
Kubotan Power By Sammy Franco

Bruce Lee's 5 Methods of Attack
The Unauthorized Guide to the Series
Pressure-Point Fighting
The Essentials
Survival Weapons
Shaolin Chin Na Fa: Art of Seizing and Grappling.
Instructor's Manual for Police Academy of
Zhejiang Province (Shanghai, 1936)
Unleash Hell
Invincible
A Step-By-Step Guide to Practical Knife Fighting
for Self-Defense
Executive Protection
How to Develop Self-Confidence, Self-Discipline,
Assertiveness, and Courage in Business, Sports
and Health
Knife Fighting
A Guide to the Secret Heart of Asian Martial Arts
The Bigger They Are, The Harder They Fall
Tactical Savagery as a Last Resort
The Hunger Games Companion
The 10 Best Stick Fighting Techniques
Knife Fighting Targets
War Machine
Deadly Knife Fighting Techniques for the Street
Quick and Simple Steps to Mastering the Kubotan
Keychain

Instrument of Attitude Adjustment
The Battle Against The Bland
The WidowMaker Program
Cane Fighting
Street Lethal
The Ultimate Guide to Heavy Bag Punching
Combinations
Savage Street Fighting
Survival Self Defense and Tactical Kubotan
A 21-Day Program to Hitting Faster and Reacting
Quicker in Boxing and Mixed Martial Arts
Bowie and Big Knife Fighting System
Killer Instinct
Essential Tips, Facts, and Techniques to Save
Your Life
Unarmed Combat for Street Survival
Heavy Bag Training
Hidden Secrets Behind Brutal Fighting
Combinations
A Step-by-Step Guide to Devastating Widow
Maker Combinations
How to Fight a Bigger and Stronger Opponent in
the Street
Mental Toughness Techniques for the Street,
Battlefield and Playing Field

*Kubotan
Power By
Sammy
Franco*

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of Attack St. Martin's
Griffin

Want to survive a real
streetfight? The fancy
leaping kicks and pre-
planned responses

LEWIS EWING

Bruce Lee's 5 Methods

taught in traditional martial arts will not work on today's city streets. Discover Contemporary Fighting Arts, a hard-hitting combat system that ends streetfights quickly.

The Unauthorized Guide to the Series
Contemporary Fighting Arts, LLC

Foreword -- Executive protection training: machismo, mirages, myths and money -- Introduction to the principles of protection -- Teamwork -- The legal issues -- Defining the mission & identifying critical assets -- The asset survey -- Identify primary threats & define the adversary -- Defining the adversary's method of operation -- Common denominators of attackers -- Target

identification -- Vulnerability assessment of targets -
- General emergency planning -- Gathering policies & procedures -- Principles for principals -- Post operations-- Foreign travel & kidnapping -- Terrorism -- The only executive protection checklist you will ever need -- Assessing & managing violent behavior.

Pressure-Point Fighting

Contemporary Fighting Arts, LLC

WANT BONE

SHATTERING POWER

PUNCHES! Dramatically increase your punching

power with Sammy Franco's battle tested power punching techniques.

THE 10

BEST POWER PUNCHES FOR BOXING, MARTIAL

ARTS, MMA, AND SELF-DEFENSE gives you the

winning edge you'll

need in both the ring and the streets. In this one-of-a-kind book, you'll learn simple and effective bone crushing knock-out power punches that will drop any opponent of any size. THE 10 BEST POWER PUNCHES is ideal for: Boxing Mixed martial arts (MMA) Martial arts Kickboxing Self-defense/Street fighting Personal fitness TURN YOUR FISTS INTO SLEDGEHAMMERS! This easy to follow book covers the entire spectrum of explosive power punching techniques. Learn how to throw the perfect "knockout power punch", turn your hands into virtual sledgehammers, discover the hidden secrets of power punching footwork, hand strengthening,

heavy bag conditioning, target and timing training, and the best power punching training tips. THE 10 BEST POWER PUNCHES FOR BOXING, MARTIAL ARTS, MMA, AND SELF-DEFENSE will show you that it's not size or strength, but punching form and technique, timing and proper footwork that will turn your fists into lethal power pistons. By following the techniques outlined in this book and the workout routines, you will dramatically improve your punching power regardless of your size, strength, or level of training experience. *The Essentials* Contemporary Fighting Arts, LLC Knife Fighting Targets: The Ultimate Knife Fighting Targeting

