

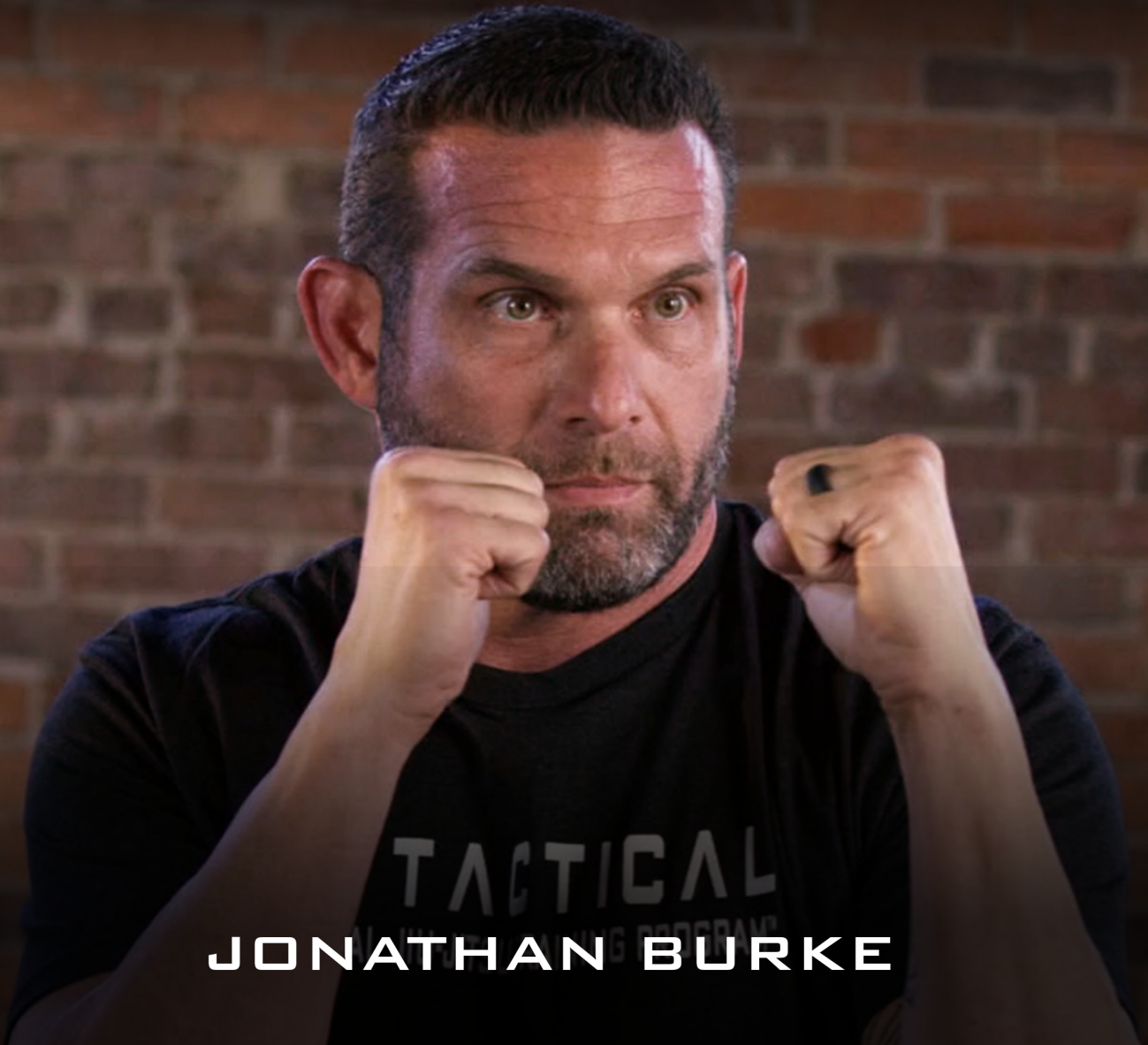
L6
TACTICAL

PERSONALIZED STEP-BY-STEP

BLUEPRINT

FOR

TACTICAL JIU-JITSU
TRAINING PROGRAM™



JONATHAN BURKE

L6 TACTICAL JIU-JITSU TRAINING PROGRAM

BASIC FIGHT STANCE

In this video, we are going to show you how to make a proper fight stance or self-defense stance when a threat is coming at you.

