an attacker. To be ready for a real fight, you need to know in advance the sensations that come with being struck in the head, chest, and arms and legs. After you have passed these initial mental tests, you can begin light, unprotected sparring so that you can get to know how you will react when you're hit. Once you've mastered how to learn martial arts at home, you'll be on your way to becoming a more skilled fighter.

Of course you can always read books, watch videos or take classes in your pursuit to learn martial arts at home. There's nothing wrong with these approaches. But it's only in sparring that you can truly learn how to time a strike, gain control over your speed, increase your range of motion, and exert yourself so much that you break a sweat and lose your breath - and ultimately avoid becoming another victim of street crime.

Sparring with a skilled and physically powerful partner will teach you how to remain calm when you are faced with the kicks, punches, and throws of an aggressive

attacker. The best way to train your reflexes and develop the mental clarity and emotional calm necessary to defend yourself well is to include sparring as part of your study of martial arts at home.

Continue to research the various forms of martial arts so that you can find the one that best suits you. If you follow my sparring recommendations and wear the appropriate protective gear, you should be able to fine-tune your fighting instincts with 100% precision. It's a good idea to spar in a park or some other place where you won't be interrupted, so that you can concentrate completely on your combat skills and improve your technique. In addition to the practice you get from learning martial arts at home, sparring will prepare you for a genuine attack!

The Rules To Successfully Winning A Street Fight Revealed!

There are four generally accepted responses for when you are put into a situation that requires self defense. These are the go to solutions to turn to if you are looking for how to win a street fight.

However, are you aware that there are differences between self defense and street fighting? The purpose of self defense is to make an action in a manner that allows you to escape or avoid further danger. Street fighting concentrates much more on doing things that will ultimately incapacitate whoever it is that is assaulting you.

Rule #1 For How to Win Street Fights: Whenever someone comes after you with a weapon, do whatever they tell you to. There is really no point in doing the much more dangerous thing and trying to get the weapon out of their hands. Is there really any advantage to fighting someone with a knife and getting a potentially fatal stab wound if you fail or getting shot?

Rule #2 For How to Win Street Fights: Do not believe anything you see done on TV or in the movies. People believe crazy things, and I have seen someone attempting to use a flying sidekick to disarm someone. This obviously failed and I had to personally confront the perpetrator when the guy who tried the kick was about to die. He had received a nasty wound when he was stabbed in the leg.

Rule #3 for How To Win Street Fights: It is neither as difficult nor as painful as you would think to deflect attacks. Like many things, you will always be afraid of getting hit if you never actually experience it so the key to overcoming this fear is experience. The important complement to this is knowing how and when to return the attackers volley of blows with your own that will be as punishing and painful as possible and leave the attacker defenseless.

Rule #4 for How to Win Street Fights: You need to keep in mind that even though organized fights seem to follow a structure, there are never rules to fighting on the street. There is no such thing as fighting dirty on the street so if you can gain an advantage by eye gouging or a swift kick delivered to the groin or another sensitive area you should go for it.

When the other option is losing the fight, feel free to do whatever is necessary even if that means biting, gouging, or punching in the groin. The most important is to do something that works. This may even leave you with no other choice than dealing a hard karate chop that crushes your opponent's throat. As long as you survive the fight it is worth it.

It is important to be prepared physically for the fight so be sure to do cardio and weight training so that you will be prepared for any situations that arise.

Develop These Urban Self Defense Skills Now!

Learn urban self defense incorporates specific moves and techniques that you can use to keep yourself safe.

Many schools that teach sparring and martial arts are taught by instructors who know absolutely nothing about street fighting even though they may be black belts in their own disciplines. If you go to the YMCA or local gym looking to learn street fighting you will likely be performing drills on a stuffed bag instead of another student.