System for Self-Defense is a concise book designed to teach you the most practical and useful knife fighting targets for real-world self-defense. The knife fighting techniques featured in this book apply to both fixed blades as well as fighting folders and can be readily used by young and old, regardless of size or strength. Most importantly, you don't need to be a martial arts expert to understand and ultimately master these effective knife fighting skills. No Gimmicks - No Nonsense! Unlike other knife fighting books, Knife Fighting Targets is devoid of complicated, impractical and gimmicky techniques that can get you

injured or possibly killed during a deadly knife fight. Instead, this book arms you with an efficient, effective, and practical knife fighting system that work in the chaos of life and death edged weapon encounter. 30+ Years of Real World Experience In this unique book, world-renowned martial arts expert, Sammy Franco takes his 30+ years of training and teaching and gives you the ultimate foundation for knife targeting. He's taught these unique knife fighting skills to his students, and he's confident they can help protect you and your loved ones during an emergency situation. Ideal For: Civilians Law Enforcement Military Martial Artists Self-Defense students Preppers and

Survivalists Security Personnel Executive protection agents A Must-Have Knife Fighting Book! Knife Fighting Targets: The Ultimate Knife Fighting Targeting System for Self-Defense is a must-have book for anyone who needs the knowledge, skills, and mindset required to win a deadly knife fight.

Survival Weapons

Kubotan PowerQuick and Simple Steps to Mastering the Kubotan Keychain
The Widow Maker Program: Extreme Self-Defense for Deadly Force Situation is a shocking and revolutionary fighting style designed to unleash extreme force when faced with the immediate threat of an unlawful deadly criminal attack. In this

one-of-a-kind book, self-defense innovator Sammy Franco teaches you his brutal and unorthodox combat style that is virtually indefensible and utterly devastating. However, the true power of the Widow Maker Program comes from its ability to psychologically terrorize a street predator while simultaneously ripping him to pieces. LEARN HOW TO: Protect yourself and loved ones from vicious street criminals, safely close the distance gap between you and your attacker, evoke psychological terror in your adversary, shift from prey to predator during an assault, master quarter beat striking techniques, unleash powerful webbing techniques,

quickly disorient and demolish your opponent, shutdown the opponent's cognitive brain, master offensive and defensive anchoring, perfect the wicked art of "razing", select the best targets to attack to maximize damage during a fight, condition your limbs to maximize your WidowMaker techniques, design your own WidowMaker workout routine, and much more. RATED "H" FOR hardcore SELF-DEFENSE With over 250 photographs and detailed step-by-step instructions, The Widow Maker Program teaches you Franco's surreptitious Webbing and Razing techniques. When combined, these two fighting methods create an unstoppable force capable of

destroying the toughest adversary at will. The Widow Maker Program is a must-have for anyone interested in real world self-defense and who wants the ability to dispense extreme punishment when faced with a deadly force self-defense situation.

[Shaolin Chin Na Fa: Art of Seizing and Grappling. Instructor's Manual for Police Academy of Zhejiang Province \(Shanghai, 1936\)](#) Contemporary Fighting Arts, LLC

This handbook is based on three primary concepts that could save your life: Situational awareness—that is, awareness and evaluation of your immediate situation and surroundings. The ability to control fear-science states that we

cannot, nor would we want to, eliminate fear. But through mental training that anyone can master, fear can be channeled into effective responses to threats. Knowledge of self-defense techniques-specific self-defense techniques that, when applied with intention, will disable an attacker long enough for you to escape. Through scenarios described from both the victim and mugger's points of view, you'll understand how and why situational awareness, channeling fear, and learning specific self-defense techniques work. In your journey to remain safe and to become empowered you'll need specifics. Survival Self-Defense includes detailed explanation and

illustrations of the five body weapons and how they can be used to attack key vulnerable body targets. You'll also learn the five most prevalent self-defense myths and why they won't work. Written by a martial arts and self-defense instructor of over 40 years, this book isn't about violence or paranoia, it's about the cultivation of empowerment for the purpose of personal safety.

