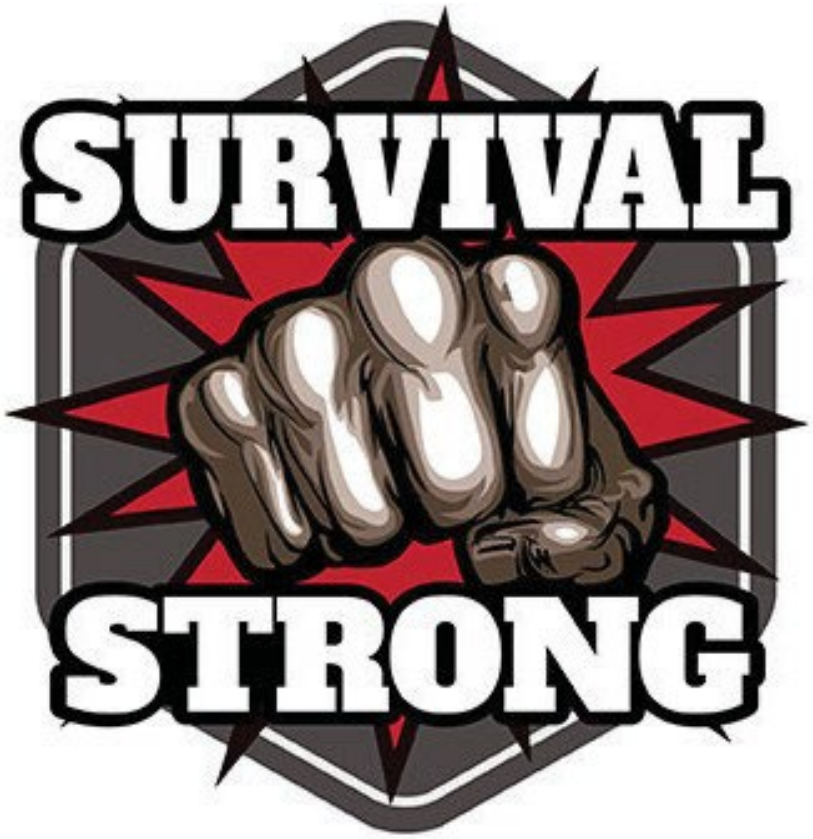


Tactical Strength and Self-Defense Methods to Protect Body, Family and Home

Fourth Edition

Survival Strong
(2023 printing: fourth edition)
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1 Manor Road, Mahwah, NJ 07430
201-819-6170
Email: philrossmmakb@gmail.com • Website: www.philross.com

DISCLAIMER
No individual should attempt to apply the techniques and methods described in this manual, without first being cleared to do so by their physician.

The author and publisher of this manual are not responsible in any form for any injury which may occur as a result of following the instructions within. The exercises and methods described in this book can be strenuous. Please apply due care during all physical training, and never attempt to train or coach another individual unless you are fully licensed and insured to do so.

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Preface:

The Defensive Tactics included in the **Survival Strong System** is largely based upon the **S.A.V.E. Self Defense and Fitness** video series that I developed in the late 1990's. I have instructed at a multitude of seminars and workshops for law enforcement, security and educational agencies as well as for the general public. No matter how good the material—whether it was from me or another instructor—I noticed most participants were unable to commit the movements to their immediate memory. This was primarily due to a lack of practice. In 2005, I developed a complete training system with a "train along" video series. The program received several #1 ratings.

Statistics dictate that everyone will be a victim of a violent crime at some point in their lives. What measures have you taken to beat the odds? Are you prepared to handle the situation when violence comes knocking at your door? How will you react? Will you be able to protect yourself and your family? What will you do when faced with a home invasion? How will you handle a terrorist attack? What will you do in a situation with multiple attackers? How will you address the various weapons that you might face? What would you do in an execution type assault?

The most important factors are your mind-set and training. Notice that I put mind-set first. Your mind is your best weapon. Your mind drives you to train and have the proper attitude to fight back. Your training must be purposeful and regular. It's not enough to think that you "know what to do". I know how to hit a baseball, yet I don't play for the Yankees. You need to practice so you will be able to react without thinking to an impending threat. IT or *Instinctive Technique* needs to be developed. There's a Kukri (short sword) recitation in Bando—a Burmese martial art—that states, "Repeat draws, cuts and blocks. Repeat steps, turns and locks until sword frees from thought". In other words, practice so you're able to simply react without hesitation or thought. If you have to stop to think, it's too late. Precious milliseconds are lost, and they might be all you had. Don't permit yourself to be a statistic.

We need to employ the 4 A's & S.I.P.D.E. These two components go hand in hand. They are essential survival skills and should be practiced until they become second nature.

Section 1: Introduction and Instructor

The art of learning how to defend one's self is developed through skills acquired in defensive tactics training. It's not as simple as "how to defend against a choke". There are many factors to consider during your preparation. Not only must we consider mind-set and avoidance, but we have to look at the actual types of technique application. There are different levels, which are determined by distance of the offender, speed of the attack, and circumstances. None of which you have control over. You can only control how you respond to these situations. The levels or types of situations are:

1) Confrontation with a verbal exchange
2) Confrontation with no verbal exchange
3) Surprise attack when you are caught off guard
4) Hostage situations
5) Intercepting an attack with a pre-emptive strike

All of these will be addressed in our training.

The Survival Strong System combines bodyweight and defensive tactics expertise from Phil Ross. The system was created a complete system that is practical, concise and unmatched. Not everyone has the time, inclination or circumstances to join a full-blown martial arts school and train for hours and hours a week to advance in belt level. Our system is designed to be a part of a martial arts program or stand alone. Great strength and skill can be developed with very little or no equipment.

The movements and techniques are designed for both partner/small group as well as solitary practice. If it's inconvenient at times to train with others, many of the techniques—pad work and the strength and conditioning elements—may be practiced alone. There are certain aspects of the training that require a partner. When training for actual combat, there is no substitute for actual human to human contact. Even though bag and pad work are strongly recommended, the variables of another human body cannot be replicated with an apparatus or in solo training. The bag and pad work are necessary to develop power in your techniques and ensure that your hands and feet are properly positioned when executing striking techniques. Whatever your circumstance is, train often, mix your methods, and make training a part of your life.

Gross motor skills are far superior to small, intricate, and complex techniques. You will discover that many of our defensive tactic's responses end up in one of only 7 positions. In a stressful situation you'll only recall 5 to 9 strategies and/or concepts. The "magic number 7—plus or minus two" theory was developed by the Princeton University cognitive psychologist George Miller. According to Miller, the human mind can only hold 7 +/- 2 objects in their working memory. This is referred to as Miller's Law and is one of the main reasons that phone numbers—minus the area code—and social security numbers have 7 & 9 digits. Also, the more components involved, the greater the chance for something to go wrong.

"The magic number 7, plus or minus two" theory was developed by the Princeton University cognitive psychologist George Miller.

There are certain principles to be aware of and must be adhered to in practice and application. Anticipate the worst at all times and always maintain a good physical condition. Trust no one and always assume there's more than one attacker. Operate with the “All or Nothing” principle—do nothing or completely incapacitate the opponent(s) to ensure your survival and escape. Always practice vigilance and look for unconventional weapons and escape routes.

Your stance is extremely important. Be able to move quickly, comfortably and with power. Take angles and improve your position in relation to your opponent. Keep your hands up at all times, even when speaking. Place your hands up (open palm) and in front, with one foot slightly back in a “hidden” fighting stance.

Maintain balance by keeping your nose over your navel. Also maintain a good posture and neutral spine. Don’t use force against force as the stronger opponent will always win. The navel points in the direction of power—hip position is crucial.

Never have straight knees when facing your opponent, this leaves you immobile and vulnerable to attacks to the knees. Point your index finger in the direction that you want to take your opponent when performing small joint locks.

