

Automatic Self-Defense



5 Easy Steps Anyone Can Master for Outrageously Effective Self-Defense and Crime Survival in Your Home, Dorm Room, Car, or on the Street!!

Hi! My name is Rob LaPointe and I've been studying and teaching martial arts for over 30 years. The ebook you're reading right now is a short course in the bare essentials EVERYONE should know about personal safety.

This ebook can save your life.

It can save your family.

Heck, you can even make money with it (but I'll tell you more about that in a moment).

Before you get started learning, let me tell you a little about myself so you have good reason to trust and believe what I'm about to teach you.

My Kung Fu school is located inside the Washington, D.C. Beltway. That means I get to teach some pretty interesting people!

Besides holding Black Belts in 2 extremely difficult martial arts styles, and having been a featured speaker at major corporations and government agencies, **I've personally taught local police and sheriff's deputies, and members of all the Armed Services, including special forces members, as well as CIA, DEA, FBI, Department of State Foreign Service Officers, and U.S. Customs Agents.**

As a result, I've both taught - and learned from - some of the most experienced people on the planet when it comes to dealing with violent situations.

Here's just a tiny sample of what you'll know when you've finished this ebook:

- How to go with gut feeling instead of letting fear of being rude get you hurt or killed
- How to instantly "shut down" an experienced criminal when he tries to control the situation
- A simple fact that could put you in the 1% of the population that doesn't "freeze" when danger strikes



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This eBook was produced as the result of dozens and dozens (and dozens) of requests from all over the world. Subscribers to my newsletter for my website www.kungfufightingtips.com wanted me to put the information contained in this manual in a convenient format they could read, and pass along to friends.

Other eBooks are available. Some are free, others are affordably priced and come with master resale rights so you keep 100% of the fee.



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About Rob LaPointe

Sparring and Pushing Hands Gold Medalist Rob LaPointe is a native of Austin, Texas, where he graduated from the University of Texas in 1982.

He began his martial arts training in 1973 as a "backyard" student of Tony Esqevido, a marine who had just returned from Viet Nam, where he learned Tae Kwon Do while assigned to a Republic of Korea commando unit. When Tony moved, Rob took up training at a formal martial arts school, studying Kenpo. He eventually earned his black belt from Brian Duffy, a student of the late Ed Parker.



After receiving his M.A. from the University of Essex, U.K., Rob settled in Washington, D.C. There he began studying Tien Shan Pai Kung Fu in Washington's Chinatown. He was fortunate enough to learn from Chao Chi Liu who is the Senior most Grandmaster of the Tien Shan Pai system, and a disciple of the late Chu Jen Wang.

Rob is currently a 4th degree Black Sash under Chao Chi Liu.

In 1989 he founded White Birch School of Kung Fu & Tai Chi. Though the martial arts School's he received his training in were traditional rather than "tournament" schools, Rob has judged and competed on the national and international levels.

In 1994 he attended the 1st World Tai Chi conference in Beijing, China, where he received a certificate in Taiji, Meditation Qi Gong, and Chinese Health Massage.

In the year 2000, to mark his 40th birthday, Rob competed at Wong's Traditional Kung Fu Tournament - the largest All Traditional Tournament on the East Coast - in Washington, D.C., where he won Gold Medals in both Pushing Hands, and Advanced Sparring.



In addition to Tien Shan Pai and Yang Style Tai Chi training with Chao Chi Liu, Rob has studied Brazilian Jiu-Jitsu (at camps and seminars featuring Helio, Rorion, Relson, and Royce Gracie), and the following [Qi Gong](#): Soaring Crane (from Niam Zu Li), Eight Pieces of Brocade (from Shawn Liu), Six Healing Sounds (from Nian Zu Li), Qi Gong Wu Xhi Wah (from Chao Chi Liu), Micro-Cosmic Circle Qi Gong (from Shou-Yu Liang), and meditative Qi Gong (Conference Staff, Beijing).

Being located inside the Washington Beltway has given Rob some unique opportunities. In addition to teaching martial arts and presenting workshops to members of all the Armed Services, including special forces members, as well as CIA, DEA, FBI, Department of State Foreign Service Officers, U.S. Customs Officers, the Defense Intelligence Agency, and Exxon-Mobile Corporation, Rob has presented numerous health and fitness demonstrations and workshops to Washington, D.C. area businesses and agencies, including Georgetown University Hospital, Northern Virginia Hospital Center, Alexandria Hospital, Arlington Public Schools, USA Today, and Intelsat.