Unleash Hell

Contemporary Fighting Arts, LLC
 BUILD AN INVINCIBLE MIND! INVINCIBLE: Mental Toughness Techniques for the Street, Battlefield and Playing Field is a treasure trove of time-tested techniques and skills for improving mental toughness in

the street, battlefield and playing field. It teaches you how to unlock the true power of your mind and achieve success in activities that demand peak performance. Invincible is ideal for: Athletes High-risk professions such as law enforcement, military service, and private security Self-defense students Martial artists Survivalists and preppers Fitness enthusiasts Any Activities requiring peak performance FILLED WITH "REAL" MENTAL TOUGHNESS TECHNIQUES Invincible is a life-changing book packed with practical strategies and proven techniques for mastering your mind, body and spirit! Unlike other mental toughness books, it doesn't bog you down

with dry theories, mind-numbing case studies, confusing jargon or pointless anecdotal stories. Instead, it's written in simple, easily understood language, so you can immediately apply the mental toughness techniques and achieve personal success. CONTROL YOUR MIND = CONTROL YOUR DESTINY! In this easy to follow step-by-step program, world-renowned martial arts expert, Sammy Franco takes his 30+ years of research, training and teaching and gives you simple and practical techniques to develop mental toughness and achieve new levels of personal and professional success. In fact, these are the very same techniques that

have helped thousands of Franco's students excel and achieve their personal goals. Learn how to acquire the ideal mindset for peak performance Learn how to confront, perform and prevail from extreme adversity Maximize your performance with the complete mental toughness package Learn how to achieve more success with less energy Become a more confident and self-disciplined person Learn how to develop laser-beam focus and concentration Manage and control fear during stressful performance situations Learn how to become more assertive and aggressive Quickly overcome major obstacles and personal setbacks Eliminate anxiety and negative thinking patterns

during critical performance events Pursue your goals and dreams with a renewed sense of energy and motivation Overcome procrastination and inaction Learn how to create and personalize your own mental toughness program And much more
CONQUER ADVERSITY ONCE AND FOR ALL! In this comprehensive mental toughness guide, you'll also learn step-by-step strategies for dealing with the debilitating fear and anxiety often associated with high-performance situations. Invincible gives you the mental body armor necessary to cope, perform and prevail from all forms of extreme adversity. By studying and practicing the exercises in this book,

you will feel a renewed sense of empowerment, enabling you to live life with greater self-confidence and personal freedom.

Invincible

Contemporary Fighting Arts, LLC

The book "CHIN NA FA" was written by Liu Jin Sheng in collaboration with Zhao Jiang. The first edition of the book was issued in July of 1936 as a manual for the Police Academy of Zhejiang province. The book was printed by the publishing house Shan Wu in Shanghai..".If you are in command of this technique, you can sway the destiny of the enemy. You can kill your enemy, cause unbearable pain, tear his muscles and sinews, break his bones or make him

unconscious for some time and completely disable him to resist. Even a woman or a physically weak man who mastered this technique can curb a strong enemy. This technique demands deftness and skill, not brute force. It is necessary to train oneself daily to make the body flexible and nimble, but "hardness" must be hidden inside this "softness."/Author Liu Jin Sheng.The Police Academy of Zhejiang province.1-st of May of the 24-th year of the Chinese Republic (1935)/

A Step-By-Step Guide to Practical Knife Fighting for Self-Defense

Contemporary Fighting Arts, LLC

THE WIDOW MAKER RETURNS! Just when you thought Sammy

Franco's best-selling Widow Maker Program could not be surpassed, Feral Fighting outdoes its wicked predecessor! Feral Fighting is the advanced companion book that builds on the brutal fighting techniques of the original Widow Maker program. **NEW LEVELS OF COMBAT PERFORMANCE!** In this sequel, self-defense innovator Sammy Franco marches forward with cutting-edge concepts and techniques that will take your self-defense skills to entirely new levels of combat performance. **LEARN HOW TO:** Turn your fingers into torches Master the cunning art of Scorching Defeat mentally crazed attackers Develop terrorizing hand speed

Counter a raging assault Master the unique Shielding Wedge technique Learn the brutal art of Sharking Become a human battering ram in a fight Short-circuit the opponent's brain in combat And much, much more **THE REVOLUTIONARY SHIELDING WEDGE** Feral Fighting also includes Franco's revolutionary Shielding Wedge technique which is based on the ancient Greek military formation known as the Phalanx. When used correctly, it transforms you into an unstoppable human meat grinder, capable of destroying any criminal adversary. **SEND YOUR ATTACKER SCREAMING INTO THE NIGHT!** Feral Fighting teaches you Franco's cunning art or