Deliver strikes to hard parts of the body with the soft part of your hand and strike the soft parts with a hard part of your body.

Deliver strikes to hard parts of the body with the soft part of your hand. Strike the soft parts with a hard part of your body such as your clenched fist or knee.

Examples: Use an open hand strike to the face and a knee to the groin. A closed fist to the head may result in a broken hand. Only trained, seasoned fighters stand a chance of not breaking their hands with a strike to an opponent’s face. However, many fighters have broken their hands even while gloved in combat or training.

Strike an opponent without chambering your technique or “drawing back to go forward”. Doing so will significantly slow down your techniques. It is essential to practice delivering blows from your hips and utilize full body tension as you lock into the technique.

Distract your opponent by striking with the closest hand, foot, or knee then use leverage to gain and maintain an advantage. “Vanish” from your opponent’s view by always maintaining angles and improving your ability to deliver strikes to exposed and vulnerable areas. Always keep your eyes on the lower center of your opponent’s chest during initial contact. Learn basic limb dynamics and their reflexive movements.

*Operate on the **“All or Nothing”** principle. Either do nothing or completely incapacitate the opponent(s) to ensure your survival and escape.*

Most vital and semi-vital target areas are located centerline. It is crucial to keep yours as unavailable as possible and focus your strikes on your opponent's. Knowing and working with your angles is critical.

Keep the back of your hand facing your opponent (your palm facing you), this will position the back of your hand between you and a possible edged weapon. Always assume that your opponent is armed even if you don't see a weapon. If he brandishes a weapon, assume he has another.

Why do I need to be in shape? The average street confrontation lasts a mere 10 seconds, but a condition called an adrenaline dump which occurs during stress. When the body goes into "fight, flight or freeze" mode, the better the condition you're in, the better your body will process the stress and the better you'll be able to control your breathing.

The average street confrontation lasts a mere 10 seconds.

Additionally, what if you are tired after a long day of work or travel? What if you are a little sick? What if the fight does last more than a few seconds and you need to contend with multiple attackers? Also consider that you are quicker and stronger if you are in shape. Someone overweight may go into cardiac arrest if stressed. If you don't want to be in condition, then this program is not for you. Either hire body guards or get a gun and a big dog and never leave your house!

If you don't want to be in condition, this program is not for you. Either hire body guards or get a gun and a big dog and never leave your house.

From Master Phil Ross:

The system was developed from a unique blend of both martial arts training and real-life experience. The Martial Arts of Burmese Bando, Combat Jiu Jitsu, Korean Taekwondo, Filipino Arnis, Jun Fan, Muay Thai, Western Boxing and Wrestling, Submission Fighting and Shotokan Karate. In addition to the formal Martial Arts, I was an executive protection agent for over 10 years as well as a bouncer in Washington DC, New York City and various establishments in New Jersey for more than 20 years. My real-life experience has contributed significantly to the realistic application of techniques and tried and true theories set forth in this system. I successfully competed on the national level in wrestling, karate, taekwondo, submission fighting, free fighting and continuous point fighting from 1979 through 2010. Including wrestling, I was victorious in approximately 500 physical contests in the aforementioned disciplines. These numbers do not include the physical confrontations incurred during my employment as a bouncer or bodyguard.

In order to be the lead instructor of a defensive tactics program, significant experience in either the street, the ring or on the mat is required. I have all three. The street or "real life" experience can be gained from the military, incarceration, or police, bouncer, or bodyguard jobs. It can also be gained from situations where your life or potential bodily harm is possible and where there are no rules and anything can happen. The ring would include any of the full contact sports that involve striking—including but not limited to Boxing, Kickboxing. Muay Thai, Full Contact (or Knock Down) Karate, Mixed Martial Arts (or Cage Fighting) or any other type of competition where a knockout is permitted. The last area is the mat including Wrestling,

In order to effectively teach a defensive tactics program, you have to have had significant experience in either the street, the ring or on the mat. We have all three.

Judo, Brazilian Jiu Jitsu, Pankration, Catch Wrestling and of course Mixed Martial Arts. Also included on this list is any full contact grappling competition where the controlling, submitting or manipulating of another individual is required for victory. If you are a black belt in a Kata based system or practice self-defense maneuvers learned from a DVD or YouTube video, you are not qualified to develop or provide advice in regard to a defensive tactics system. You must have trained, competed or have faced with situations where bodily harm was a possibility. You should also have a measure of experience being hit, taken down or submitted. I'm not saying that you have to be a UFC Champion or Navy SEAL to be able to teach, but you need some real-world experience to lead an organization.

Accomplishments and Credentials:

2023 – Certified CCW (Concealed Carry Weapons) for New Jersey and Florida
2023 – Certified USA Boxing Coach
2022 – Speaker/Presenter with The ZWinning Mindset
2022 – Outstanding Leadership Award, Education 2.0
2021 – Full Time Lecturer at Bergen Community College
2021 – Nominated as America's Favorite Trainer, BurnAlong
2021 – APUS/AMU, American Public University System Adjunct Professor
2021 – P3 Training Group Defensive Tactics and Fitness Instructor
2021 – Association of College and University Educators (ACUE) Certified
2020 – UBQFIT Trainer Relations: Virtual Training Platform Consultant
2020 - Industry Advisory Council member for the Sports & Health Sciences program at APUS
2020- Collaborative Institutional Training Initiative IRB member ID# 30892170
2020 – Featured Blade Wielder in the *Trusted Butcher Chef Knife* infomercial
2019 – Launched the BodyBell Method
2019- Featured Performer on History's Knife or Death
2019 – Selected as the AMU/APUS Graduate Commencement Speaker
2019 – Master's Degree AMU: Sports and Exercise Science
2018 – Our Health is Wealth: Fitness Coordinator
2018- Blade Wielder on History's Knife or Death & Forged in Fire
2018: Contract Trainer New York Football Giants
2017: ACE Certified Personal Trainer Certified
2017: Adjunct Professor; Bergen Community College
2017: IBJJF Registered Black Belt with Professor Leo Viera
2016: Promoted to BJJ Black Belt under Professor Mitch Coats
2016: Authored the book Ferocious Fitness
2012: Promoted to Master RKC Kettlebell Instructor
2012: Team Alliance Brazilian Jiu Jitsu Instructor
2011: East-West Martial Alliance: Appointed as System Head
2010: NAGA Battle of the Beach: Expert Submission Fighting Champion
2010: RKC Team Leader & CK-FMS Certified Movement Specialist
2009: US Navy SEALs RKC Instructor Team, Virginia Beach, VA
2009: Region 2 Wrestling Team of the Year - Head Coach, Mahwah
2009: NBIAL Wrestling Champs - Head Coach, Mahwah
2008-2012: UFC Fight Trainer, Corner and Coach
2008: County Wrestling Champs – Head Coach, Mahwah
2008: RKC Certified Level 2 Instructor
2008: Asst. Wrestling Coach of the Year – District 5 NJSAAI
2007: RKC Certified Kettlebell Instructor
2007: Head of Security - NJ All-Star Girls Soccer Team to Brazil
2007: NJ Licensed Mixed Martial Arts Trainer & Manager
2006: Mahwah HS Wrestling Coach, League Champs, State Sectionals
2005: Certified Shamrock Submission Fighting Level II Instructor