In 1999 he received an invitation from the American Physical Therapy Association, and was a featured speaker at their Annual Convention, which took place that year in Washington, D.C.

Rob is a freelance writer who has sold articles and fiction to Inside Kung Fu Magazine, Black Belt Magazine, and Science Fiction Magazine. His articles have also appeared in numerous on line publications. Additionally, he has been adjunct faculty in writing and social sciences at National Lewis University.

Rob lives on a shady street in a quiet neighborhood with his wife Izumi, their son Austin, their daughter Tyler, and their cat Happy.





Part I - Mind-Setting and the Element of Surprise

1. Make Critical Decisions in Advance

You may be wondering how you can possibly have the element of surprise working for you if you're the one being attacked. After all, they're the attacker, they have the initiative. They got the jump on you.

Fair enough.

But you can still use the element of surprise by reacting in a way that surprises them.

For example, your attacker is expecting everyone to follow a role. Aggressors are in charge and set the pace. Victims are confused, uncertain, and do as told out of fear of injury.

You're about to learn how to turn that around.

Here's how not to be a typical victim: enable yourself to act with absolute certainty by making all critical decisions in advance. When the worst happens, you won't need to waste time on thinking - you'll have already done that.

By learning the 5 Rules you'll know what to do in any situation. You'll know when to give him your wallet and walk away and you'll know when to fight like an animal because your life depends on it. You'll act so quickly and unhesitatingly that your attacker will be the one who's surprised. He may be surprised by the fact that your wallet was on the pavement and you're walking away before he was even done talking. He may be surprised that he's fending off a snarling animal. Either way, it happened on your timetable, not his.

The fact that you long ago decided what you'd do in a given situation - that your mind is "set" - and are now doing it without a moments delay *gives you the element of surprise.*



2. Counter Attack from Any Position

If acting according to decisions made in advance means it's time to fight, then do so without ANY preamble.

That means:

- no warning to back off
- no "escalating levels" of violence
- no getting in a "stance"

Sure, there will be situations in which you warn someone away. For example, if you're on a crowded street during the day and someone steps in your path for uncertain reasons, you'll probably just side step them as you tell them to leave you alone, and you go on your way. If they put their hand on your shoulder you'll shake it off, not try to blind them with your thumbs.

But if a stranger tries to force his way into your home late at night, or get into your car - especially when you have a small child in the backseat and you can't run away

- you're going to attack at once with everything you've got.

That means:

- don't draw your fist back or get your hands up
- don't try to hold them back or push them

Instead, you need to hit hard from exactly where you are. The 2 DVD Set [Automatic Self-Defense](#), teaches you how to do this, but let me give you a few examples.





If someone tries to slide into the passenger seat of your car your elbow flies toward their nose. You don't turn to face them or draw your arm back, you just move from where you are. Anyone can do this. Even if you're not in great shape, an elbow is still harder than a nose and a finger is harder than an eye.

If someone tries to force their way into your home you go right for their face with clawed hands, as you knee to the groin. Don't waste valuable seconds putting your right leg back and getting your dukes up as you assume a fighter's stance. There's no time for that.

Your movement should be explosive, vicious, and unhesitating. If you don't know what that looks like, watch one of those "When Animals Attack" TV shows. We may be accountants, and clerks, and electricians, and dentists . . . but we're also primates. Flip the switch and we open up a can of several hundred thousand years worth of hard earned animal instinct.

Part II - The 5 Rules

Rule #1 - Trust Your Instincts

What is the #1 thing that gets us in trouble every time, whether it be in business or personal relationships, or on the street?

Not doing what we know is right.

Rule #1 is trust your instincts. If you follow this rule, the other 4 will probably be unnecessary. So, if it's such a simple rule, why don't people follow it?

Usually because of social conditioning, that is, no one wants to be rude.



Example:

We're approached in a place, at a time, in a certain way, by a person who makes us immediately uncomfortable, yet we don't simply walk away.

Why not?

Ask someone who's been the victim of a crime and they'll likely tell you they were ill at ease from the start - even before it was clear what was going on. They'll tell you something didn't feel right.