Scorching. Learn how to convert your fingertips into burning torches that generate over 2 million scoville heat units causing excruciating pain and temporarily blindness for up to 20 minutes. Scorching is the ultimate fight stopper! ENGINEERED FOR HIGH RISK SELF-DEFENSE SITUATIONS! Feral Fighting is a must-have book for anyone interested in high-risk self-defense training and who wants to take their Widow Maker skills to the next level of combat mastery. *Executive Protection* Black Belt Communications Self-Defense Tips and Tricks offers hundreds of simple and practical ideas and suggestions to protect yourself and your family from all types of violent crime.

This personal safety and self-defense book takes you inside the criminal's mind and arms you with his tactics and techniques allowing you to beat him at his own game by stopping him dead in his tracks. Self-Defense Tips and Tricks is written in an easy-to-use format that allows you to quickly apply these life-saving skills into your daily activities. This unique book is divided into six important chapters: - Street Smart Safety - Home Protection - Workplace Safety - Child Safety -Travel Safety -Fighting Back Tips Self-Defense Tips and Tricks also covers a broad range of self-defense solutions, including: self-defense awareness, surviving an active shooter situation, airline safety,

hotel safety, how to deal with bullies, avoiding hassles overseas, sexual assault prevention, automobile safety, avoiding ambush zones, self-defense do's and don'ts, safety when working out, what to do when kidnapped, using self-defense weapons, dealing with stalkers, the best ways to safeguard your home, self-defense for seniors, for women and much more. If you have ever considered protecting yourself or your family from crime but feared you didn't have the knowledge or skills to do it, you must read this book. *Self-Defense Tips and Tricks* is a goldmine of information for anyone who wants to take responsibility for their own personal safety at

home, on the streets or abroad.

How to Develop Self-Confidence, Self-Discipline, Assertiveness, and Courage in Business, Sports and Health
 Contemporary Fighting Arts, LLC
UNLEASH YOUR INNER BEAST! The 10 Best Ways to Develop Your Killer Instinct: Powerful Exercises That Will Unleash Your Inner Beast is a unique book also teaches you how to unlock the true power of your mind and unleash this incredible powerful source of power and energy that will help you achieve success in just about any performance situation or activity. **A SERIOUS BOOK ANYONE CAN USE! The 10 Best Ways to Develop Your Killer Instinct** doesn't pull

punches! It's simple and direct. It doesn't bog you down with dry theories, mind-numbing case studies, confusing jargon, or pointless and long-winded anecdotal stories. Instead, it's written in simple, easily understood language, so you can quickly learn and apply the killer instinct skills and achieve personal success. 30+ YEARS OF TRAINING EXPERIENCE AT YOUR FINGERTIPS The 10 Best Ways to Develop Your Killer Instinct is serious material that contains proven training techniques for developing and sharpening this essential mental attribute. The techniques and exercises featured in this book are based on Sammy Franco's 30+

years of research, training and teaching the martial arts and self-defense sciences. They have helped thousands of his students excel and achieve their personal goals, and he's confident they will help you reach new levels of success. ELIMINATE YOUR FEARS ONCE AND FOR ALL Here, you'll also find step-by-step strategies for dealing with the debilitating fear and anxiety often associated with many high-risk situations. By studying and practicing the concepts and principles in this book, you will feel a renewed sense of empowerment, enabling you to live life with greater self-confidence and personal freedom. [Knife Fighting Lulu.com](http://KnifeFightingLulu.com)

This is the classic treatise on hunting, written by Spain's leading philosopher of the 20th century. Reprinted with permission from Scribner, this edition features handsome new illustrations. The author explains the reason why humans hunt, as well as the ethics of hunting. *A Guide to the Secret Heart of Asian Martial Arts* Contemporary Fighting Arts, LLC