2005: Inducted to the Action Martial Arts Hall of Fame
2004: Certified Shamrock Submission Fighting Level I Instructor
2003: AFPA Certified Personal Trainer
2000: Garden State Games Black Belt Heavyweight Sparring Champion
2000: Garden State Games Karate Masters' Kata Champion
1999: Certified CDT Master Tactical Instructor
1998: Medalist in Weapons, Kata & Freestyle Fighting at the Bando Nationals
1997: President Elect of the International Federation of Fighting Arts
1997: NRA Certified in Use of Handguns for Protection Purposes
1997: Featured in the publication of the CDT Police and Bodyguard Manual
1996: MVP Award in the New York vs. New Jersey Team Challenge
1996: United Kung Fu Federation - Competitor of the Year Award
1995: Amateur National Heavyweight Freestyle Fighting Champion
1995: Garden State Games Empty hand and Weapons Dual Medalist
1994: World Martial Arts Hall of Fame - "Man of the Year"
1994: Certified Instructor - NJ Dept. of Criminal Justice - Defensive Tactics
1994: Captain of Garden State Games - Black Belt Championship Team
1994: Captain of World Karate Union - Team New Jersey
1993: Instructor for the State of the Art Security Training Commission
1993: NJ State AAU Tae Kwon Do Chairman
1992: Bronze Medalist - AAU Tae Kwon Do Nationals
1989: Featured Performer ABC WWS "Oriental World of Self Defense"
1989: Garden State Games Karate - Black Belt Heavyweight Gold Medalist
1988: Big Apple Challenge Heavyweight Karate Champion
1987: Reebok Classic Powerlifting Champion - 181 lbs.
1983: Mr. DC – Middleweight Bodybuilding, 3rd Place
1982: University of Maryland Olympic lifting Champion - 181 lbs.
1981 - Empire State Games Karate Champion
1981: Mr. Wilkes Bodybuilding Champion
1979: AAU Junior Olympic Eastern Region Greco-Roman National Runner-up

Section 2: Mind-set

Always keep these words in mind, *"Cooler Heads Prevail";* whether one is dealing with a road rage incident, a person screaming and threatening you, or a knife at your throat, *Keep Your Cool.* This enables you to take advantage of your opportunities and make your move when the occasion presents itself. If you are still alive and have not allowed yourself to be tied up or taken from point A to point B, you will have an opportunity. If you lose your cool, you may miss your chance. Do your best to keep your cool and look for your chance to make a move. Remember that cooler heads prevail, in any situation.

"Cooler Heads Prevail"

If you can escape, do so. I'm not going to teach you how to run. There are a great deal of highly qualified track coaches, YouTube videos and books on running available. We're here to show you the options of tactical defensive responses. As stated previously, your mind-set is tantamount to your survival. You must adopt the "All or Nothing" principle.

Let's assume you have exhausted all of the avoidance techniques, verbal contact, and have no choice but to get physical. Please note that there's generally very little time between verbal and physical confrontations. You have to be 100% committed to the execution of the technique. DO NOT HOLD BACK! You have to be mentally prepared to hit as hard and as often as possible until the attack is over and the assailant rendered unable to attack you any longer.

You have to be 100% committed to the execution of the technique.

DO NOT HOLD BACK!

The target areas for your strikes are extremely important. For instance, if a 100 lb. woman were to hit a 200 lb. man in the chest, she may use every ounce of her power without yielding any results other than angering the perpetrator. Yet if she pokes him in the eye, knees him in the groin and delivers a kick to his shin, she will most likely get a favorable reaction, allowing her time to escape. Everyone has eyes and throats. Everyone also has groins, but groin strikes and grabs are more effective on males. It's your job to attack the vital target areas. Proper positioning and the attack on secondary targets may be necessary before reaching the primary targets. As a general rule; primary targets are located on the center line of a person. The major primary targets are eyes, nose, throat, solar plexus and groin. Applying a proper strike to these areas generally results in at least a momentary incapacitation of the assailant. Levying strikes to these areas also bides you time to either escape or deliver additional blows to the head, knees and spine to further render your assailant incapable of causing you harm. You must create a situation that gives you time to escape without allowing immediate assailant retaliation. Destruction of your assailant's limbs, or administering a knockout blow, are the best methods to ensure your successful escape. Secondary targets consist of the back of the head, temple, ears, back of the neck, floating ribs, kidneys, liver, elbows, wrists, inside the thighs (femoral artery), outside of the knees (peroneal nerve), shin, talus, and the top of the foot.

The primary target areas are eyes, nose, throat solar plexus and groin.

Be mentally prepared to **unleash hell** when attacked. The life you save may be your own or more importantly, a loved one's.

The 4's - Awareness, Avoidance, Action & Aggression:

Awareness: Be aware of your surroundings. Where are the escape routes? What are the potential hazards in the room or area? Who is in the vicinity? Where are the "friendlies" and "foes"? Who just walked in the Movie Theater or restaurant? Who is looking at my child? Why is that guy hovering around the playground? Why is that knapsack on the floor of the train? Why are there three guys standing in the unlit doorway of that building? Where did you park your car? Who is on the plane, bus or train? Do I have a weapon? What weapons are available to me in the environment? How am I dressed? This applies a great deal to women. Many women sacrifice mobility for fashion's sake. You should be able to kick, run and jump in your attire. Know the limitations of your dress and plan accordingly. Know who is in your area and know your escape routes.

*Employ the **"Thousand Yard Stare"** when walking in populated areas.*

Employ the "Thousand Yard Stare" when walking in populated areas. You look almost through the other people as you pass them. Be aware of them, but direct eye contact is not recommended, neither is "shying" or looking away. Maintain a neutral disposition and a level head as you scan the area. You should be cognizant of who is in your sight path, yet appear unaffected by their presence.

Who am I with? What is my responsibility to them? If you are alone, your immediate responsibility is to yourself. If you have traveling companions, what is your responsibility to them? What are their physical limitations and capabilities?

If you have travel companions, what is your responsibility to them?

My responsibility is different if I am with my wife and children than if I am with my friends, training partners or fellow instructors. Have a game plan in place. My wife and children know that if "stuff ever hits the fan," to take off and get to a safe haven quickly. I'll stay and deal with the imminent threat. I'd rather deal with the assailants alone than have my mind preoccupied with the safety of my family. Have a designated meet up place selected prior to traveling. This is also a helpful strategy if you get separated.

Avoidance: Most situations are avoidable, so don't unnecessarily put yourself in harm's way. Perpetrators are predatory, opportunistic creatures that seek the most gain with the least amount of effort. Does the lion attack the strongest and fastest wildebeest or does it seek out the weak, slow, old or young target? Obviously, the lion will take the path of least resistance and the ticket to the easiest meal. Don't allow yourself be an easy meal ticket. Avoid potentially harmful situations. It only takes one incident to end or dramatically change your life.

Most situations are avoidable.

Know where you parked your vehicle. Make sure that it's in a lighted, highly visible area. Know your traveling destination. Leave ample time to travel, being rushed will cause you to make mistakes. Check your routes prior to departing. Use your GPS device and have a map and/or printed route with you. Avoid bad or unknown neighborhoods.

Do not get drunk or high! Illegal narcotics should NEVER be used. They should not even be considered in the self-preservation equation. Don't take a drink from a stranger. If you need to drink, drink from a bottle that you watched being opened or opened yourself. Keep your hand over the top of your beverage at all times. Avoid illegal parties or "secret" get-togethers. Listen to the "little voice" in your head and pay attention to your instincts. If you train long enough and focus on your awareness, your survival instincts will develop. If you feel strange or uneasy about an impending situation—DON'T DO IT! There's most likely a good reason that you are feeling apprehensive. Don't wear excessive or obvious jewelry. Attempt to blend. Be sure your cell phone has a full charge and that you have a back-up plan. Expect the worst and hope for the best.

When traveling abroad, if you aren't accompanied by a partner who knows the area or if you are not meeting someone, hire a referenced guide. There are generally bi-lingual retired or off-duty police officers available in many countries. It's a worthwhile investment. Make certain to budget for it and have your guide validated by a known and trusted source.