Maybe it was the person, the setting, the time of day, all of that. They just didn't like the vibe.

And they still went along with it.

And they got in trouble.

Ask them why they didn't just turn around and leave and they'll almost always say it was because they didn't want to be rude or appear to overreact.

They should have paid better attention - and respect - to that gut feeling, because predators don't wear signs around their necks. Also, if you ever are the victim of a crime, Justice Department statistics suggest there's a high likelihood you're dealing with a recidivist. That means he's experienced, hardened, and has done jail time. The last thing you want to do is give a person like that control of the situation by "being polite." He knows you're trying to be polite. He's counting on it so he can manipulate you.

Most of us deal with many people in the course of a day, but somehow manage not to make any of them fearful or anxious. If someone else makes you feel that way there's an excellent chance it's not you . . . it's them.

So trust your instincts.



Rule #2 - React Immediately!

Like Rule #1, this rule can apply as much in business and personal relationships as on the street. Have you ever been in some kind of arrangement - business or otherwise - and it wasn't going right, but you delayed and delayed and told yourself things would improve and then later on an older and wiser you realized you should have walked at the first (or certainly second!) sign of trouble?

It's the same with violent crime, assault, or any other situation involving physical danger.

If you talk, negotiate, or bargain, you're just handing the other person more power with every second that passes. Don't. Fight or flight are the options, not bargaining.

If it's a mugging and they want your wallet - at gunpoint - toss it to them and walk away at once. What else is there to do? Ask them "Now what?" If they only wanted the wallet they'll take it and leave the scene. If they wanted something else, you need to be moving away fast.

What about a sexual assault, or a home invasion? Run for it. Fight your way free if you have to. Instantly, explosively, and with everything you've got. That advice about stay calm is bad advice. Be focused, yes, in an animalistic, cave man sort of way, but not calm. You need to come rocketing out of the gate so fast your attacker realizes he's the one who's in danger. You need to tap into every pharmaceutical nature equipped you with. Your ancestors did or you wouldn't be reading this.

In the [Automatic Self-Defense](#) 2 DVD Set, you learn exactly what to do in specific situations like home invasions, a car jacking, mass shootings in a public place, and plenty more. You not only learn what to do, you find out how to literally "pre-program" yourself so that if the worst happens, you'll have mentally already been there and survived because you took unflinching, unhesitating, explosive action.



Rule #3 - Never go to a second location

This one's simple. Follow it no matter what.

Things never get better at crime scene #2. If you're in a store that's robbed and the robbers have taken everyone's money and cleaned out the cash register and they announce that now everyone's going to go in the back room and lie on the floor, that back room is the second location.

If you're carjacked, the place they got in the car is crime scene #1, where you're headed is crime scene #2.

You may wonder what to do if you're in a moving car with two armed men telling you to shut up and drive. In [Automatic Self-Defense](#) you'll learn exactly what to do. It might surprise you.

If your home is robbed and then the robbers try to tie you up, your home becomes the 2nd location. Fight, run, do what you have to do, but never allow yourself or another person to be restrained. Once a home invader has time, isolation and control, you're in serious trouble.



In [Automatic Self-Defense](#), I'll show you how to fight like a beast uncaged. That DVD is not a guide to street fighting. It's not about how to "step outside" and settle things "man to man." That sort of nonsense will get you hurt, jailed, or both. What I show you is how to unleash some seriously explosive violence on anyone who puts you or your family at risk. By the way, the plan for a home invasion is identical to a home fire plan - which everyone should have - the DVD covers both.

If you think resistance might get you hurt, you're right, and if that thought bothers you, then I'll tell you right now, you're not going to like rule #4



So far we've covered three of our Five Rules for Surviving a Violent Crime.

They are:

1. Trust Your Instincts
2. Act Immediately
3. Never Go to a Second Location

Our 4th Rule is one of those facts of life that we're all better off by simply accepting - once again, it applies to business, personal growth, and relationships every bit as much as it does to self defense.

And Rule #4 is

Expect to Get Injured.



Mind you, I'm not saying you should seek injury, I'm saying that if you're assaulted, or someone's attempting to force you into the trunk of a car or kick your front door down or whatever and you make up your mind to fight, you're gonna get some boo boos.

Maybe some serious boo boos.