When you're about to fight a thug on the street and you have to look up to stare into his eyes, you're bound to feel up pang of fear. But follow the solid strategies and self-defense techniques presented by self-defense maverick and innovator Sammy Franco, and the fight will end with your

attacker looking up at you in confusion as he crashes to the ground. Sammy Franco was concerned that no book on the market successfully tackled the specific problem of fighting a larger, stronger opponent. In *The Bigger They Are, The Harder They Fall*, he addresses that all-important issue and delivers the solid information you'll need to win a street fight when the odds seem stacked against you. *The Bigger They Are, The Harder They Fall* will teach you: How to avoid panic and intimidation • The do's and don'ts of fighting a massive fighter • The five best knock-out targets • What works, what doesn't, and why • How to avoid the ground fight • Workout routines • Equipment

training • Step-by-step fighting combinations • And much, much more. In this one-of-a-kind skill building workbook, Sammy Franco calls upon his 30+ years of experience as a reality-based self-defense expert to prepare you both mentally and physically for the fight of your life. Unless you're a lineman for the NFL, there may come a day when you will face an opponent who can dominate you through sheer mass and power. Read and study this book before that day comes. Contemporary Fighting Arts, LLC Maximum Damage teaches you the quickest ways to beat your opponent in the street by exploiting his physical and psychological reactions in a fight. Learn how to

stay two steps ahead of your adversary by knowing exactly how he will react to your strikes before they are delivered. In this one-of-a-kind book, reality based self-defense expert Sammy Franco reveals his unique Probable Reaction Dynamic (PRD) fighting method. Probable reaction dynamics are both a scientific and comprehensive offensive strategy based on the positional theory of combat. Regardless of your style of fighting, PRD training will help you overpower your opponent by seamlessly integrating your strikes into brutal fighting combinations that are fast, ferocious and final! Maximum Damage teaches you how to: Think two steps ahead of your

opponent Blend techniques into logical fighting combinations Attack with explosive energy Spot the best vital point targets Psychologically cripple your adversary Overwhelm your opponent's defenses And much, much more With over 240 photographs and detailed step-by-step instructions, Maximum Damage teaches you the best ways to deliver devastating compound attacks that will take the fight out of your opponent and your opponent out of the fight! In this informative book, you'll see Sammy Franco's PRD system put into explosive action with dozens of real-life street encounters. Whether you are a military specialist,

martial artist or self-defense student, Maximum Damage teaches you brutally effective skills and proven strategies to get you home alive and in one piece.

[The Bigger They Are, The Harder They Fall](#)

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Unleash Hell On Your Enemies Surviving a vicious street attack is all about unleashing a destructiveness exceeding that of a deadly criminal attacker. Nobody knows that better than self-defense expert Sammy Franco, who created the devastating Widow Maker self-defense program. The Widow Maker Program is a shocking and revolutionary fighting style designed to unleash extreme force

when faced with the threat of an unlawful deadly criminal attack. This brutal and unorthodox fighting method is virtually indefensible and utterly devastating. However, the true power of the Widow Maker Program comes from its ability to psychologically terrorize a street predator while simultaneously ripping him to pieces. Destroy Him in Seconds! Unleash Hell: A Step-By-Step Guide to Devastating Widow Maker Combinations is the third installment in the best-selling Widow Maker program book series. It takes you beyond the initial Widow Maker program by teaching you Franco's favorite fight-stopping Widow Maker techniques that will

overwhelm and destroy your opponent in a matter of seconds. Unleash Hell is a step-by-step program that enables you to burn devastating Widow Maker combinations into muscle memory while systematically developing extraordinary fighting hand speed. Unleash Hell also includes advanced Widow Maker fighting concepts such as hand-held weapon integration, razing amplifiers, environmental exploitation tactics, and traumatic schematics. Best of all, you don't need to read the previous Widow Maker books to understand and benefit from Unleash Hell! For The Street, Battlefield & Hot Spots Around the Globe! Unleash Hell is

a unique and comprehensive book that arms you with powerful, real-world self-defense techniques that can be used in the street, battlefield, and dangerous hot spots around the world. Get your copy today!

Tactical Savagery as a Last Resort

Contemporary Fighting Arts, LLC

SAVAGE STREET FIGHTING - IT'S BRUTALLY EFFECTIVE!

Self-defense expert Sammy Franco reveals the science behind his most primal fighting method. Savage Street Fighting: Tactical Savagery as a Last Resort is a brutal self-defense system specifically designed to teach law-abiding citizens how to use "tactical savagery" when faced with the

immediate threat of an unlawful deadly criminal attack. Savage Street Fighting is systematically engineered for the most dire circumstances - when there are no other self-defense options left!