If you are stuck learning moves that may look pretty but will not help you in a real fight, and are willing to take your training to another level with hard work; you will benefit from the tips contained in this article most of all. If you want to begin training in the fashion you will need to purchase some equipment; good shoes, a martial arts helmet, 16-ounce sparring gloves, a mouth guard and cup. You should train as often as possible and be in good condition to stand the best chance of surviving in a street fight.

Being prepared mentally is just as important as being prepared physically. You will not want to be taken aback by and surprises when you are engaged in an actual fight

with another person. You should know what the adrenaline rush really feels like, and what happens when you are struck in the face. You must keep your head in the face of your attackers assault. Strikes to your torso, head, arms and legs should not phase you in a fight. After you have gotten some practice and experience, try to spar without wearing any protective gear so you will know what to expect when your body reacts to being struck. Understanding what happens when you are actually involved in a fight is an important aspect of martial arts and training.

It may be beneficial for you to avail yourself of different methods of training such as classrooms, videos and books. Keeping yourself from becoming a statistic on a crime sheet will involve learning timing, speed and improving your range of motion and flexibility. You will be working hard and breathing hard when you are doing authentic sparring.

Genuine sparring will train you to stay cool in the face of an attack and to properly respond to the punches, kicks and grabs that will be aimed your way in an actual fight. Sparring is essential to honing your physical prowess and developing the mental serenity you will need. This is why sparring is so important to anyone wishing to learn urban street fighting.

Set your mind on your goals, do not give up and work hard on your training. Practicing these techniques in your protective gear will help you to keep your fighting instincts in top form. Locate a space to develop your combat skills where you will not be disturbed. By training in the most authentic conditions you will be prepared if you ever need to protect yourself in a real fight.

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Street Judo Applied To Self Defense.. Does It Work?

If you have done any research into martial arts, you may wonder if judo is useful in street fight situations. I will happily give examples of how street judo has saved lives in fights at the dojo, the bar or any other provoked self defense situation. Following these strategies outlined below will help you decide if judo has any practical application for life on the streets.

Street Judo Techniques #1 - The first benefit of Street Judo is already knowing that many fights will go to the ground. Knowing judo puts you at an advantage in this situation. In a street fight, speed is key and being able to throw someone to the ground so that they land on their head, then getting in there to choke them out within 5 seconds will save your butt. Judo is not as flashy as taekwondo or karate with their high kicks and sharp punches but when it comes to clinch fighting and putting someone on the ground to get them to submit, judo and jiujitsu are the only comparable martial arts.

Street Judo Techniques #2 Many of the push and pull techniques of judo are very useful in a modern street based confrontation. The ability to throw someone off balance by tossing them with your hip so that they land head first on the pavement will show you as the superior fighter and allow you to win the fight. I have practiced judo extensively and used it in my job as a bouncer over the past few years and can verify that when someone is pushing you or grabbing you, having these street judo skills will give you the upper hand and allow you to control and end the situation.

Street Judo Techniques #3 - Training at your local dojo in the art of judo is an excellent idea because it builds your muscles as well as your muscle memory to be able to fight someone off, starting with the skills taught in the first level of white belt. It is a wonderful martial art to know and I personally recommend that you cross train in other martial arts like karate or taekwondo to increase your skill set and broaden your knowledge to become a more agile and well rounded self defense fighter.

Street Judo Techniques #4 - The other important skill that this martial art teaches is the Art of Falling Properly. I have had many serious accidents in which I fell, including off of mountain bikes and being hit by cars. I avoided serious injury because I had the skill to tuck and roll or land properly, an ability taught in street judo. I give you these tips to follow to get the most benefit from your martial arts training!

How To Pick The Right Martial Arts Dojo For Training!

Martial arts dojos today do a relatively good job giving people a basic understand of certain fighting techniques. I would, however, like to bring to light some current glitches in this system, so that you can become a greater overall fighter.