Action: Here's where the rubber hits the road! You've taken all of the precautions possible. You done everything by the book, yet there he is, sticking a gun in your face and demanding your wallet. What do you do when the inevitable occurs? Look for your opening and take concise, precise, all or nothing relentless action. Now, we've taken into consideration all of the variables aforementioned. If you can run, do so. But if you are coming to your car with your baby in a stroller, you won't be able to get away. You'll have to fight or comply. I cannot and will not preach to you what your personal priorities should be. Some people are willing to give up their house, their car and their possessions. Some won't hand over a dime. I'm not here to tell you who is right or wrong. Just know that whatever your position is regarding your choice, you must be comfortable living with it the rest of your life. You don't want to put yourself in a position of would've, could've or should've. Focus on a much smaller word, did. What did you do to prevent loss, injury or death? Be comfortable with your mind-set before a situation occurs. Hindsight is always 20/20 vision. Predict the outcome and minimize the loss. There will always be a potential of loss or harm in an altercation—often it's unavoidable.

Aggression: There are no two ways about it; extreme, focused and relentless aggression is essential to success in a street confrontation. The victim must possess the ability to conjure up all of the power, drive and intestinal fortitude to willing apply whatever means are necessary to "Flip the Switch" and "Turn the Tables" on the assailant. The Victim must be determined to be the Victor. We are all taught from a young age that in modern society, we must be docile and nice to one another. This is all good until it's not good any longer. The people that you face in the street or invading your home or trying to steal your car or abduct you, do not observe these rules. For good to triumph over evil, good must be very strong and willingly enlist pure, unadulterated aggression at a moment's notice directed at the intended target. Aggression bridges the gap and can compensate for lack of size, strength or knowledge. Aggression is your friend in a self-defense situation, use it.

S.I.P.D.E. - Scan, Identify, Predict, Decide and Execute

Scan: Use your eyes and ears to scan the area. As with Awareness, scan your surroundings and look for potential threats and escape routes. Register who is in the area and take note of potentially dangerous people.

Identify: Identify potentially hazardous situations and persons. Recognize the threat(s). Pay attention to how people are postured. What are they wearing? Where are they positioned? Is a road blocked off? Why are those guys hanging around the street corner? Why is there a burning tire in the middle of the road?

Predict: Predict what may occur. Given the assessment of your surroundings, people, escape routes, limitations and other variables, what could happen? These assessments need to be made quickly—time is of the essence. Your safety depends upon making the right predictions.

Decide: Decide what to do. Do you call 911, run, turn around and take a different route, employ verbal contact to determine threat level, attack first, or nothing? The last option—nothing—is what usually happens in most instances. If your senses tell you that something is awry, it most likely is.

Execute: Act upon your decision in a concise, precise manner. Some course of action will have to be taken. If you are going to flee, make it quick. Leave the area and be sure you are headed to a safe haven. You might avoid an actual physical confrontation by your posture and verbal response to a potential threat. If you are going to get physical, follow through with full power and intent.

Example: I was in Philadelphia for the weekend. It was late and I was very hungry. I decided to walk down the street to an all-night diner. Maybe not the best choice I could have made, but hunger took over. It was approximately 2:30 AM when I returned to my hotel room. As I rounded the corner, I noticed two other gentlemen across the street and no cars or other people—just me and the other guys. I had about a block and a half to walk when one of the guys crossed the street toward me.

Here's where the process went into action. First, I noticed them and decided that I was going to take my chances and head toward my hotel. I was too far from the diner and there were no immediate safe havens. I knew that once he crossed the street, a confrontation was imminent. I made my decision and planned to execute.

As he approached, he asked to "borrow" some money from me. Please note that I did not allow him to get closer than 10 feet from me when I aggressively responded saying, "Stop right there - I'm in no mood for you or any of your Bull#**t! Tell your story walking!" The guy stopped dead in his tracks, turned around and walked back across the street. Had he continued toward me, the first strike would have been a firmly planted low kick followed by axehands, elbows and knees. However, he most likely listened to his inner voice and decided to wait for an easier victim.

The whole time I observed his body language, posture and watched his hands to see if he was going to pull a weapon. I also kept an eye on his partner across the street. When he left, I did not turn my back on him until he was a reasonable distance away.

Fight, Flight or Freeze:
We have all heard of the “Fight or Flight Syndrome”, but more often than not, most people freeze. Fight - you defend yourself. Flight - you run for the hills. However, there has not been much attention to the freeze segment. Most people have never even been hit, much less attacked. The moment an assailant lays their hands on them or smacks them, they freeze up like a “deer in the headlights” and get bludgeoned. The perpetrators are counting on this.

We have all heard of the “Fight or Flight Syndrome”, but more often than not, ***most people Freeze.***

When the proverbial “S” hits the fan, you have to be prepared. There will be an incredible adrenaline dump and your arms and legs will feel very heavy, things may go in slow motion, you'll experience tunnel vision and what I call the “whirr” in your head. This “whirring” sound occurs right before and during a physical confrontation. This physiological response results from the infusion of adrenaline, increased blood pressure, and the psychological stress the mind undergoes when faced with extreme conditions. The key is being able to maintain a clear head and allow your body to respond properly.

By following our physical training and learning what it feels like to get hit, you will be mentally prepared. However, until you've been in an actual situation, you will not know how you'll react. Please also bear in mind that your reaction may differ from situation to situation, depending on the circumstances.

In addition to the training contained here, you should also work out with kettlebells. One of the best training methods to help the body handle an adrenaline dump is breathing ladders. This type of training been successfully used by fire fighters, police officers and other military and paramilitary organizations to reduce the effects of adrenaline dump.

Thought and emotion have no place here.

You need training to become mentally and physically conditioned to respond instinctively. Thought and emotion have no place here. Concise response and action are required. This ability is acquired through consistent, meaningful training. There are no secrets.

Section 3: Physical Fitness & Strength

Minimum Required Flexibility: Hips, Shoulders, Spine, Bridgework

Power:

Upper/Lower

- Plyometric Pushups: Close, Wide, Knuckle, Single Arm
- Jumps: Vertical, Squat, Lunge, Single Leg, Lateral Bound and Stick, Power Skips

Basic Strength:

Upper Body

- Pushing and Pulling
- Pushups and Handstands (building a strong "frame"): Single Arm, Wide Grip, Alternating, Walking, Fingertip, Knuckle, Back of Wrist
- Pull-ups and Rows: Gi Belt, Single Arm Variations, Curls and Triceps Extensions

Lower Body

- Pushing and Pulling: Back Bridges, Glute bridges, Thoracic Bridges, Neck Bridges, Single Leg Deadlifts Unweighted, Airborne Lunge, Squat, Hindu Squats, Asymmetrical Squat
- Rotation and Core: Planks (Front, Side, Reverse, Alternating Limbs, Transitions), Belt Isometric Rotation, Partner Anti-Rotation

Neck: Swiss Ball Bridges, Floor Bridges, Manual Resistance 4-way, Partner Plumb

Isometrics: Partner training If possible, or with towels and/or martial arts belts.

Endurance: Anaerobic vs Aerobic

High stress situations demand massive anaerobic capacity.

- Jumping Rope—the single best aerobic activity for a fighter.
- Burpees—facilitate anaerobic conditioning and also train the sprawl.
- Bag Work—best combination of skill building and endurance training.
- Grappling

External Resistance:

In my opinion, the legs and back require more stimulus than just bodyweight training. Although you can make excellent strides using bodyweight alone, it's best to use all available tools such as sandbags, barbells, kettlebells, and training partners.

Recommendations:

- Deadlifting
- Squatting

Conditioning the hands, wrists, and fingertips is imperative for having a body that is strong and able to withstand an attack. You need to forge your limbs into “steel implements.” The use of sand, rice, pebbles and even crushed glass will toughen your fingers and hands. There is a partner forearm toughening drill that works wonders as well.