First you want to align your stance around your strong side. Most of us are either righties or lefties.

If you are right handed, drop your right foot back, which will rotate your body at a 45 degree angle, and hold your hands with your palms facing outward at eye level. This is a self-defense stance.



Self-Defense Stance

The self-defense stance is a more passive stance. Your body language is communicating that you are not necessarily looking for a fight. This can be especially helpful if there are cameras filming a confrontation.

For a fight stance, take the same stance, and simply close your fists.



Fight Stance

If you're a lefty, use the same technique, but drop your left foot back instead of your right foot, and assume a self-defense or fight stance.



Left-Handed Self-Defense Stance

Now you have learned the basic self-defense or fight stance in Tactical Jiu-Jitsu.

FOOTWORK AND MOVEMENT

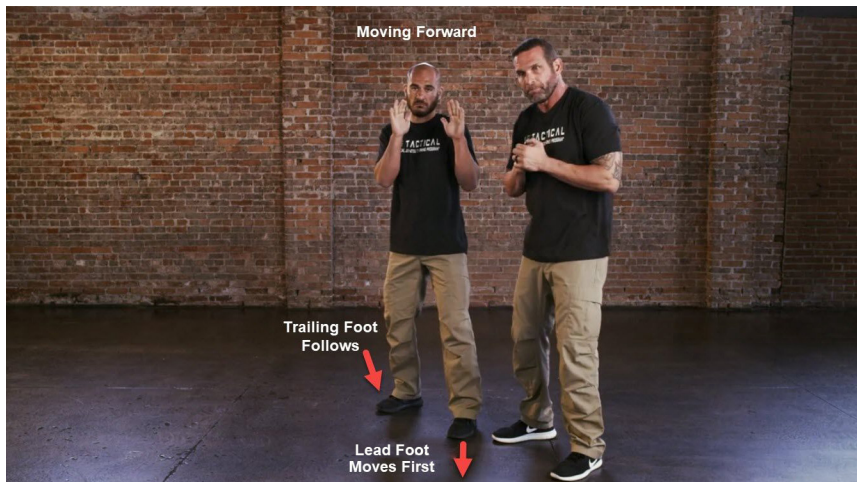
In this video, you will learn about footwork and movement.

When you're in a self-defense situation, especially if you're super close to your threat, not crossing your feet is really important.

So, understanding how to move is equally important.

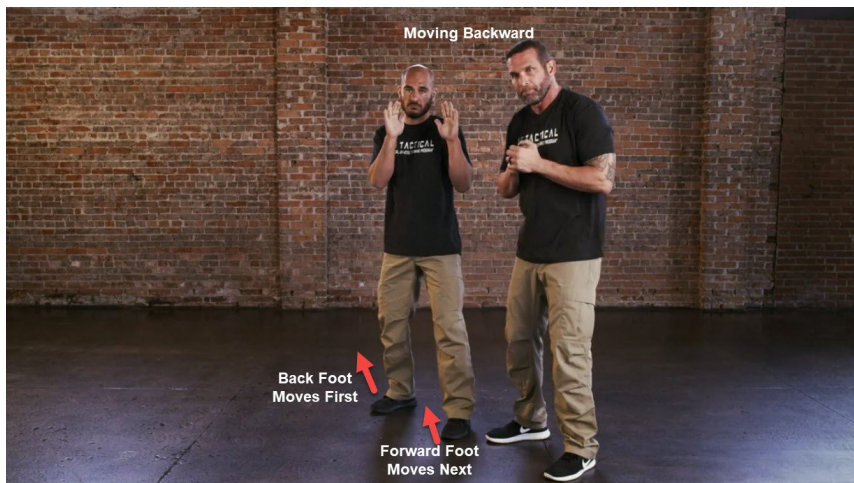
Let's start by getting into your basic fight stance. Your lead foot will always take the first step towards the direction you want to go, and your other foot trails with your hands up. Every time you step and then adjust your trail foot, make sure to adjust so that you are back in to a strong self-defense or fight stance.