Local self defense classes weakness number one is that many martial arts schools today employ instructors with NO ACTUAL fighting experience. Honestly, black-belts are literally given away today like candy! Realistically, there are plenty of "black-belts" out there that would likely DIE in a actual street fight! These instructors, though perhaps very good at their form, have no real fight experience. How, then, can they be consider "experts" in fighting? Learning a lot of moves is great. Just don't put TOO MUCH faith in them if they are taught by someone without any actual fight experience.

Local self defense classes weakness number two is that many dojos teach scenario-based defense. In these schools, a "typical" assailant uses just a single attack, such as a lapel grab or punch to the face. Being the "good little martial arts student," you then do the specific counterattack that you have been "programed" to do in response to that specific attack. The problem is that there is no such thing as a "typical" attacker with a "one punch" attack. In reality, his assault will be an ALL-OUT BOMBARDMENT of punched, kicks, grabs and such - all in a FEW SECONDS! Sadly, most schools don't show you what to do in this situation - a REAL fight situation!

Local self defense classes weakness number three is not the school's fault. If you are one who doesn't look into various forms of fighting, or won't do any strength-building exercises (with weights), then YOU are the only one holding you back! Think of it like this - who do you think the thugs are more likely to go after, the 280 pound "fat-guy," or the 195 pound "muscle-man?" Everyday exercise is strongly suggested to stay in peak physical shape and keep your heart healthy.

Local self defense classes weakness number four is the fact that actual sparring in many schools is forbidden in the beginner stages. Without some form fight experience - or at the very least, this form of fight simulation - you will NOT have the proper conditioning (physically or mentally) and will NOT know how to react when faced with a REAL attack! If your trainer won't allow it in class, get a friend, and some sparring equipment, and practice kicking the crap out of each other! Well, at least see what it's like to take a hit. And if you're REALLY SERIOUS about learning REAL self defense, you may want to look for a NEW school that spars!

Local self defense classes weakness number five is another personal followup issue, so you can't really blame the school for this one. Many individuals fail to get MORE training from outside sources, and cut themselves short. I would advise that you frequently study videos, read books, attend seminars and classes, and practice MANY techniques as OFTEN as possible. When it comes right down to life or death, your knowledge and training are the only things that can keep you alive in a street fight.

So be mindful not to fall into any of these five common weaknesses within the self defense world and you will certainly be more equipped to handle yourself effectively in a real fight. Maintain CONSTANT vigilance everywhere you go, and steer clear of these weaknesses!

How To Choose The Greatest Martial Arts Instructor In Your Area!

Although you may not realize it, there are numerous unqualified blackbelts and self defense teachers offering advice and disseminating information which could get you killed. Even worse, none of these people have ever been party to a life or death fight and therefore do not have credible or real experience with regard to fighting.

How to choose the best self defense instructor #1 - You ought to interview any martial arts or fighting teacher any time that you are considering taking a membership in the dojo. The process that you want to follow in talking to them should have as its purpose to discover what qualifies them to instruct you. Should their blackbelt in taekwondo have been obtained when they were fifteen and their experience is solely composed of sparring, then give them a pass.

How to choose the best self defense instructor #2 - Be certain that the class you are considering incorporates full contact sparring. It is important that you feel the pain when hit and become accustomed to the conditions when real fists and feet are trying to take you down. That is, you must obtain genuine experience in real combat conditions.

How to choose the best self defense instructor #3 - Some mixed martial arts instructors do not comprehend the fact that there is a difference between being in the octagon and being on the streets. Should they indicate that their jiu-jitsu will protect you when you are on the ground, they are simply wrong. This is because you never want to go to the ground during a street fight. You would likely get stomped, stabbed or smashed either by your adversary or his friends.

How to choose the best self defense instructor #4 - Any respectable self defense instructor ought to be certified and to have received his training from a recognized expert of the art. You surely do not need for him to be some self-pronounced expert. Also, his instruction ought to be in fighting that is based in the real world. You do not want to get from his instruction just mere tactics for the "common attack" and no techniques that are founded in reality based fighting.