Use a Makawara, a brick wrapped with rope, or buckets filled with sand, pebbles or even crushed glass. The Wing Chun wooden dummy is great for toughening the body, as is a fencepost wrapped with foam, carpet or rope for shin conditioning. Do not start your training with hard strikes, this will injure you. Progress slowly with light, controlled strikes.

Grip strength is especially important.

Recommendations:

- Finger Tip Push-Ups
- Towel/Gi Pull-ups, Rows, Hanging Leg Raises
- Towel Tug-of-war

Wrist Strength: Grappling will do a lot to condition the wrists, but specific exercises can be very beneficial for strong, flexible, and resilient wrists.

*Conditioning of the hands, wrists, and fingertips is **imperative** for having a body that is strong and able to withstand an attack.*

Recommendations:

- Levering
- Knuckle Pushups
- Back of Wrist Pushups—Used primarily for building resilience
- Gooseneck Pull-ups
- Wrist Lock Drill
- Pummeling

Tissue Tolerance and Body Conditioning: You want to think of your shins as baseball bats and your forearms as pipes. The extent to which you can turn your body into a machine able of withstanding and returning any onslaught depends entirely on how much you work on it.. A key to achieving a high level of conditioning is to toughen the body with trauma over time. This includes the entire body—hands, arms, shins, thighs, torso, etc. Much of this can be accomplished with actual sparring. However, if this is not an option, some body hardening work—also called callousing the body—is a good idea.

One key aspect to achieving a high level of conditioning is to toughen the body to trauma over time.

Heavy Bag Toughening:

- Shin Kicks
- Elbow Strikes
- Flat Hand Slaps
- Light Punches
- Knees

On the more serious end, you may use tools such as bamboo and eventually wooden dowels to toughen or condition these areas. My old Muay Thai coach would routinely attack me with a shinai so I'd learn to block attacks from different ranges using my shins, thighs, elbows, and forearms. Though not a normal or mainstream practice, it was very effective.

Section 4: Zones

Knowledge of the various zones is extremely important. Your position in relation to your assailant, the availability of your tools, and your exposure to the assailant are essential and often ignored by unskilled fighters.

Understanding movement, position and ranges tilt the odds dramatically in your favor.

Understanding movement, position, and ranges tilt the odds dramatically in your favor. Include and practice these skills every training session.

Please bear in mind that if the assailant moves from the Green Zone to a Yellow Zone in an aggressive manner, an assault has occurred. If you believe that you or someone with you are in imminent danger, you may defend yourself. If you believe that your life or the life on a loved one is in peril, then you may take whatever means necessary to provide protection.

Green: This is your "safe" zone. The opponent can't reach you, but neither can you reach him without some type of overt movement.
Yellow: This is the "caution" distance. The opponent has entered your personal space. You are at the distance to strike, but also can be hit.
Red: This is the "danger" zone. You are in a hot spot. Your proximity to you assailant is too close to react. You must be fully engaged in combat at this distance. You should be striking, moving and looking to finish.

You must be fully engaged in combat at this distance.

Movement & Positioning:

- V-Step
- Jamming
- Ducks
- Angle Fade
- Parries
- Box Stepping

Section 5: Single Techniques – Offensive

- Axehand - Short & Long
- Chin Jab
- Finger Jab
- Palm Heel
- Vertical Fist
- Scissor Punch
- Slaps
- Punches: 1 thru 6
- Elbow Variations: Across, Upward, Downward, Side, Angel
- Forearm Shiver
- High Block
- Hammerfist Block
- Outside Middle Block
- Head Butt: Forward, Backward & Sideways
- Knee Drives: Front, Round & Springboard
- Foot Stomps
- Parachute Stomp
- Shin Kick
- Front Kick
- Cut Kick
- Mule Kick
- Side Kick
- Roundhouse Kick
- Balance Disruption
- Foot Sweeps & Trips
- Basic Hip Toss
- Sprawl
- Spear Double Leg Takedown

Section 6: Combinations & Series

Hand & Foot Combinations:

- 1, 2, Cut Kick
- Short & Long Axehand, Chin Jab & Knee
- Elbow Across, Elbow Upward, Straight Knee & Round Knee
- 2 Straight Knees, Downward Elbows
- Sidekick, Backfist, Hammerfist Smash
- Palm Heel, Elbow Downward, Knee Drives
- Lead Leg Roundhouse Kick, Backfist, Elbow Smash
- 8) Elbow Across, Angle Down, Angle Up, Straight Knee
- 9) Strike & Subdue Drills
- 10) Finger Jab-Chin Jab-Knee
- 11) Back Hand Slap-Low Side Kick-Elbow Smash
- Duck-Sugiashi Step-Body Shot-Knee-Hook-Elbow
- Lunge Front Kick (Big Boot)-Knees-Redirect and/or Smashes
- (Rear Attack) Foot Stomp, Backward Head Butt, Back Elbow
- Dual Ear Slap, Eye Gouge, Springboard Knee to Groin
- Parry, V-Step and Clothesline
- Head Butt, Tracheal Choke, Knees
- Piet a te, Back Slap, Knife Hand Chop to Neck
- Skipping Side Kick, Knee Drive, Sweep
- Sliding Lead Leg Front Kick, Shin Kicks & Foot Stomps, Strikes

Block & Rock:

- High Block & Strike
- Hammerfist Block & Strike
- Outside Middle Block & Strike
- Knife Hand Front & Side
- Hammerfist Front & Side

Section 7: Situation-Specific Defensive Tactics

These are specific responses to specific attacks. The concept of the responses are universal and applicable to multiple attacks and scenarios. The attacks addressed are some of the most common. The defensive tactics employed are the most universal. This means most people will be able to perform these movements against most assailants.

All self-defense techniques have three components (or ingredients as I often call them); Distraction, Release, and Finish. The Distraction is in the form of a stomp, smash or strike to the vital and semi-vital areas. The Release occurs when you free yourself from their grasp or hold. The Finish takes place once you are free and need to temporarily—or permanently—disable the assailant to secure your safe escape. In the worst case, once you are grabbed or attacked, immediately strike back.

Chokes:

- Front (2 & 1 Hand)
- Rear
- Rear with Armbar
- Rear Naked (standing and on the ground)

Wrist Grabs:

- 1 on 1
- 2 on 1
- 2 or 2

Punches:

- Straight
- Roundhouse - Single & Double
- 1 and 2 at a time
- Lapel Grab & Punch

Bear Hugs:

- Front - Entering & Complete Hold
- Side
- Rear

Kicks:

- Front (room & no room)
- Roundhouse - High, Medium & Low

Ground Pins:

- Arms Pinned
- Choking

Hair Grab:

- Front
- Rear

Double Lapel Grab:

- Chop Defense
- Thread Defense

Tackle:

- 3 Options, Front Kick, Knee Drive, Redirect

Baseball Bat & Club:

- Side to Side
- Overhead

Knife:

- Throat (front, rear & with armbar)
- Overhead, Moving (a lot & a little)

Gun:

- Head (front & back)
- Stomach
- Back
- On Your Knees

Multiple Attackers:

- One in the front & one on the side, one on either side, one in front and one on either side, gang situations, armed situations.

Section 8: Practice & Training

Man-to-Man Strength:
One type of strength that is absolutely imperative for fight situations is Man-to-Man Strength. Grappling has a dynamic and chaotic nature that's impossible to perfectly prepare for without actually fighting or grappling. It's important to improve your overall strength through proper training, but also make sure that you spend time training with an actual "opponent."