Moving Forward



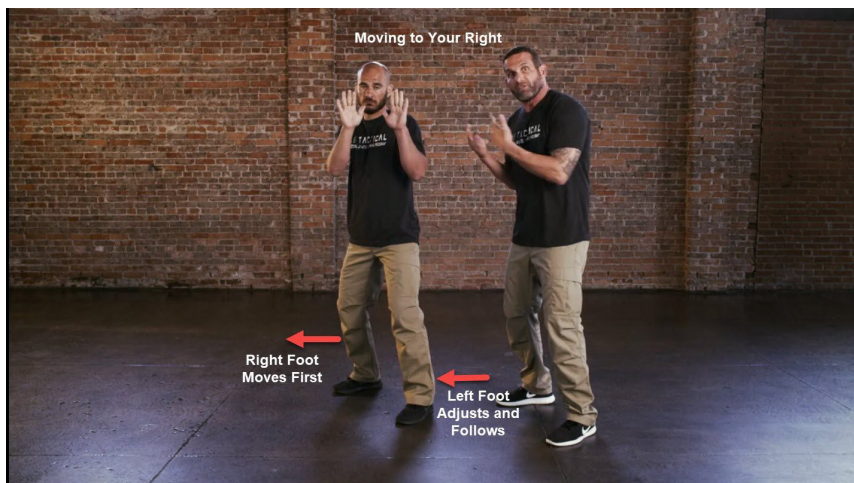
When you're moving forward, move your lead foot first and let the trailing foot follow, always ending up in a strong stance or base.

Moving Backward



When you're moving backward, move your back foot first and then let the forward foot follow, always ending up in a strong stance or base.

Moving to Your Right



When you're moving to your right, move your right foot first and let the left foot adjust and follow, always ending up in a strong stance or base.

Moving to Your Left



When you're moving to your left, move your left foot first and let the right foot adjust and follow, always ending up in a strong stance or base.

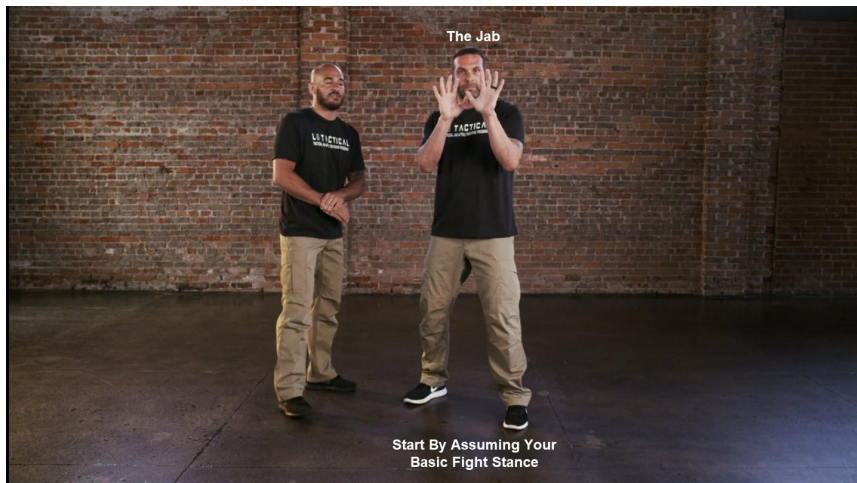
It's important to always keep your fight stance intact while you are responding to a threat in close quarters.

