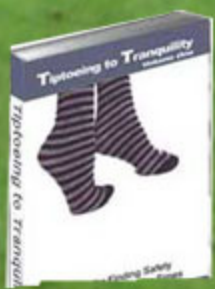


# Guide to the

# FREE

# Hidden Gems of Martial Arts

ARTICLES  
EBOOKS



# BLOGS

# CARTOONS



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If expert counseling of any kind, including legal, is required, the services of competent professionals should be sought for each specific area in question. Do a lot of your own research too -- and be careful with any practical martial arts books purchased. Always use good judgment.

# The Hidden Gems of Martial Arts: Free Guide

by Keith Pascal



# Introduction: What Are Hidden Gems?

Welcome to this quick guide to [KerwinBenson.com](http://KerwinBenson.com), affectionately known as **The Hidden Gems of Martial Arts**.

Over ten years ago, some of my customers started referring to my writing -- one book (at the time), ebooks, and articles -- as some truly "hidden gems." They couldn't believe that more martial artists didn't know about this site.

One of the best ways to hide something, like some secrets of martial arts, are to put them out there, in plain sight. That's exactly what I have done with these books and ebooks.

I write all of my books and ebooks with one goal in mind; I want to give you an edge in practical martial arts and self-defense. Whether you are reading about wrist locks or how to punch harder and faster, I want to make sure that you are NOT reading the "same ol' - same ol'" information.

You don't need drivel. You crave direct instruction ... the good stuff. You are looking for some hidden gems of martial arts.

# The Meat

Have you ever heard the expression that “you have to pay to play”?

I offer a lot of free materials -- ebooklets, cartoons, videos, pdfs reports, and articles. And while I hope all of it is useful to you in one way, shape, or form, I understand that the freebies are sometimes “lite.” This is often intentional -- after all, I need to put a little food on the table, too.

For example, you can read my fear articles all day long, but if you really want to eliminate your martially-related freezing and panic attacks, then you’ll have to read [Control Your Fear: A Guide For Martial Artists](#). (Going through The FearBlaster Workbook wouldn’t be a bad idea either.)

Keep in mind that the free stuff often answers the “what-to-do” part of the equation, but if you want specific techniques and strategies (with photos) of “how to get to that destination,” then you’ll have to read my bigger books and ebooks.

Look at it this way, if you like the ebooklets like **The Deleted Lock**, then you’ll love the real mccooy (**Wrist Locks** -- revised). It was deleted, because it wasn’t good enough to make the cut.

All my books and ebooks come with a money-back guarantee. I want you to find the information that “you” need.

The good stuff.

The *meat*.

# Freebies

I don't know about you, but when I check out new sites, I am often on a Freebie Hunt. I tend to check out the lite material, before I make a purchase. Is it just me, or is this human nature?

In the last section, I mentioned that the free information that I offer is not the level of what I sell. True. But that doesn't mean it's not good. I still write from the same perspective -- you get practical application AND efficient-fighting discussions.

Some practitioners love my free ebooklets and articles (the cartoons and posters, too). They even print them and collect them in binders.

Take a look at the current offerings:

On [The Free Download Page](#), you'll find ebooklets, one-page reports (pdfs), cartoons, posters, and videos.

This page is updated often -- new offerings are added; some downloads are taken down. And some ebooklets get revised and expanded. Be sure to check back often.

Hint -- Scan the thumbnails, when you return to check for updates. New downloads are NOT always added to the top. Sometimes, they are interspersed with the older selections. On occasion, you have to look for your hidden gems.

## Articles

When KerwinBenson.com went through a site makeover one change was in presentation of the martial-arts articles.

In the past, there were two pages of article archives with no rhyme or reason to the order. Now, all articles are appearing in the [BLOG](#). Some have been expanded, others tightened, and many of them now have an illustration or two.

Plus, you can now comment on the articles ... ask questions, lend insights, and help other readers of the future.

**Tip: The old articles were just a mish-mash; you had to find what you were looking for by title only. And when I got creative with the article titles, readership suffered. You couldn't find what you were looking for.**

Now, all articles are tagged, before I post them. Go to the article page, and click on the keywords that interest you. A page of all articles with the selected keyword will appear.

What could be better!

## BLOG Entries

Of course, the most recent blog posts (translation: articles) get posted on the main page of [KerwinBenson.com](http://KerwinBenson.com).

