

HOW TO BEAT ANY ATTACKER FAST!

THE SECRET POWER

**OF SIMPLE
SELF DEFENCE
TACTICS**



SSDT TRAINING MANUAL

Buzz Champion

Unarmed Combat is the oldest form of fighting known to man. To survive you need to be trained in the use of weapons that never run out of bullets or jam up when you most need them. Hands and Feet... to survive any and all means are valid to stop an attacker.

The Simple Self Defence Tactics manual provides a simple and quick examination of the subject, with clear line drawings showing specific techniques. The hand - to - hand techniques shown will help you build a strong foundation by keeping the training simple, showing you how to attack vulnerable areas of the body using various techniques including punching and kicking.

Because the moves are simple and quick to learn and require minimum amount of training time they are used by the military and in particular by Special Forces around the world. Therefore, the techniques in this manual are inherently dangerous. Still, the best form of self defence is to always avoid potentially dangerous situations if you can in the first place.

Also, personal instruction by a qualified instructor is preferable and a safer method to learning the techniques shown.

NB: When training in the use of any of the techniques shown extreme caution must be applied at all times.

Disclaimer.

The seller of this publication accepts no responsibility for any injuries or other however caused due to any of the techniques shown. Everything undertaken is done completely at the readers own risk.

Always consult your physician prior to beginning any exercise or physical training program. If you feel weak or dizzy, stop immediately and seek advice of your doctor. The author assumes no responsibility for any injury or damage resulting from the use of any of the techniques presented herein. Always wear appropriate protection gear when practicing.

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The author, publisher of this manual cannot be held responsible in any way whatsoever for any physical injury or damage of any sort that may occur as a result of viewing, practicing or implementing the self-defence techniques described in this document.

It's important to remember there is no guarantee that a self-defence technique shown herein when applied in a given situation will work or be effective, Therefore you agree, on behalf of yourself and your heirs and personal representatives accept all risks regarding all the information and techniques shown and presented in this document.

“Use the information in this manual at your own risk”.

Reading past this page constitutes agreement to these conditions.

Table Of Contents:

Simple	Self	Defence	Tactics
Disclaimer			2
Legal Stuff.			3
Table of contents			4
Introduction.....			5
The Ranges and Targets.....			6-16
Vital Main Targets.			17-18
15 Minute Fighter			19
Predator Mindset.....			20
Self Defence Combat Techniques.....			21-41
Man’s Natural Weapons.....			42
Fear and Adrenaline.....			44
Four Power Principles.....			45
Power Charged Strikes.....			46
Awareness.....			47
The Power of Thought.....			48
A Word of Warning.....			49
Verbal Triggers.....			50
Summery			52
Free Updates and Other Hot Stuff.....			54
Resources and Useful Links.....			55

INTRODUCTION

What this manual is all about

The purpose of this manual and the reason is to convey to you simple techniques, ideas and proven tips, tricks and tactics that I have found really work on the frontline of today's streets.

As well as, making it easier for you to understand that anyone Big or small, male or female can learn to defend their self if that's what you want. Without years of dedicated training and expense.

What you need to remember is there are no magic answers. There are just good, better and best ways of doing things and my objective here is to show you the best ways to defend yourself in the least amount of time by using simple self defence tactics that work.

Everything is presented so that, in the end you end up being able to perform the techniques without conscious thought. The illustrations have deliberately been kept simple and if you look carefully at each one you can see the technique that you need to apply as it is described.

At first, don't worry too much about trying to hit the exact target. Your main aim initially is to get the technique away quickly and as effectively as you can in the given circumstances. Hit in the general area of the suggested target.

If you hit the exact spot then great. As you practice and start to understand the techniques, moves and vital areas the more you will be able to hit the vital area of the body you are aiming for and beat your attacker real fast.

In self-defence anyone attacking you has only one intent-to hurt or even kill you. To survive you must not allow your attacker to penetrate your defence, you must *seize the moment* and Win!

So with no further ado. Let's go ahead and start...

Ranges, Targets and Consequences Explained...

CLOSE MEDIUM and LONG -RANGE COMBAT TECHNIQUES.

In close range and medium-range self defence two opponents are already within touching distance. The attacker and defender have closed the gap between them so they can grab one another in the hand-to-hand fighting situation. The arsenal of possible body weapons includes short punches and strikes with elbows, knees, and hands. Head butts are also effective.

At the same time, the principles of balance, leverage, timing and body positioning are applied to quickly deter and effectively strike your attacker. You must use your peripheral vision to evaluate the targets presented by the attacker and choose your target. Be aggressive and concentrate your attack on the opponent's vital points to end the fight as soon as possible.

In long-range the distance between opponents is such that the combatants can engage one another with fully extended punches and kicks. As in close and medium range combat, you must continuously monitor your available body weapons, defensive measures and opportunities in order to mount a successful, effective defence and counter strike against your attacker.

You must also know when to increase the distance from an attacker and when to close the gap. Closing the distance to the target gives you the opportunity to take advantage of the above principles.

Unarmed Defence Against An Armed Opponent

Moreover, it is not the purpose of this manual to teach unarmed self defence against edged (knives), or any other type of weapon. This is the subject for another manual by itself. But I would like to say a quick word: A knife, properly employed, is a deadly weapon. An unarmed defender is always at a distinct disadvantage facing an armed opponent. Unarmed defence against an armed attacker should be the last resort.

If you have no chance to get away and absolutely no other choice but to confront the situation, techniques, such as maintaining separation of at least 10 feet and moving your body out of the line of attack of the weapon, could enhance your chances of survival.

Anything can become an expedient aid to defend against an armed attack. Your shirt, jacket can be used to protect yourself against a weapon. You can also throw dirt or stones, anything into the attackers eyes as a distraction. Try to place stationary objects between yourself and the attacker. Run, escape is always a better option than confrontation.