Man to Man Drills:

1. Push - Pull
2. Pummeling
3. Inside Control Balance Drill
4. Sweeps and Disruptions
5. Throws
6. Ducks, Slips, Parries & Weaves
7. Chi So (Single Side & Dual Hand)
8. Partner Carries
9. Stick Grappling
10. Foot Sweeps
11. Wall Drill (Slaps)
12. Defensive Boxing Drill into Dirty Boxing
13. Drop Out: Balance Disruption Game
14. Push Hands
15. Greco Lifts

When it comes defending oneself, abide by this axiom:

"I'd rather be tried by twelve than carried by six."

Punches: 1 thru 6 Combinations

1. 1, 2
2. 1, 3, 2
3. 2,3
4. 1,4,3
5. 3, 6
6. 6, 3
7. 2, 3, 2
8. 1, 6, 3
9. 1, 1, 2
10. 1, 2, 1

Endurance Punching Sequence:
20 repetitions each sequence. Do both sides (right & left stance)

1. 1,2
2. 2,3
3. 3,4
4. 4,5
5. 5,6
6. 6,1

The Four Ranges of Combat

1. **Kicking Range:** This is the distance where the feet are most effective. Closing the gap and covering distance are best accomplished with your feet. They are your first line of defense.

2. **Punching Range:** This is a range that you may begin, depending on your proximity to your opponent. The clenched fist, open handed strikes, finger jabs, axehands, chops and smashes are most effective at this distance. A good guard is essential here.

3. **Trapping Range:** Potentially the most ignored range in martial arts. This is an intermediary and a "gateway" from striking to grappling. At this distance you "trap" your opponent's weapon (arm or leg) and deliver your strike, elbow, knee or head butt. There are a plethora of other weapons available to you at this range: hips, shoulders, thigh, forearms, neck etc... Some styles define this range as two distinct distances, but in practice I have found them to be one in the same. In this range we also practice the art of "Dirty Boxing."

4. **Grappling Range:** If your confrontation lasts more than 3 to 5 seconds, you will be at this range—like it or not. At this distance leverage, balance, and knowledge of the body are the most critical. All of your takedowns, choke outs, submission holds, throws and joint manipulation occur at this distance. Please note that striking often occurs at this range as well. There is such complexity to body position and weight shifting that several arts focus solely on one or two aspects of this range.

If your confrontation lasts more than 3 to 5 seconds, you will be at this range, like it or not.

How to Train: When you get in a fight, keep your hands up. When you are in the fracas, get your hands up to protect your head. Keeping your hands up is the soundest advice I've been given.

When you get in a fight, keep your hands up.

It is best to start at one range and move into another. Moving to a third and a fourth range is not helpful, because you cannot effectively practice combinations to compensate for the variables, which may occur. We train in this manner.

Please note that you will not always be afforded the luxury of beginning in a range that is comfortable for you. However, through practice you will be able to enter your most effective distance efficiently and rapidly.

Round 1 *- Start at range 1, then go to 2, then 3, then 4.*

Round 2 *- Start at range 2, and then go to 3, then 4, then 1.*

Round 3 *- Start at range 3, and then go to 4, then 1, then 2.*

Round 4 *- Start at range 4, and then go to 3, then 2, then 1.*

Section 9: Dog Attacks

Man's best friend can also be his worst enemy. There are many breeds that are large, powerful, and created for fighting, crowd control and intimidation. Just imagine 125 pounds of fangs, fur and fury charging at you! These fierce animals are extremely difficult to deal with, but you are not without recourse.

Man's best friend can also be his worst enemy.

Awareness of the dog's psyche is tantamount to the success of your defense. There are postures and voice commands that can help you avoid the attack. A dog likes to have its feet planted on the ground. By lifting a dog off of the ground, you disrupt his ability to use his legs to drive off of the ground and significantly reduce his security. Many types of "guard" or "catch" animals have their tails docked to eliminate the tail becoming a handle. If they have a tail, use it to lift them off of the ground thus rendering them unable to use their back legs to drive from. If they do not have a tail, grab their back legs.

The first line of defense is to use your voice—commanding, loud, concise and pointed. This works very well in a surprisingly high percentage of instances. Next, position yourself to deliver a strong kick, aiming for the snoot, ribs, underbelly or hind quarters.

If this does not work, or you are not positioned to deliver a kick, offer up an arm. When the dog bites, lift the bitten arm up quickly and smash the dog's first vertebra where skull meets the spine. Your goal is to break the attacking canine's neck. If you have a knife, offer the arm and thrust the knife into the dog's throat.

Just imagine 125 pounds of fangs, fur and fury charging at you!

Don't try to pull away from the dog once engaged. Shove your arm or fist deep into their mouth and attempt to knock them over. Stick your thumbs in their eyes and deliver knee strikes to their ribs and underbelly. If there are multiple dogs, keep the fight standing delivering knee strikes and elbows as you move and position yourself so you are not engaged with multiple dogs at once.

If the dog bites your hand, grasp the lower jaw firmly and pull down. Wrap your other arm around the dog's neck and apply a one-armed choke as you yank down on his jaw. A dog will bite and shake. Pulling down on its jaw makes it less able to bite down and securing a headlock-like choke reduces his ability to thrash his head about. The dog may simply just try to get away from you at this point.

Different types of dogs attack in various manners. For example, German Shepherds and Dobermans will repeatedly bite and release until they can gain a full mouth bite and then they will grab and shake. The Bully Breeds—Pit Bulls, Bulldogs, Mastiffs, etc—tend to grab, hold and shake as opposed to biting and releasing. Your general defense to either type of attack will not vary, but it was worth mentioning. However, if any dog has had Shutzund or "bite training", their approach will be in accordance with how they were trained. It is comforting to know that most trained dogs will go after the first limb that's presented and are generally trained to bite their opponent's arm once engaged.

Section 10: Weapons - Practice is Essential

Conventional: Gun, Knife, Baton, Chemical Sprays
(We will focus more on the basics of knife fighting, baton and chemical deterrents in another seminar. We will only make an introduction in this program.)

Unconventional: Pen, Towel, Brush, Sock with Batteries, Magazine, Chair, Umbrella, Garbage Can Lid, Change, Pocket Weight, Brief Case.

Various strikes, parries, techniques and strategies.

- Diamond defense with a chair.
- Breaking a board with a magazine.
- Throwing change into the eyes and face of assailant.

Section 11: Home preparedness

Have some type of alarm, home warning system, or at least a window sticker. Some deterrent is better than none.

A dog is great for home protection. Criminals will pass on a house with a large dog and move onto one without a canine. They will travel the path of least resistance.

Have emergency numbers coded into your phone and written down. Your electronic devices may be compromised.

Secure your windows and doors. Keep them locked and place a pole or dowel in the floor track of your sliding glass door. A sturdy dowel makes for an effective weapon too!

Strategically place weapons in every section of your house. Firearms, clubs, knives, swords, baseball bats, saps, black jacks, expandable batons, etc. should be available to you in an emergency. However, they need to be secured so that no unauthorized family members, especially the very young, can gain access to them. Also, be sure that you know who comes in and out of your house. More often than not, the friends of your children are very curious and will coax your young ones into "showing" them a weapon. That's how accidents happen. Use your better judgement when it comes to the accessibility of weapons and "who" knows where "what" is. Nothing works better than common sense in action.

Strategically place weapons in every section of your house.

Have a plan *and* a backup plan. Murphy's Law usually doesn't apply to back-up plans. Make certain that everyone in the house knows the plan. "Man plans and God laughs. Man has a back-up plan and he smiles," or so the saying goes.

Have a survival kit for natural disasters in addition to your weapons. Water, batteries, generator(s), canned goods, emergency food packs, etc.

Fire safety: Have window ladders, smoke detectors and fire extinguishers. Every floor should have a fire extinguisher and all upper floors a window ladder. Make sure that your smoke and carbon monoxide detectors are fully operational, strategically placed and have fresh batteries.

