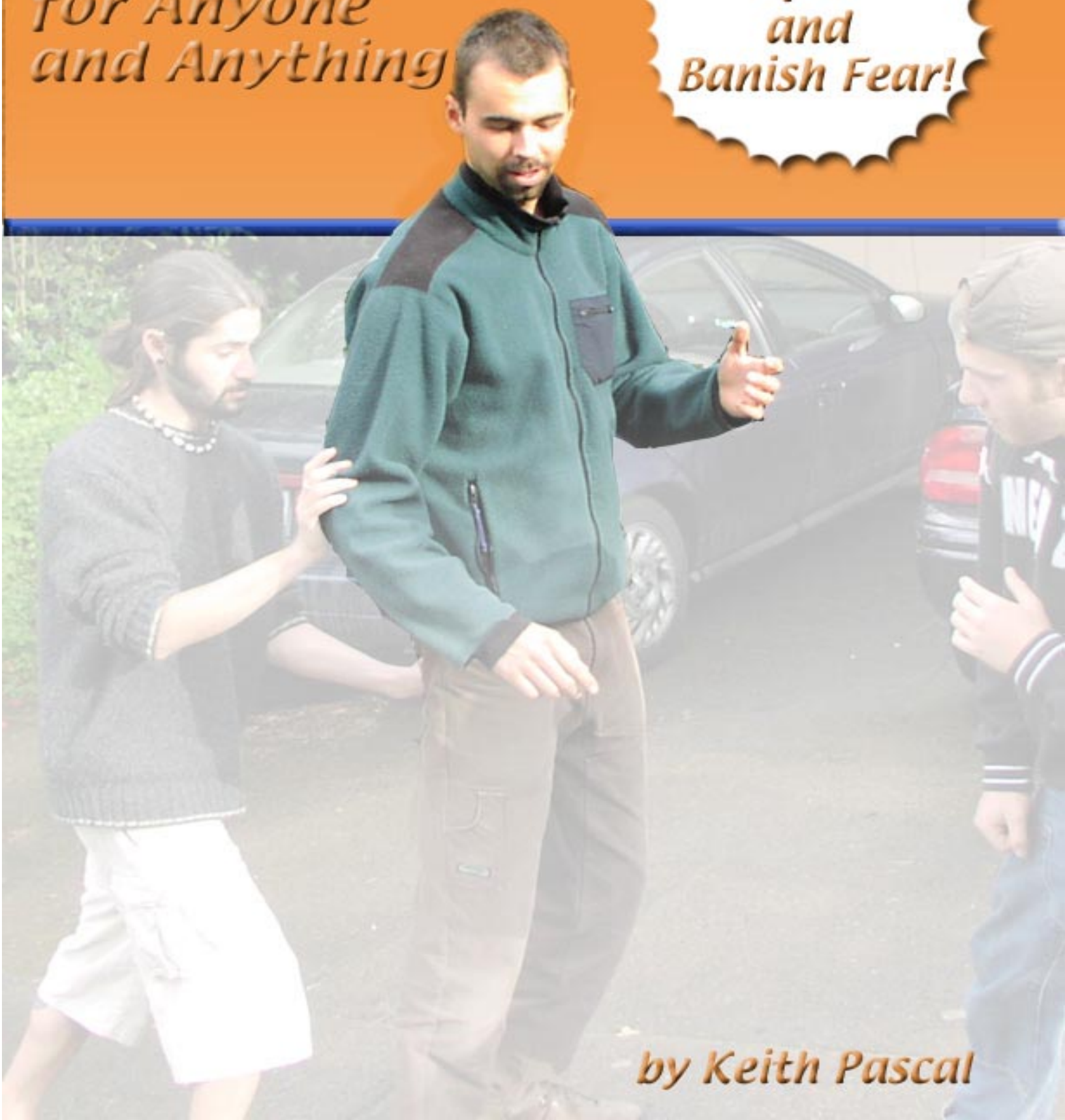


Street-Fighting Tips, #1

Ready

*for Anyone
and Anything*

*Develop
Confidence
and
Banish Fear!*



by Keith Pascal

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This book is designed to provide authoritative information with regard to martial arts. It is sold with the understanding that neither the author, the publisher, nor anyone involved with the book is engaged in legal advice, or advice and expertise for your specific situation or set of circumstances.

There are too many variables in a self-defense situation for anyone to be responsible other than the parties involved.

If expert counseling of any kind, including legal, is required, the services of competent professional people should be sought for each specific area in question. Even with professional help, still do your own additional research too.