Too often people don't follow Rule #1 and Trust Their Instincts because walking away quickly might be seen as rudeness and it hurts to have people think ill of us. Or we don't follow Rule #2 and Act Immediately because that might bring on unpleasantness or worse so why don't we just play along nicely and maybe we can avoid injury that way. Or we go to the second location because putting up a fight could get us beat up.

Instead of doing nothing, or agreeing to anything, how about just accepting the fact that we're now in a bad situation and extracting ourselves from it isn't going to be free. It will come at a cost, just as doing business, having relationships, setting goals and many other aspects of life aren't easy or painless.



People who come to my self-defense seminars often tell me they worry they might "freeze up." Why would they do that? Why would they become paralyzed with fear? Because they haven't accepted the idea of injury. They're scared to death of it, and are unable to take potentially life saving action.

Get over it, accept it, and do what you know you must.

In [Automatic Self-Defense](#), I'll teach you a way to get yourself mentally past the very real barrier of being frozen by fear of injury

Rule #5 - see if you can figure out what it is . . .

Our last rule of The 5 Rules for Surviving Violent Crime is last because it's your worst case fallback position after all else has failed - or at least gone very, very badly.

Imagine this:

You're at a stop light, at night, in a rental car, in a strange city, trying to find your way from the airport to your hotel. You're peering around, squinting at street signs, maybe you have the interior light on and a map propped up on the steering wheel.

Basically, you're a sick or wounded fish shuddering and jerking around giving off those "animal in distress" vibrations that work so well in the wild to attract Hammerhead sharks.

There's a tap on the passenger side window (you didn't even see him approach because you were buried in the map).

He asks "Need help?" You don't feel good about it, but - not wanting to be rude - you roll the window down . . . and now a gun is pointed at your face.

He's in the car the light is green and the car's moving and you're telling him to calm down.



In less than 7 seconds you've managed to break Rule #1 by not trusting your instincts, Rule #2 by negotiating instead of resisting immediately, Rule #3 by heading toward a second location, and Rule #4 by complying when faced with threat of injury instead of accepting the possibility of injury.

Not bad!

Four minutes later you're in an abandoned warehouse district. There're gang tags on nearly every surface, derelict cars scattered around, and no one in sight. You pull over and get out, he takes your watch, your laptop and your wallet. He makes you open the trunk and get your luggage out. You co-operate like a good, little victim.

Then he tells you to get in the trunk.

At this point, something clicks and your thought process changes. It's August in Houston. You're on blood pressure medicine and have been toting around 20 extra pounds since a few years after college. You'll last about 45 minutes in that trunk. He might as well have told you to jump off a cliff.

You get tunnel vision and he begins to raise the gun and you swing at him and you think you connect but you're not too sure and there's a loud noise that seems strangely like it's a long way off and your left thigh is burning.

There's a struggle and then you're running and now your shoulder burns too. You think he's chasing you as you trip and cut your hands and knees on broken glass and you're up and running again and you hear a shot but nothing burns this time and now you're in an empty lot and your lungs are on fire and you feel blood squishing in your shoe with every other step.

You look over your shoulder and can't believe it, the son-of-a-bitch is still actually chasing you - and grinning - and now you feel a different kind of burning in your calf. This one has a nice stabbing nuance to it and the analytical part of your mind informs you your tibia just got shattered by a bullet. But the rest of your mind and in fact your complete physical being is telling you to RUN!!



At this point, your body has decided you need some extra help so it's fallen back on old habits. Real old.

It's night and your eyes have dilated so you can see better.

Your blood pressure shot up and adrenalin is pumping into your system.

Heart and lung function just increased.

Your digestive system shut down, diverting blood to your muscles - you just got stronger.

Your blood has begun to thicken so your wounds bleed less.

Natural pain killers - endorphins - course through you so you're not as distracted by pain.

Your lungs are pushing increased amounts of oxygen into your blood, benefiting your brain. Your mental focus is at maximum.

Sugar and carbohydrate reserves are released. Your body wisely figures "you can't take it with you," so there's a major energy dump in progress and you just turned into superman.

You're seeing things in slow motion now. Your visual perception has altered - this change is called tachypsychia. You notice details like where to get a handhold on that clump of grass as you move up the embankment, where to put your feet so you won't slip.

Your hearing is acute. The cars on the freeway sound louder. You can even track how fast they're moving and how far apart they are.