Learn How To: Win a street fight instantly

Defeat any ground fighting system

Bypass the time consuming grappling game

Develop a true "Savage" mindset

Inflict swift and severe pain at will

Psych-out the toughest & meanest street thugs

Quickly escape from all types of choke holds

Destroy any attacker regardless of his size and strength

Force your attacker to immediately retreat from the fight

Defend against multiple attackers

And much,

much more A GROUND FIGHTER'S WORST NIGHTMARE! Savage Street Fighting is a ground fighter's worst nightmare! Unlike every submission fighting system taught today, Savage Street Fighting scientifically circumvents the laborious and time consuming grappling game and ends the ground fight instantly. But, when used in combination with any grappling and ground fighting system, Savage Street Fighting will make you unbeatable on the ground! Savage Street Fighting is the combat program mixed martial artists and grapplers don't want you to see! IT'S IDEAL FOR: Civilians Law enforcement Military personnel Security specialists Executive

protection Martial artists Self-defense practitioners IT'S QUICK AND EASY TO LEARN! With over 300 photographs and detailed step-by-step instructions, Savage Street Fighting teaches you Franco's most ferocious and barbaric street fighting techniques. They are simple to learn and easy to apply. As a matter of fact, you don't need any previous self-defense or martial arts training to apply these devastating combat techniques. But, if you do have previous training, Savage Street Fighting seamlessly integrates with any type of martial art style or self-defense system. IT'S PRIMAL AND FIERCE! Savage Street Fighting truly is the 800-pound gorilla of

self-defense tactics. Savage Street Fighting is a must-have book for anyone concerned about real world self-defense and who wants the knowledge, skills and mindset required to dispense extreme punishment when faced with a deadly force self-defense situation. Now is the time to learn how to unleash your inner beast!

The Hunger Games Companion

Contemporary Fighting Arts, LLC

DEVASTATING STRICK FIGHTING SECRETS!

The 10 Best Stick Fighting Techniques is the fourth installment in Sammy Franco's 10 Best Book Series. This unique book offers you the most practical and useful methods for using a combat stick for real-world self-

defense. IDEAL TRAINING FOR ALL COMBAT STICKS The 10 Best Stick Fighting Techniques is an excellent source for learning how to use some of the following weapons: Kali and Escrima Stick Police Baton Collapsible Steel Baton Nightstick Side-Hand Baton The 10 Best Stick Fighting Techniques is based on world-renowned martial arts expert, Sammy Franco's 30+ years of research, training, and teaching reality based self-defense. Mr. Franco has taught these unique stick fighting techniques to thousands of his students, including law enforcement agents, military personnel, and civilians, and he's confident they will help you in a desperate

time of need. NO PREVIOUS TRAINING NECESSARY! Regardless of your training background or level of experience. The stick fighting techniques and strategies featured in this book are straightforward and will work seamlessly with your current martial arts, self-defense, or survival program. If you're a student of the Filipino Martial Arts (FMA) or just a recreational enthusiast, you'll also find *The 10 Best Stick Fighting Techniques* a welcome addition to your library. Best of all, you don't need any previous training to master these devastating stick fighting techniques. FOR BEGINNER AND ADVANCED, STUDENT OR INSTRUCTOR

Whether you are a beginner or advanced practitioner, student or instructor, *The 10 Best Stick Fighting Techniques* teaches powerful street-oriented techniques and proven fighting methods to get you home alive and in one piece.

The 10 Best Stick Fighting Techniques
Contemporary Fighting Arts, LLC
WAR MACHINE - BECOME A MODERN DAY WARRIOR! War Machine: How to Transform Yourself into a Vicious and Deadly Street Fighter is a book that will change you for the rest of your life! This unique combat conditioning system is specifically designed to transform you into a vicious and deadly street fighter. When followed accordingly,