And please research the law and legal ramifications involved with defending yourself in your locale.

Please, do what it takes to stay safe ... both legally and physically.

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How would you like to be ready for any attacker on the street, no matter how skilled?

Ready for anyone and anything?

Is this a worthy martial arts goal? How realistic is this street-fighting ideal for you or anyone else?

As the editor of one of the longest-running martial-arts ezines on the Internet, I often receive letters from subscribers asking how good they can really get at total, completely practical, street-fighting self defense..

Sam R. wrote to me several times. This young man seems single-minded of purpose. Here's a piece of one of his letters:

“From my soul, I desire to be able to face any threat with indomitable and “unaltering” confidence, whether it be hand-to-hand, one-on-one, man to man.

“Or someone with a knife, or someone with a Gun, and even multiple enemies, not just 2 or 3, as many as they may be.

“To be absolutely deadly.

“I believe I can achieve this from the depths of my soul. I have unimaginable potential, I just wish so desperately with all my heart to fully reach it.

“I Wish To Be Ready For Anyone and Anything!”

— Sam R.

I think it's a well-stated goal. And before any naysayers protest that Sam's is an unattainable goal, let me remind you that when you reach for a 100% ideal, often the 80% that you achieve is still far above what most accomplish. And it could keep you alive on the street.

(This follows the line of thinking of "reach for the stars and you may not get them, but you could still land on the moon." I don't know about you, but I love "cheese.")

First, let's talk about the emotions you feel when you are involved in a street fight. (Sam wants utter confidence.) How much fear do you feel in the pit of your stomach? How courageous are you?

I don't want to repeat the ebook **Become the Martial Artist You were meant to Be By Taking Charge of Your Learning** (53 pages), published by Kerwin Benson Publishing. It focuses on building up and paring down techniques, developing best practices in your strategies and tactics, etc.

Instead of rehashing what you can find elsewhere, let's focus on your attitude going into a street fight. You need to build your confidence. Accurately assessing your skills -- will help you build a more realistic assurance in your abilities.

Confidence is good. Overly confident, without the skill to back it up, is not.

Face Any Threat With 100% Confidence

Sam's emphasis on having true confidence was important to him. Paralyzed from fear is not a state Sam wants to experience. He needs the assurance that he won't be frozen in fear when he has to respond.

Do you freeze up in a fight? Or do you have a roll-up-your-sleeves and jump right in attitude?

If you think about this aspect of the goal, we aren't talking about any 'martial' skill. Confidence is a feeling. Feelings come from within. There is no requirement that says someone must feel a specific way in any given situation.

Think of the classic movie *Crocodile Dundee*. Dundee and Sue are stopped by a "mugger" on the streets of New York City.

The bad guy pulls a knife on them.

Sue is frightened. In a similar situation, you might be, as well. But is Crocodile Dundee afraid?



No. Not at all.

His “framing” of the situation is a bit different.

He doesn’t even consider the attacker’s knife as a “knife.” For the “Croc,” it’s just too small to be considered a *real* weapon. Besides, Dundee pulls out his own knife — a rather large Bowie knife.

“Now, that’s a knife!”

How to street-

To point out the obvious training. As you get belief in your ability to feeling, if you practice dealing a berserker street fighter.

You discover what you can

When I was a high-school teacher, student altercations. I remember how fights in particular. This was early in my

As I pulled one kid off the other, I started to get nervous. The football player took a swing at me. While I dealt with the punch -- without hurting the kid -- I had a ‘reframing moment.’ Call it a real paradigm shift....

completely reframe a fight attack situation

ous, confidence develops along with mar- better in a martial arts class, you develop a defend yourself. You really cultivate this fending against a variety of styles ... includ-

handle. You work on your weaknesses.

from time to time, I had to break up violent, it felt, when I entered the fray, in one of the career....



I suddenly realized that dealing with this high school pupil was *nothing* compared to the many years I had spent going against multiple attackers composed of highly-skilled black belts.

And in an instant, all fear was gone. Vanished completely.

Dealing with the football player was ridiculously simple. In the beginning, I had started to feel the way I would have in a street fight, when “I” was a younger. As soon as I realized that I was in control, confidence blanketed my brain.

Again, all I had to do was realize what kind of skill I had compared to the student. There was no comparison, really. (Many martial artists go through similar paradigm shifts, waking to the fact that after thousands of hours of practice, they have mastered a skill.)