These are all details you'll remember later. Right now you're moving fast, reacting, and storing information to think about later on, so your survival odds will be improved the next time you encounter a predator.





And you're up the embankment and dodging cars and you're clutching a traffic sign and you hear a siren.

So what's Rule #5?

Never, ever give up.

Part III - What Next?

That was fun, wasn't it? We almost lost you there, in Houston, but you made it.

I was a little disappointed that you got in such a bind, though. Why'd you break all those rules? Also, you never should have gotten as far as the abandoned lot. There was something simple anyone - even a little girl - could have done in the car while it was moving.

Maybe you just need to know the rules better, and you need to learn them in context, so you more quickly recognize situations for what they are. And you need to learn some basics about how to move and stay safe.

My 2 DVD set teaches all that and so much more you'll look at life with a new confidence. Your ability to assess and respond to emergencies won't just be natural . . . it will be automatic.

[THAT'S why the Course is called](#)
[Automatic Self-Defense](#)

Here's what you get:

DVD #1: Street Fighting Tactics - what to do when your game plan kicks into action and you turn the tables on your attacker.

- The 3 ranges of a fight and what to do in each (and which mistakes can be your last - one of them is to confuse sport with fighting)



- How to control nervousness and outlast your attacker
- Expert distance, positioning, footwork, and breathing control
- Your body's natural weapons and the other guy's natural targets. You're now the predator and he's your prey. Replaces fear with unstoppable hands, feet, knees and elbows, plus headbutts, nerve strikes and Chinese tendon and "cavity" blows. Whether you're fighting from a distance or "inside," this lands every move with lethal confidence
- Deploying Chinese Fa Jing - "Coiling Energy" - keeps anyone out of your space
- The real (and only) way to attack from ANY position. Unleashes a hurricane of aggression against your so-called "attacker" - this is the key to effective fighting
- Combines leverage with strikes for maximum impact
- Instant clinch - you won't believe how easy and useful this is
- When, why and how to take anyone to the ground
- Surprise and dominate on the ground (yes, even when you're on the bottom!) and how to safely regain your feet as you attack

"Rob's program takes the guess work out of survival. Now I know exactly what to do."

Katherine Wilson, Foreign Service Officer, Bahrain





And To Make this the Most Complete Street Survival Program Available, I'll also send you these FREE BONUSES

DVD #2: BONUSES - 9 Insider's Secrets for Street Mastery

BONUS #1:

5 Simple Exercises to double your flexibility, triple your stamina, bullet proof your abs, trim your waist, and give you instant upper body confidence. Follow this program for 10 days and your friends will tell you how "fighting fit" you look.

Value: \$47.00

BONUS #2:

Mind-setting and the 5 Master Rules.

Mind-setting is what police officers are taught to get them through the worst-case scenarios.

It's being taught what to do in specific situations, and visualizing yourself in that situation taking specific action. Once you've done this, hesitation is no longer a concern, because your mind is "set."

When I explained this to a student (after 9/11) he said, "You know what? I've already done some Mind-setting, but I've only done it for one situation."

When I asked him what situation that was he said, "Being on a plane during a hijacking."

Everyone in the room knew exactly what he meant. By 9/12 we'd all put ourselves mentally on the plane and decided what we'd do.

Now do you see the power of Mind-setting for unflinching action in the face of a threat?

Value: priceless



BONUS #3

Scenario training for the ultimate edge. The 5 Rules in Action.

This teaches you exactly what to do in the event of . . .

- a mugging or a "fight" with a street punk
- a home invasion
- witnessing a crime
- a bumper crime
- gun violence in a public place
- a carjacking a hijacking
- pulled over by a "bad cop"
- in a store during a robbery
- stranded on the highway
- confronted while with friends
- forced into the trunk of a car
- in a car surrounded by a mob after an accident

Value: \$47.00

BONUS #4

Teaches you over a dozen cheap and dirty "Environmental Weapons."

If you're scared out of your wits, being chased through the countryside, and would give anything for a decent weapon, this section shows you what to do. You'll learn insidious ways to turn common household objects and clothing into lethal objects. When the thug on the other side of the door bursts through, his bad day's just getting started because now you're armed!

Value: \$40.00



BONUS #5

How to fight a grappler.