Learning how to use proper footwork will prevent you from crossing your feet. Crossing your feet compromises your base and balance, opening you up to potentially tripping and falling unnecessarily putting you at greater risk. As simple and unimportant as it may appear to practice the proper footwork, the simple concept of crossing your feet or not can be life changing when you are in close quarters defending yourself.

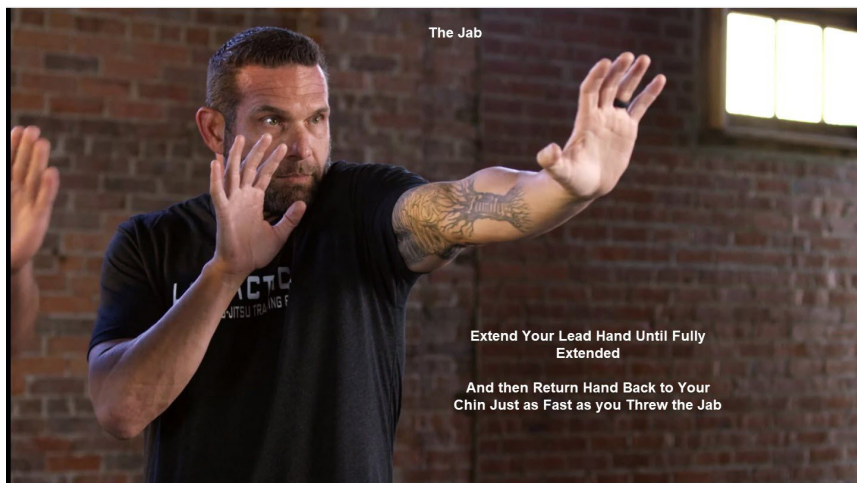
FUNDAMENTAL STRIKING #1 - THE JAB

The Jab is the first fundamental strike we will cover.

To get started, always make sure to get in your basic fight stance.



For an open-handed jab, drive your lead hand straight forward until your arm is fully extended, and then return back to your basic fight stance with the same speed.



For a closed-fist jab, do the same thing. Drive your fist forward and rotate it slightly on impact. Return your fist back to your basic fight stance just as fast as you threw the jab.



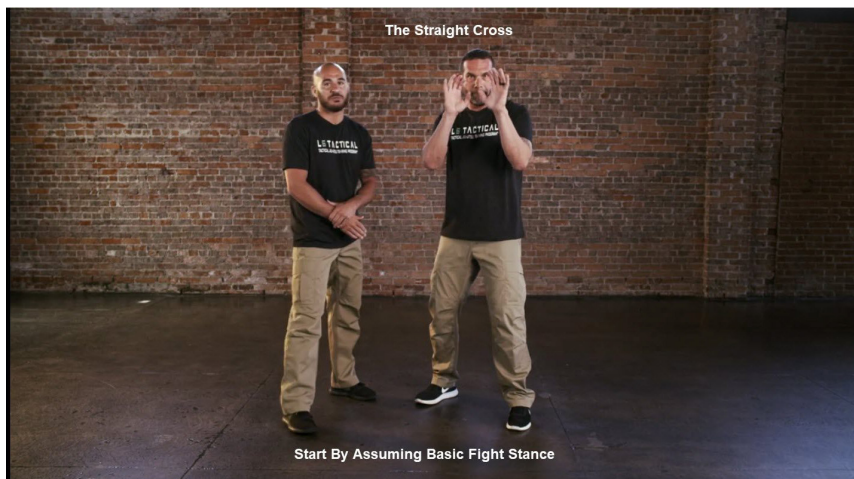
If you want extra power, just rotate your body slightly when delivering the jab.

You now know how to properly strike a jab when you are encountering a threat.