The door: Do not open the door for uninvited, unscheduled guests. Period. Have them make an appointment - THEN show identification and clearly state why they are there before you even entertain letting them in. Many home invasions occur without forced entry. People are often duped into letting false or unidentified strangers into their homes.

Obtain a firearm and learn how to use it. The best home protection weapon is a pump shot gun—preferably 12 gauge. The ammunition should be shells loaded with buckshot. Consult the NRA and/or your local gun shop for firearms safety courses and lessons. Know your weapon and how to handle it. Avoid accidental shootings and keep your weapon in a safe but accessible place.

Section 12: Mall Safety

Malls are a haven for criminals. Mall owners hide crime statistics and many crimes go unreported and/or unrecorded. If the general population knew how much crime occurs at the mall, they'd stay home and shop via Amazon! The mall is laden with predators. Look at the bounty they have to choose from—people have money with them, or at least credit cards. They are preoccupied with shopping. The solitary targets generally don't travel in groups larger than two. There are mothers with children in strollers, older folks looking to get out of the house, others in a rush to get in and out. What a cornucopia of potential victims!

First, consider the mall parking lot... Shoppers laden with too many bags as they fruitlessly search for their car who forgot to check where they parked because they were too busy "updating their status" on Facebook. This is a huge mistake that makes them a crime statistic waiting to happen.

Most crimes don't happen "per chance". Criminals target victims. Just like the lion looks for the slow, old or weak zebra, you have been chosen as easy prey. Criminals, thugs, skells, hoodlums, dirtbags—whatever you choose to call them—are purely predatory creatures. Know this and be aware of it at all times.

Don't be afraid to ask a sales person to walk you to your vehicle. The retailer and the mall doesn't want to be responsible for a theft, injury or death of a customer—especially if the customer asked for help—it's bad for business.

Look under and around your vehicle. Are there "unsavory characters" watching you? Is there someone under the vehicle waiting to slash your Achilles tendon as you open your car door?

Self-Security Steps

1) *Pay attention to where you park. Remember the lot & space numbers. They're marked for a reason.*
2) *Is there a working light near your parking space?*
3) *How far from the mall is the parking spot?*
4) *Are other cars around?*
5) *Is anyone watching me?*
6) *Is there security close at hand?*
7) *Are there other people in the area?*
8) *Do I have my pepper spray or other weapon in my hand and ready?*

Section 13: Car Safety

Unmarked Police Cars
Do not pull over if an unmarked police car tries to pull you over. Immediately call 911, especially if you were not speeding. Just because you are a guy, don't be all "macho" and think that nothing can happen to you. It can and it will. Call 911 and if you do get pulled over, don't open the car door or window until you have positive ID of the officer.

Road Rage
As stated before, *Cooler Heads Prevail.* Always keep this in mind. Yes, there are many bad drivers and complete fools out on the road, but are any of them worth more than your life? Don't ever pull over and get out of your car to "teach this guy a lesson". Too many times people have been hurt or killed this way. There could be more than one person in the vehicle and he or she could have a weapon. Yes, I said she—there are prisons full of women and the rate is rising. Maybe they want you to pull over so they can rob you. Whatever the case is, stay in your car.

Stop Lights
At a stop light, always leave enough room in front of you to see the back tires of the car in front of you. This ensures you'll be able to pull around the vehicle. If they begin to back up, move quickly!

Obstacles
If there are obstacles in the road, move around them. Do not stop. Examples of obstacles are flaming tires, road blocks or crowds out in the street in a rough neighborhood late at night. Keep your windows up and keep moving.

Know Your Route.
Knowing where you are going avoids many issues. Use your GPS, but also have printed directions and a map. Remember, a backup plan is essential. Familiarize yourself with the route prior to embarking on your journey.

Have Weapons Available.
Keep some type of weapon in your car. Please make sure that it has another "use". A knife with a serrated edge can also be used to cut yourself out of a jammed safety belt in case of a malfunction after an accident. An expandable baton or metal pipe/club may be used to break a window in case of a crash, while underwater, or if the doors malfunction. Have a chemical deterrent in the car ready as well.

Section 14: The Importance of Training

The saying goes, "Victory does not favor the righteous or the wicked, *Victory Favors the Prepared."* The benefits and transformation of your mind and body as a result of regular training is most likely more than you have ever imagined. Do not set limits on yourself and do not think that you are unable to develop the reflexes necessary to adequately defend yourself.

Victory does not favor the righteous or the wicked.

*Victory favors **the Prepared**.*

In baseball, it takes 400 milliseconds for the pitcher to deliver a baseball across home plate. The minimum human reaction time is 200 milliseconds. A batter must make his decision to swing at the ball by the time it's less than half way from the pitcher's hand to crossing the home plate.

Why is this important, and what does it have to do with self-defense training? It has everything to do with self-defense, but first note that I stated "minimum human reaction time," not an elite-level athlete's reaction time. Scientists have been studying human reaction times for over 40 years and have attempted to link reaction times to the superior genetics common among elite athletes. But, this is not the case—after many years of testing, they determined no difference between an elite athlete's reaction time and that of your accountant. You may still be asking why this is important.

You have the ability to develop quick reactions by training and training often. The only reason a professional baseball player can hit a ball traveling 95 mph is his ability to predict where the ball will cross the plate. He is able to predict this because he has seen thousands upon thousands of pitches over many hours through many years of training. You can do the same thing.

You have the ability to develop IT—Instinctive Technique. Once you have trained yourself and removed thought from the process, you'll have the equipment and knowledge. It's up to you to regularly and properly practice. To give yourself the best chance of victory, you must be PREPARED!

Section 15: Various Scenarios / Questions and Answers Segment

Program Specifics

Equipment

- Focus Mitts
- Rubber Knife & Gun
- Clubs or Baseball Bats (Wiffleball bats are acceptable for training)
- Jump Ropes
- Kicking Shields
- Various Unconventional Weapons as previously listed
- Body Conditioning (Hardening) Tools

Standards

The student must meet the below requirements to become Survival Strong Certified.

1. Combat Experience—one or more of the three is required: Street, Ring or Mat. Please provide a video or written record from a viable source.
2. A score of 80% or higher on the online test.
3. Satisfactory demonstration in performing 10 specific defensive tactics or techniques and an example of training session via video submission.

Two Day, 12-hour Certification Seminar:

Order of Training:

1. Introduction of the instructors & students
2. Chief Instructor states Goals and Objectives
3. Mind-set Presentation: the 3 A's, S.I.P.D.E. & 3 F's.
4. Time to get to Work! Basic warm-ups, Jumping Rope & Mobility. Preparation of: Hips, Shoulders, Spine, Bridgework
5. Zones and Movement
6. Power: Upper/Lower, Plyometric Pushups, Jumps
7. Single Techniques
8. Basic Strength: Upper Body Pushing and Pulling, Pushups and Handstands (Building a strong "frame"), Pull-ups and Rows
9. Combinations & Series
10. Lower Body: Pushing and Pulling, Rotation and Core, Neck & Isometrics, Partner Training if possible - towels and/or martial arts belts
11. Situation Specific Defensive Tactics Maneuvers
12. Man to Man Strength Training
13. Punch Combinations and Endurance Punching Sequence
14. Anaerobic vs Aerobic Conditioning
15. Four Ranges of Combat
16. External Resistance
17. Dog Attacks
18. Weapons
19. Home Preparedness
20. Mall Safety
21. Car Safety
22. Q & A and review of Testing Requirements

Test Procedure:

There will be an online multiple-choice test administered as well as a video submission of ten Defensive Tactics and one workout. The video workout needs to be under 10 minutes in duration and should demonstrate the warm-up, fitness and technique aspects of training as well as two of the Man to Man Drills. This needs to be accomplished within 60 days of the course completion.