War Machine will forge your mind, body, and spirit into iron. Once armed with the mental and physical attributes of the War Machine, you will become a strong and confident warrior that can handle just about anything that life may throw your way. In essence, War Machine is a way of life. Powerful, intense, and hard! A Powerful Transformation Program! In this powerful transformation program, world-renowned combat expert Sammy Franco shares his secrets for building explosive speed, bone crushing power and unparalleled mental strength. In this unique book you will first learn about: Range proficiency Combat stances Strategic

positioning Footwork and mobility Target orientation, target recognition, target selection, target impaction, target exploitation Target zones Medical implications of combat techniques Speed development techniques Impact power development The importance of ambidexterity in combat Improving offensive reaction time How to improve balance Non-telegraphic movement when fighting Auto pilot fighting The killer instinct A Combat Conditioning Animal! Reading this book is like getting a shot of testosterone! It motivates and inspires you to train harder. Every aspect of combat conditioning is also covered in this

powerful transformation program, including: Physical appearances during pre-contact stages of combat
 Combat body compositions Warm-ups, stretching
 Strength training exercises Split workout routines Combative utility of muscle groups
 Cardio conditioning Working out with training partners
 Coping with pain and discomfort when training Rest and burnout Diet and nutrition to maximize your training gains
 The Confidence of a Lion! War Machine is not only designed to develop physical strength, agility, and endurance but also help you overcome the fear and inhibitions toward physical combat. It provides the

mental and psychological tools to confidently handle the rigors of both armed and unarmed combat. Topics include:
 Developing the “hard core” attitude
 Improving self-confidence
 Decisiveness in combat
 Follow-through
 Courage Combative desensitization
 Viciousness Self-discipline
 Philosophical resolution Emotional masking
 Overcoming combat related stress reactions
 Visualization techniques
 And much more... Forge your Mind, Body, and Spirit into Iron! War Machine also bridges the gap between the technical and philosophical aspects of combat with a chapter devoted to the philosophy of warfare. Subjects include courage,

pacifism, good vs. evil, the ego, laws of reality, loyalty, leadership, honor, frustration, and fighting strategies. War Machine How to Transform Yourself into a Vicious and Deadly Street Fighter is ideal for military personnel, law enforcement, martial artists, self-defense students or anyone regardless of age or gender who wants the winning edge in modern day combat.

Knife Fighting

Targets Contemporary Fighting Arts, LLC Be Prepared for the Fast, Furious and Fatal World of Knife Fighting Written by world renowned martial arts expert Sammy Franco, Knife Fighting: A Step-by-Step Guide to Practical Knife Fighting for Self-Defense prepares you for the

deadly world of knife fighting. Complete and Comprehensive Knife Fighting Instruction With over 200 photographs and easy-to-follow instructions, this comprehensive book cuts through the guess work and teaches you the most practical and effective knife fighting techniques for real-world survival. Knife Fighting Will Teach You: • How to choose the best combat knife • Knife carry, quick draw and concealment strategies • Knife grips, stances, ranges and footwork • How to control fear during a knife fight • Knife targeting and reaction dynamics • Knife cuts and angles of attack • Franco's knife fighting blueprint • Knife fighting defensive skills • Knife fighting training

drills and exercises •
And much, much more
35+ Years of Real-
World Knife Fighting
Experience Whether
you are a beginner or
seasoned knife fighting
expert, *Knife Fighting:
A Step-by-Step Guide
to Practical Knife
Fighting for Self-
Defense* teaches you
battle-tested knife
fighting skills that will
get you home alive and
in one piece.
War Machine Tuttle
Publishing
Supplement your
martial arts skills with
this expert guide to
pressure point fighting.
Western students of
Asian martial arts have
long been haunted by
the aching suspicion
that something is
missing from the arts
they love and practice
wholeheartedly—some-
thing intangible, but
something so essential

that its absence leaves
an unbridgeable void.
For many, that missing
ingredient is a true and
thorough knowledge of
the body's vital points:
what they are, where
they are, how to
quickly find them
under duress, how to
use them,
constructively or for
destruction—and how
to recognize them in
the kata, hyung, or
forms they thought
they knew so well. In
Pressure Point Fighting,
martial arts expert Rick
Clark offers a
systematic introduction
to this knowledge and
to the tools needed to
ferret out more of this
information from forms
and techniques already
in place—knowledge
and tools that are not
dependent upon
acceptance of the
tenets of traditional
Chinese medicine, or

modern Western
medicine, for that
matter, but which are
based solely on open-
minded observation

and willingness to try
new, or old,
approaches to martial
arts training.