How to choose the best self defense instructor #5 - If he likes to be addressed as master, or alleges to be a family member of some group of master self defense instructors or martial arts experts, he is full of it. The majority of dojos are out to make money and should they fill their sales pitch with a bunch of hype, then you must understand that he simply wants your money and his instruction is no doubt worthless.

Selecting the correct self defense instructor is basic to your training and success in a real life fight. What you need is an instructor with battle tested experiences and techniques that have been proven to work. What you do not want is stale information or instruction which has no reality on which it is built.

And please do not believe that aligning yourself with the highest priced dojo will protect you in a street attack either. Interview you potential teacher before you sign up!

Reality Self Defense And Martial Arts Explained!

Here are four important principles to consider if you are ever faced with a life or death assault. The very essence of how you need to handle yourself in a real street fight (basically, whether you live or die) is summed up in these four key topics, which I will outline for you. For your very survival, it is imperative that you have the necessary skills and understanding of defending yourself against street-based attacks should this terrible set of circumstances manifests itself in your life.

Best reality based martial arts tip number one is to GIVE IN to your assailant's demands if he has a gun! Better to be a smart and poor than to be a "hero" and dead! Just give the guy all he really wants - your money - and you'll have a much better chance of keeping your life. The same goes for an attacker with a knife.

Best reality based martial arts tip number two is that the "high-flying" kung fu moves you see in the movies and online are purely fictional, and for entertainment only. One of the easiest ways to get sliced and stabbed is to sour through the air, feet ablaze, literally kicking and screaming at a knife wielder. I have personally seen a man wind up in the hospital because, during a bar fight, he thought he'd become Bruce Lee and try this! Keep in mind that since you obviously cannot always control the SITUATION, the key is to always be in complete control of YOURSELF! I cannot emphasize enough just how important it is to NOT mimic the flashy fight scenes you've seen in movies!

Best reality based martial arts tip number three is the fact that a blow to the face or stomach is typically not as bad as you may think. More often than not, your adrenaline will be so high that you really won't even notice the punch that much. Also, you'll most likely only suffer indirect hits instead of punches that connect fully. Practicing defensive moves, especially to lessen the effects of a blow when one is imminent, will help you become the best fighter you can. Train with friend on these finer, more intricate details in your gym, or even in the privacy of your own home, and you'll discover that not only your skills, but also your belief in yourself, will grow much stronger.

Best reality based martial arts tip number four is get your FEAR under control. You cannot defeat your attacker when you are "battling" yourself! Even when taking blows in an assault, you still need to have some calmness - or at least understanding - so that you can effectively defend yourself. Panicking will generally get you absolutely demolished! Through much training, you need to learn to keep your cool even during a brutal attack.

So don't drift of to "la la land - remain in reality! Let the "Crouching Tiger" stay where it belongs - onscreen! Simple is usually best. Fancy, flashy, high-flying kung fu martial arts moves from the movies will typically get you "PAIN" ... or get you "DEAD!" So NEVER lose sight of these four basic tips, and you'll certainly be more prepared to take care of yourself during a street fight.

[Click Here For Brutal & Banned Street Self Defense Tactics!](#)

Some Of The Best Street Martial Arts Techniques Explained..

In this article you will learn some key pointers and some of the best street martial arts techniques from a variety of fighting styles, providing with the crucial skills needed to keep you alive in the event of an actual attack.

One of the best street martial arts techniques is trapping. By using this type of move, you are actually trapping your adversary's extremities, keeping him or her from being able to attack. One way to accomplish this is to wrap an arm around your assailant, keeping his or her arms pinned to the body, and perform numerous strikes to the body and face with your free hand.

Another of the best street martial arts techniques is NOT high kicks! Although some martial artists seem to think that the flashy Taekwondo-style high kicks work, THEY REALLY DON'T! Think about it - does it really make any sense to commit ANY action that will most likely leave yourself and your balance completely vulnerable to your assailant? Of course not! Avoid high kicks at all costs, and pick targets such as the knees, shins and groin.