Think you need to toss out everything you know and start from scratch with Brazilian Jiu-Jitsu or one of the other grappling arts? You don't. [Automatic Self-Defense](#) gives you an instant edge against a grappler.

Value: \$80.00

BONUS #6

How to fight a bigger opponent.

Unleash the unexpected as you take the fight to the other guy. Learn every dirty trick known to man or beast so his size isn't your problem.

Value: \$40.00

BONUS #7

Don't fight multiple opponents.

But if you have to, you have to. This section teaches you what to do when you're cornered and out-numbered. With this strategy you can leave a battlefield littered with broken bodies in your wake.

Value: \$57.00

"Yes Rob, I am officially a fan. I can tell (it is obvious) that you are a fantastic martial artist and teacher, and that you have valuable knowledge that you are willing to share. Thank you,"

Samuel Newsome



**Rob LaPointe's
KungFuFightingTips.com**



**Table of
Contents**

Continue to "Crime Proof" yourself for the rest of your life.

Gives you - without ANY extra work - a FREE Mind-setting lesson everyday for the rest of your life so your skills never get dull, your instincts become sharper, and the range of threats you're pre-programmed to defeat grows limitlessly.

I guarantee that after you've watched this tape you'll beg your wife, children, mom, dad, whoever to watch it again with you and then you'll make them promise that, if nothing else, they'll practice the lesson taught in BONUS #8 at every opportunity.

Value: priceless

BONUS #9

Never worry about freezing again. Being able to act is the crucial difference between knowing what to do and doing it . . . and knowing what to do and standing there scared stiff. [Automatic Self-Defense](#) let's you say goodbye to this confidence killer.

Value: priceless



**[Click here to receive your copy of
Automatic Self-Defense by Priority Mail.](#)**

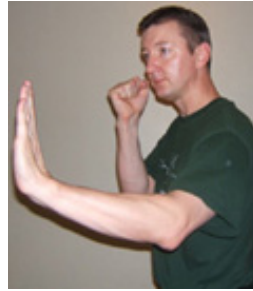
Recommended Resources



Shaolin Fitness

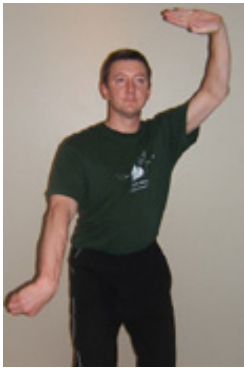
Hardcore Training Secrets of the Ancient Chinese Monks Gets You Lean,

Strong, Fast and Focused with "Old School" Combat Exercises Straight out of Kung Fu History.



The Complete Kung Fu Conditioning Home Fitness Program

Kung Fu routines that simultaneously tone, strengthen, stretch, and super charge your stamina. Takes you A - Z through a program of skill AND fitness.



The Complete Tai Chi Toning Home Relaxation Program

Forget about boring memorization. This Tai Chi course delivers all the benefits of Tai Chi as it leads you step-by-step through the postures, breathing, and

critical details of Yang Tai Chi.



How to Hit Faster Than the Other Guy

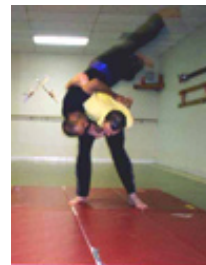
What if 5 Masters of 5 arts revealed their most guarded secrets of unstoppable speed? Learn to land a strike before your opponent

sees you move. Stealthy Kung Fu sets ups, flawless execution, stunning force.



Qi Gong

If Kung Fu makes you sore, Qi Gong balances, centers, and heals. The secrets of life-long and good health involve breath, mind, and movement. Kung Fu is for long life, and Qi Gong is the key.



Shaolin Throwing Secrets

The throws of Shwai Chaio Kung Fu were designed for killing impact. In Kung Fu Fighting, your goal is to stay on your feet while to other guy goes to the ground - hard!



How to Control Anybody with Joint Locks

Defeat any standing attack with Kung Fu joint locks.

There are more techniques per tape on this two tape set than on any tapes on the market. In a very short time you'll be able to counter chokes, grabs, strikes, gun, knife, and club.



All Products

Everything from the Philosophy of Kung Fu to hardcore fitness training for combat athletes is waiting for you. You'll be overwhelmed by the depth and variety of Kung Fu Fighting Tips life changing products.