Read the first few words of the article and/or an article summary there, and then click to read more.



## More Keith ... Free Lists

One way to get free martial-arts ebooklets is to sign up for martial-arts lists and newsletters. Many of the newsletters that I publish come with an introductory gift -- a useful ebook or ebooklet.

Some of the lists continue to gift you ebooklets from time to time.

If you don't get sick of my writing (joking -- sort of), then sign up for the lists that interest you. Unsubscribe at any time from the ones that no longer appeal.

[HERE](#), you'll find a collection of links to several of my ezines, ecourses, and newsletters. **All are 100% Free.**

# Bargains

Are you looking for a good deal?

Maybe you're currently in a situation where you can't easily drop \$100 for a punching course. And even \$30 seems like a lot, right now ... even if the ebook will get you significantly closer to your goal.

Well, the **BARGAIN** section of KerwinBenson.com always has some truly affordable deals.

If you are looking for quality martial-arts information that really teaches you how AND comes with a **100% money=back guarantee**, then take a look at these very special offers.

On some sites, they are called Easter Eggs. In keeping with tradition at KerwinBenson.com, we call them "Hidden Gems."

As of this writing, I only know of one secret link.

Go to the site and click on this image, to be taken to a special page. You are looking for the hidden gems of martial arts, right? =>

**Secret Tip: You won't find this with all links, but sometimes ... sometimes ... when you click on an order link to buy a book or ebook, you are given the chance to combine and save.**

**Don't gloss over these "add-on" offers. They really are a great deal, when they are available. These "invisible bargains" are also hidden gems.**

## Pascal's Pick

Every few months or so, I put together a special offer. It's my choice -- I don't have to confer with anyone :-)

Often, I have the theme of you getting something by helping others. For example, you buy gifts for others, and then you get an autographed copy as a personal gift.

You understand why I do this, right?

**PASCAL'S PICK**

# The Best Stuff

A lot of younger martial artists visit KerwinBenson.com. They don't have any funds to improve their martial arts. So, they do it on the "ultra cheap." (Ultra cheap often means "Free.")

These novice practitioners make use of the article blogs, the free downloads, and so on. Occasionally, they can scrape together the bucks for a bargain or two.

Eventually, they'll be able to afford to buy books and ebooks from the Internet. Are you already at this point?

**Note: Many acknowledge Bruce Lee as the best martial artist of the second half of the 20th Century. He had a book collection that totaled in the thousands. Hmm.**

If you really want to improve as a practical-application martial artist, then this is a pretty good place to start, wouldn't you agree?

[Books and Ebooks on KerwinBenson.com](#)

You can read more about each book and ebook before adding it to the cart.

## Featured Book

As of this edition of The Hidden Gems of Martial Arts, the featured book is [Wrist Locks: From Protecting Yourself to Becoming an Expert \(Revised\)](#).

Why?

This is our most popular book. This is the book that some police use in their training. And Wrist Locks is the book that many refer to, when designing classes that incorporate locks and controls.

From time to time, we feature different books and ebooks. Take a look, before it changes.

## Keith on Amazon?

As the independent bookstores head towards extinction and the chain stores are scaling back with ever-decreasing selections of books, I find myself shopping on Amazon.com more and more. The downsizing may be too much for me.

Are you an Amazon advocate?

There is a page on KerwinBenson.com devoted to martial-arts books by Keith Pascal that are available on Amazon.com. You'll find direct links to the various books and ebooks.

Plus, there is even a Free guide to Keith Pascal's Books on Amazon.com.

[Keith Pascal on Amazon.com](#)

# Connect with Keith

To be frank, I'd prefer to connect via email ... it's my preferred format. Staying current with all of the 2.0 Social Networks is a ... pain. Still, if it's your favorite way to connect, then ... so be it.

Right now, I use [Facebook](#) more than the others.

Take a look at the [Connect with Keith](#) page, to see my current "social associations."

## What's Missing?

Sooner than later, I'd like to update this ebooklet.

You can help. What's missing from this edition? Is there any part of KerwinBenson.com that is confusing? What would you like clarified or explained in more detail about the site?

Let me know how the next version of this guide can be improved to help you more:

[Keith@KeithPascal.com](mailto:Keith@KeithPascal.com)