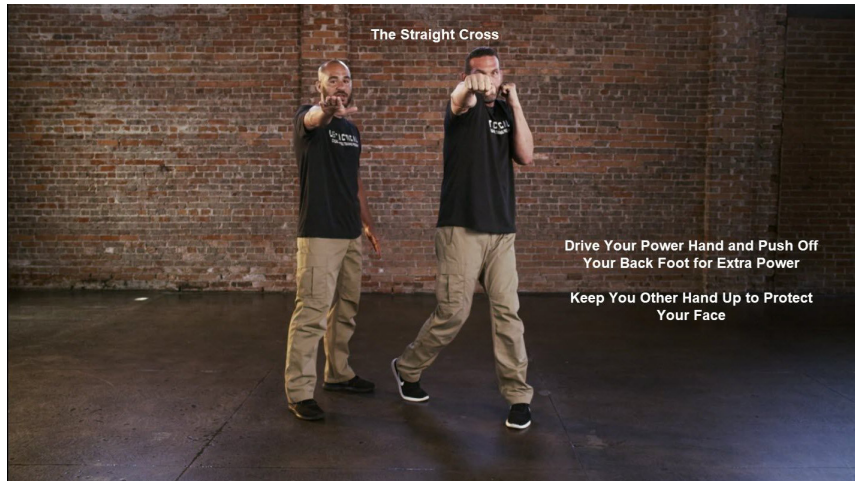
FUNDAMENTAL STRIKING #2 - THE STRAIGHT CROSS

The send strike we are going to cover is the Straight Cross.

Always make sure you start in the basic fight stance.



From your fight stance, with your power leg back, throw the strike straight out, and bring your hands right back to where they started. Push off your back foot and rotate your body when delivering this strike.



If you want to use an open-palm, use the same technique.

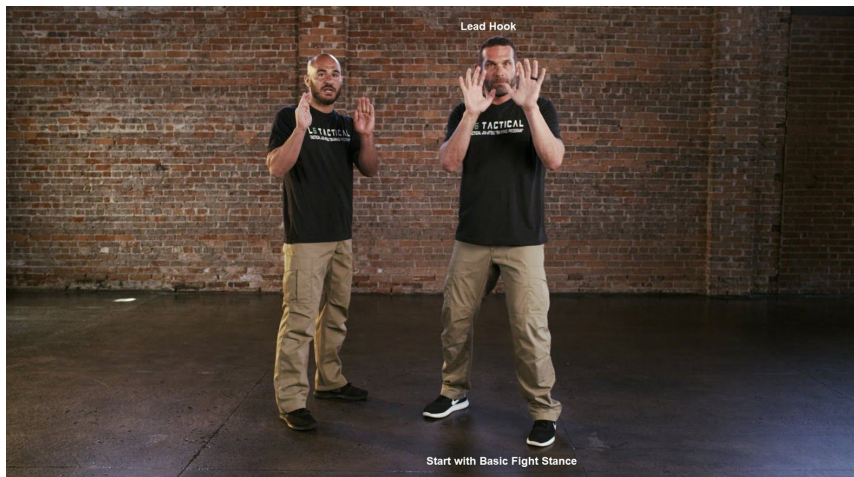


And that's how you throw a Straight Cross.

5TH MODULE: FUNDAMENTAL STRIKING #3 - THE LEAD HOOK

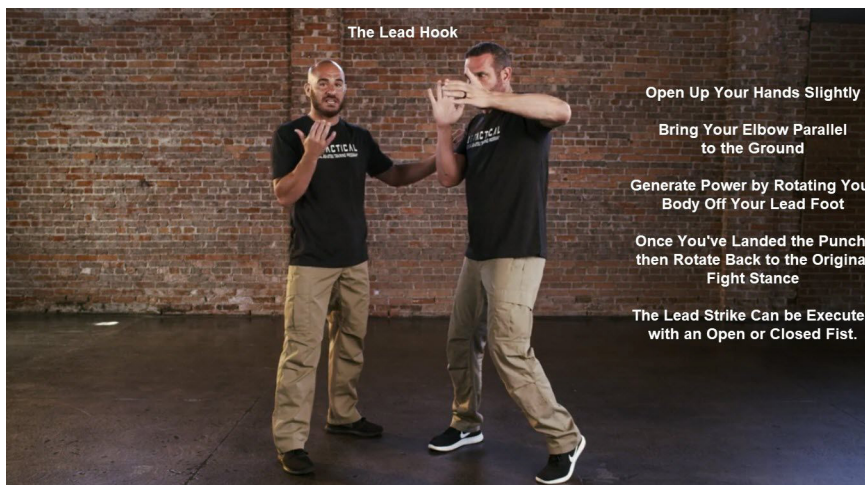
The Lead Hook is our third Fundamental Strike.