Do you really want to banish all fear?

Believe it or not, this is an honest question, where the answer isn’t necessarily “Yes.”

Performers like Sammy Davis Jr. have claimed that having butterflies in the stomach before a performance is a good thing. It heightens the performance. It keeps the performer fresh, on his or her toes.

Super athletes also use the nervous feeling in the stomach as fuel for a better performance.

They have learned to reframe. For them, they need the nervous feeling as a catalyst to spark a higher level of achievement.

Maybe you need to teach yourself to accept and even embrace the fear going into a street fight.

Appreciate the benefits of being afraid.

True story with a valuable exercise...

My daughter, Quinn, was playing. She picked up a plastic serving tray and asked me to pitch tennis balls at her. She wanted to use the tray as her shield, to try to block them.



I lobbed each ball softly. Each throw was slow enough that she had no problem blocking.

“Pop. Throw them faster and harder. I am defending myself.”

So, I threw the tennis balls with a little more speed. Not much more power, though.

An occasional ball made it through her guard. The balls barely tapped her in the stomach or on the arm.

We had a pleasant game. I threw; Quinn blocked. Occasionally, I scored. No big deal.

But my daughter wasn't really improving.

So, I threw a ball or two a little harder....

BAM. I got her right in the stomach.

“Ouch, Pop.”

“Sorry, Quinn,” I said. “I am going to be throwing faster and harder, so Lucy (our dog) doesn't intercept them.” (I needed an excuse. I didn't want to come across as a 'mean' father.)

Quinn got the point quickly. I tagged her once more, and then all of a sudden, with the added component of the fear of being hit and having it sting, her shield blocking improved.

In fact, after repeating this exercise with her, over and over, she is getting a quick reaction-response. Fast reflexes and all.

Note: We also had me pitch softer balls at her without the tray. In this second exercise, she learned to dodge the thrown objects.

She needed to up the ante, in order to improve at a faster rate. Not so fast and hard, that she'd start out frozen in fear -- just enough to make her a *little* nervous. I threw the balls at just slightly above her ability. I let her be successful most of the time -- challenging -- a few hits -- each time trying to get her to speed up just a little bit more.

I wanted her to feel the improvement.....



Always try to make the level just a little out of reach. Not so much as to cause frustration, but enough that the person practicing has to stay alert and do a little scrambling.

By the way, does this exercise give you any ideas?

Face it, objects are thrown in street fights. It's almost a given. (I know "I" throw anything handy when defending myself.)

Imagine combining the above two suggestions. You'd be able to both dodge and block objects thrown at you. You'd gain confidence by adding to your street-fighting skill. and if you take my suggestions about upping the ante just abit, you'll learn to work through a "little fear."

It's a start toward banishing some of your fear. Call it a mini-step.

How Do I Become the Best, Ready For Anyone on the street?

I don't think becoming *The Best* is possible. Think about it. Even if you could get to the point where you could beat everyone and anyone in a street fight, how long would that last? As you got older, you'd eventually lose to someone younger and faster, with more stamina.

Rather than trying to be better than everyone else, think of learning martial arts as lessening the number of bad people on the street who could do you harm. Look at it this way ...

Let's say in a knife fight, 70 out of hundred martial artists would be able to slash you and beat you. Then, you read [10 Days to Better Knife Fighting](#). You decide to practice the exercises with a friend. You practice one lesson a day, for a little under two weeks.

And just like that, you have reduced the number who can beat you. Instead of 70%, now only about 20% -25% could slash you in a knife fight.

If you are happy with those numbers, fine. If not, then maybe you'll search out more knife-fighting instruction. Maybe a seminar from Marc "The Animal" MacYoung. Maybe you study one of my ebooklets and practice just those specific exercises for awhile.

You could even Google Knife Fighting ebooks, and go from there.

By always adding to your skills, you'll continue to lessen the number of "evil dudes" in the world who could hurt you.

Defending yourself is more than reading a knife-fighting book -- even mine ;-). Being able to wield a blade is only one small component.

A Message from Keith Pascal

The key to developing utter confidence and skill, to survive a street fight, is to build your fighting skills, one tactic at a time.

This ebooklet covered one small aspect of a street fighting -- banishing fear. There is so much more to successful street self defense -- obviously.

If you are looking to get the edge in this world, want more than just confidence, and truly want to be able to defend yourself, then check out the following ebook:

www.AdvantageMartialArts.com/SecretPage

I wish you safety and success in your training,

Keith Pascal