One more best street martial arts technique is any counterattack to sensitive areas of the body that can create the most damage possible to your attacker. Merit badges for "sportsmanlike conduct" will NOT be given! Remember that this is LIFE OR DEATH, and the LAST thing you should be doing is holding back! This means you NEED to be smashing the throat, gouging the eyes, kneeing the groin, biting, clawing - basically, WHATEVER IT TAKES to get your mugger off you! Keep in mind that in many instances "second place" in a street fight equals DEATH! Time to STOP playing "Mr. Nice Guy," or "Miss Nice Gal!"

Another best street martial arts technique is to stick to the basics. Don't overcomplicated things when simple punch to the nose works wonders. Make your strike quick, hard, and up close and personal. If you find yourself reaching to far to try and land a punch, regroup and focus more on attacks that double as blocks for your increased protection.

Don't be afraid to utilize your martial arts training. Stick to the moves you are most familiar with and have the most practice with. Hopefully, prior to any actual fight, you will have had the opportunity to get training in as many various fighting styles as possible.

Keep yourself in physical conditioned, too, by getting consistent exercise (that incorporates weightlifting) about four times per week. Staying alive during an actual assault will depend LARGELY on what shape you are in physically. Condition your body regularly to ensure you get the edge you NEED in a street fight!

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Features To Look For In Self Defense Training Programs!

I will share with you four different things to consider when you are in a combat situation. These concepts are the true elements of finding yourself in an actual street fight and needing to defend yourself, or put another way, "reality based self defense." Should you get into a scenario in your house or in front of a bar, you must understand how to handle yourself in order to come out of the situation alive and to win the fight.

#1 Feature of Best Self Defense Training: If your assailant has a gun or similar type of weapon, you should always surrender. Don't put your life at risk attempting to disarm him when all you have to do to get out of the situation is to give him the \$20 in your wallet. This is also true for an attacker armed with a knife.

#2 Feature of Best Self Defense Training: Television and movies combat and fights are never real. You will not defeat a guy with a knife using a wild jump kick. While standing in front of a nightclub, I witnessed a man trying this, and he nearly died from the lost blood. You must remember the basics of defense in order to not let the situation spin out of control. Remember yet again that the fights you watch in the movies are never real!

#3 Feature of Best Self Defense Training: Getting hit is not so horrible as it appears. You will eventually understand that the majority of punches that you take will not hit you right and will really not hurt so badly. Learning how you can take such a hit and shrug off the pain when you spar is an essential element in becoming a capable fighter. In order to understand how you should react when you are in the throes of a real fight, you ought to spar with friends or colleagues at the place where you train.

#4 Feature of Best Self Defense Training: You must maintain calm and a cool head in advance of considering a skillful combat move. You must internalize the methods of fighting while you are taking kicks and punches from your assailant. You should understand the importance of maintaining calm while your attacker pounds you so that you will not lose your composure or become afraid.

Let me say it one more time; the majority of those wild martial arts' spin kicks do not give good results in an actual fight. If you attempt to be too fancy in your attack moves, a number of them will open you to a severe counterattack in a battle on the streets. Remember these four elements and you will discover that you have reached a greater skill level in the martial arts.

The Best Street Fight Self Defense And Martial Arts Training You Can Only Find Here:

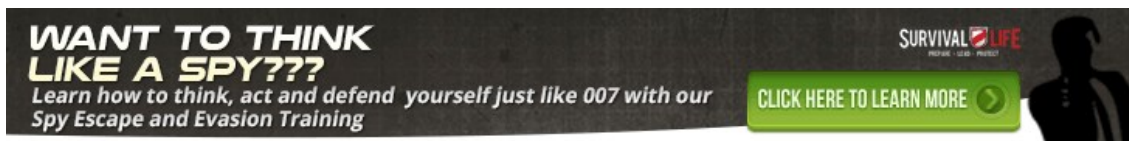
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