Multiple Choice, True or False & Fill In the Blank Test

Multiple Choice & T & F: (2 points each)

1. 3 A's stand for:
    a) Awareness, Acronyms, Activity
    b) Awareness, Avoidance, Action
    c) Action, Aggressiveness, Attack
    d) Apples, Apricots, Avocado

2. SIPDE means:
    a) Surf, Idle, Paddle, Dive, Exit
    b) Scream Intimidate, Punch, Duck, Exterminate
    c) Scan, Identify, Predict, Decide, Execute
    d) All of the above

3. 3 F's refer to:
    a) Fight, Flight or Freeze
    b) Fast, Furious & Furry
    c) Fly, Flop or Freak out
    d) None of the above

4. Magic #7 devised by George Miller, refers to:
    a) The amount of specific information available to humans for immediate recall
    b) Your Social Security Number
    c) The Super Heroes of the League of Justice
    d) None of the above

5. Who developed Survival Strong?
    a) Osama Bin Laden
    b) Phil Ross
    c) Col. Rex Applegate
    d) Lt. William Fairburn

6. Why is fitness important?
    a) For conditioning and reflexes
    b) To make you stronger and better able to use your skills
    c) To help keep your weight down, enabling better movement
    d) None of the above
    e) All of the above

7. What are the different situation levels?
    a) Premeditated, Premature, Predictive
    b) Surprise, Aggressive, Reactive
    c) Verbal, Known & Surprise

8. Minimum Required Flexibility:
    a) Ankles, Knees & Elbows
    b) Hips, Shoulders, Spine & Bridgework
    c) Fingers, Jaw & Neck

9. What are the Four Ranges of Combat?
    a) Kicking, Punching, Trapping & Grappling
    b) Jumping, Sliding, Bouncing & Standing
    c) Takedowns, Escapes, Throws & Strikes
    d) None of the above

10. What is the best policy for defensive tactics application?
    a) Use control and caution when applying techniques
    b) All or nothing principle
    c) Only use enough force to escape
    d) Plead with the assailant

11. How is **Survival Strong** designed to be practiced?
    a) Once a month
    b) Only when it's convenient
    c) As a regular training regiment
    d) The week before you think you might be attacked

12. What is the minimum human reaction time?
    a) 1 second
    b) 200 milliseconds
    c) Speed of light
    d) 0.1 milliseconds (if they are an elite athlete)

13. When considering self-defense, what is the best type of strength to have?
    a) Pilates
    b) Nautilus
    c) Man to Man
    d) Bodyweight
    e) Free Weights

14. If you are attacked and you forget your prescribed techniques you should:
    a) Stall & try to remember what you were taught
    b) Only strike to the groin
    c) Faint
    d) Immediately strike
    e) All of the above
    f) None of the above

15. You should always note your parking space. **T or F**

16. If you are in a confrontation, there are times that you should turn your back on the assailant. **T or F**

17. Most situations can be avoided. **T or F**

18. You should be the only household member that knows your home preparedness plan. **T or F**

19. Upper body strength is more important than a strong lower body. **T or F**

20. Always prepare for the worst. **T or F**

21. It is best to gradually build the repetitions and power used when hardening your body. **T or F**

22. If you don't lift weights or use kettlebells, you can't get strong. **T or F**

23. It's OK to use illegal narcotics and get drunk while traveling. As long as you know the supplier or have enough cash to pay off the local police. **T or F**

24. To achieve maximal results, it is better to closed fist strike an assailant in the head rather than use an open hand technique. **T or F**

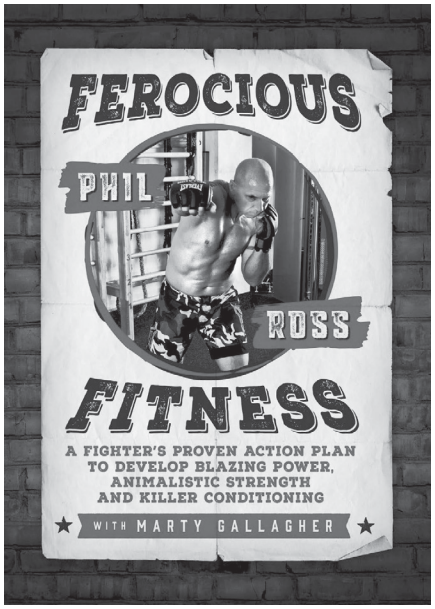
25. When attacked by a dog, run away as fast as you are able, dogs tire more quickly than humans. **T or F**

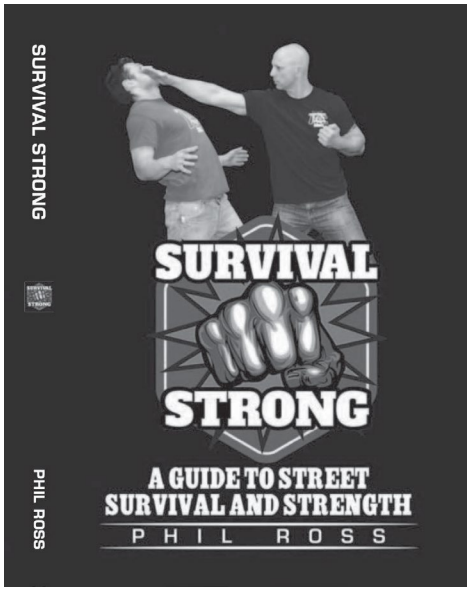
Fill in the Blank & Short Answer: (3.33 points each)

1. What is the all or nothing principle?
2. Who do you need to consider in a defensive tactics situation?
3. Describe the three zones, Green, Yellow & Red and what transpires in each:
4. Name three methods of body conditioning (hardening of the body)
5. When a confrontation is imminent, what type of stance should you adopt?
6. What three components (or ingredients) do all self-defense techniques have?
7. Name 3 unconventional weapons:
8. What part of your body should you offer up to a dog when it attacks?
9. Why is it important to have a plan and a back-up plan?
10. Name 5 of the 8 self-security steps for mall safety.
11. Name 3 items to keep in your car for self-preservation and safety.
12. If someone wants to take you from point A to point B, what should your course of action be?
13. What is the best firearm to have for home protection?
14. How often should you practice?
15. What does "IT" mean and why is it important?

Recommended Materials:

Ferocious Fitness *SURVIVAL STRONG*





Available on Amazon OR http://www.philross.com/phil-ross-books.html

Suggested Reading Materials:

I have read many books over the years and several of them have had a profound impact on my thinking and training. Either by reaffirming what I had already experienced or by enhancing my training in a positive direction.

- Convict Conditioning: How to Bust Free from Weakness
  by Coach Paul Wade
- The Way And The Power: Secrets Of Japanese Strategy
  by Frederick J. Lovret
- Kill or Get Killed
  by Col. Rex Applegate
- MMA for Dummies
  by Frank Shamrock
- Infinite Insights into Kenpo
  by Ed Parker
- A Book of Five Rings
  by Miyamoto Musashi
- A Guide to Martial Arts Training with Equipment
  by Dan Inosanto

The complete ***Survival Strong*** video training series. 6 learning Module and 20 workouts.
https://survivalstrong.philross.com/

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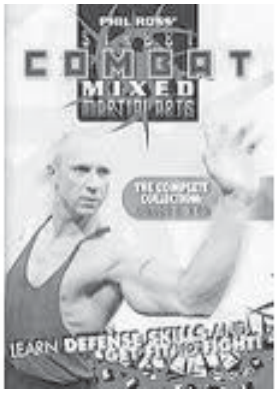
Phil Ross' ***S.A.V.E. Video Training Series***
Available at www.philross.com or by calling 201-819-6170











Complete Set, 4 videos & Audio CD



Mental Preparation CD

Other Sources:
www.dragondoor.com
www.philross.com
www.kettlebellking.com