

Steven Allen

The Real Secret to
*Learning
Self Defence*



The Real Secret to Learning Self Defence

I have recently been getting a lot of calls from people wanting to learn self defence. I offer a free lesson, but most upon hearing the price I charge never call back. So I'm going to tell you what I charge here in this report and explain why it's actually a bargain for what you receive.

Self defence needs to work in a real live assault – otherwise it's worthless

There are many teachers and there are many systems out there for learning self defence, and they're all wrong. No system, no group of techniques, no style, is worth a politician's promise when and where it counts; in a real street situation, a no rules assault upon your person. In this situation you most likely will be seriously injured or killed if you try to remember some weird unworkable technique some self-styled instructor taught you six months earlier.

The real secret lies in understanding certain common denominators present in the vast majority of assaults and to integrate principles which automatically counter them and sink these principles deep into your subconscious mind. This is how techniques are born, not remembered.

If you link your subconscious mind to your movement you will know what really high level martial artists strive to achieve which is the one Chi, or in other words linked mind/body integration and function.

Any martial art when learned in this mind/body integrated way is the correct art. It's not the art which is the problem, but more the way the art is taught.

When a student contracts me to teach them self defence I teach a synthesized method of movements taking the core principles from four highly regarded

martial arts which serve to create a link internally and externally within the student's very being. This process melds the mind, body and spirit into one forged functional whole.

You can't learn self defence moves and ever hope to apply them under duress. It just won't happen when some 100 kilo sized man, very determined, possibly drug crazed psychopath decides to hurt you. They get great pleasure from hurting people; they were probably beaten when growing up, and if you strike them more than likely it won't have any effect. They are used to it! They get off on it!

You have to hurt them. An assault on the street is not like a pre -arranged contest in a ring or some guy's dojo; it's for real. When fuelled by adrenaline which is triggered by the deep brain's fight or flight response even small women transform into something super human, at least for a brief moment. Your attacker however has more experience, also more size and strength and is used to this deep brain adrenaline rush and probably addicted to it. Your fear is his aphrodisiac.

You can't win, you can only hope to survive, and there are no trophies here, no accolades, and no referee to raise your hand in victory. There is only surviving intact.

I learned self defence as a police officer in the United States

Do you seriously want to trust your body, your very life to the cheapest instructor, one who has never had to defend himself once, who has probably never even been in a fight, much less an assault where his life was seriously in jeopardy?

I survived these types of assaults more times than I care to remember as a police officer and corrections officer in the United States often while working alone. I became a hand to hand combat instructor of police and correctional officers; I teach four martial arts and practice Chinese Medicine for a living, not part time.

Do you think experience matters? You decide. When they say I charge too much ask yourself how much your life is worth, you get a private one on one

hour and a half lesson, appointments available from 9 a.m. until 6:30 p.m. Monday through Saturday all for the price of \$50. Lesser rates are available for groups, just ask. I will even come to your home or business, different rates apply.

Do you want to be taught by an amateur or a professional?

The price reflects the difference between amateur and professional. Go ahead and buy the cheapest peanut butter, the least expensive car, the \$20 tennis shoes, I understand how tight money can get. But when it comes to defending your life can you afford cheap? Pay now, or really pay later. Can you afford broken bones, brain damage, or possible paralysis? Can you afford to be tortured or murdered for some psycho's sick pleasure?

No, I'm not exaggerating; all you have to do is a little research to understand these are real possibilities. Maybe read your local newspaper.

I do require a commitment; one lesson won't establish a connection from your subconscious via your nervous system to your body. Did you learn to expertly drive a car in an hour or an hour and a half? Because that's how smooth you have to be in selfdefense, you have to be automatic, expressing real power and fluidity in your movement. Anything else and you're like a lamb among the wolves. The instructor's fancy techniques you're trying to remember are only a tinkling bell around your fluffy little neck calling the wolves to dinner.

When you integrate your mind and body, understand some basic principles of movement inherent in all hand to hand combat, and you learn to use the fight or flight response and learn to use even your opponent's attack against him, then you give yourself a chance, you may walk away unscathed.

If you're not willing to hurt someone else before you are hurt then by all means don't call me. You're not in a serious fight to start with if the situation is not serious enough to warrant stopping your attacker, I don't mean an argument, a shoving match or even a punch in the nose between drunken relatives, I mean a situation between predator and prey. You don't stop a charging rhinoceros with a smile, a kind word and a pat on the head; you must incapacitate him, at least momentarily, in order for you to escape.

I've been in the martial arts profession for a lot of years, and have seen some pretty remarkable things, but there is no super technique someone can't defend, no wonderful power emitted from your fingertips which freezes some big sexual predator in place or stops some knife wielding mentally ill assailant dead in his tracks. You had better get real!

Predators don't announce their presence; they just attack, no time for you to get psyched up for this one. Defend yourself now or die. That is exactly what it boils down to. You know how I know? Because I've been there!

Is this all too tough for you, you don't want to think about how violent it really gets, am I offending your delicate or politically correct sensibilities? I say great! Someone needs to wake you up about what real survival entails and requires, not tell you what you want to hear for the cheapest price then send you out with a false sense of security to be slaughtered.

What about the police, the legal ramifications? I've been asked this a lot. I say if you're still conscious after being the victim of a serious assault and you are capable of giving a statement to the police you can count yourself lucky.

The police protect no one, half of them can't protect themselves, and they always show up after the fact. Go ahead and call them on your cell phone, you will be lucky if they show up in 30 minutes or at all, if you can find your cell phone while some nut bashes in your head as part of a gang initiation.

Personally I don't go to bars where drunks are, I stay away from potential areas of trouble, I never go around looking for trouble and will teach you ways to recognize trouble way before it starts, avoidance is best. Avoidance starts with awareness.

I also live by the motto of respect all, fear none. If my business takes me somewhere I will not be intimidated or forced to cower in fear because I might be assaulted, an assault can happen anywhere at any time, even your own home.

You can't learn to defend yourself in a class of thirty people all straining around each other to see a technique, I've literally seen hundreds of classes like these and they would be funny if they weren't so pathetically sad. If someone surprises one of these students from behind or the front there is no way they

can remember the technique, they will only remember how to literally pee in their pants.

You must learn to link your animal brain, your deep brain, to your movements and to fuel them with intent. This is a form of self-hypnosis which serves to link your survival instinct to action. Thinking and remembering get in the way of it. Cats do it, dogs do it, tigers and bears do it and none of them had to go to the first martial arts class.

But humans do have to find a teacher who knows because we've lost the instinct; we've severed our deep mind and body connections in order to live in a supposed civilized society. I can teach you methods to practice and to use along with visualizations which will re-establish this link within you, morphing you into a flowing motion machine of power generation, each move perfectly balanced in response to your attacker. Practicing this way actually creates a calm space in your mind, much like the eye of a hurricane.

Every time you defend against him you simultaneously hit him with the power of gravity, he will feel the earth through you. You have become a transferring mechanism, linked to the ground, to strike you is to be struck, automatically, without thought, it just happens. You can cultivate the mind of Wu Wei, the mind of Mushin known as the no mind, the mind of doing without doing.

If what I charge is too much, then go ahead; learn so called self defence somewhere else, my conscience is clear, you've been forewarned, you've been told the truth. I hope to hear from you soon. Stay safe.

Sincerely,

Steven D. Allen

Founder of Jiu Tien Tse Dao (The Way to Highest Attainment)

steve@selfdefencesolutions.co.nz

www.selfdefencesolutions.co.nz