As with other strikes, everything begins with the basic fight stance.



To execute a Lead Hook, open up your hands slightly. Raise your forward elbow up until it is parallel with the ground. To generate power, rotate off your front foot.

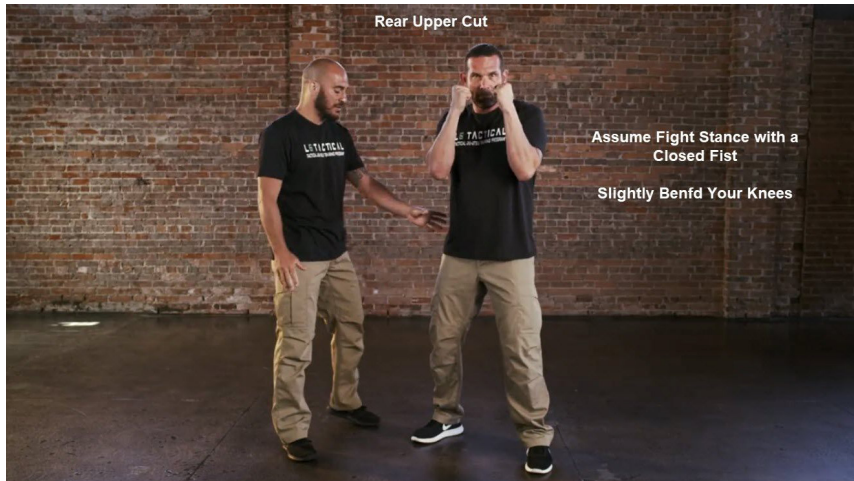
Once you've landed the punch, rotate back to your original fight stance.



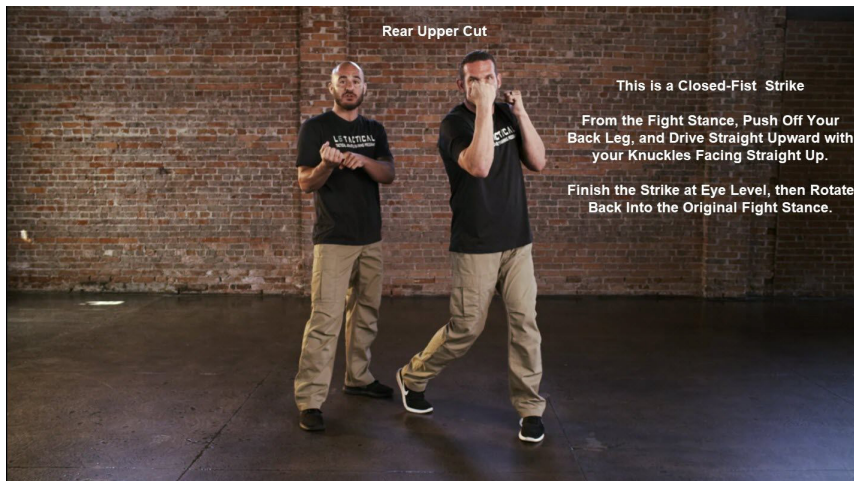
This strike can be executed with an open palm or a closed fist.

FUNDAMENTAL STRIKING: REAR UPPERCUT

With the Rear Upper Cut, you want to assume the basic fight stance, but this time with a closed fist.



Bend your knees slightly and push off your back foot while rotating your hips. His palms are going to face him as he delivers the strike straight upwards, stopping at eye level.



Once you've delivered the strike, return to your basic fight stance.

FUNDAMENTAL STRIKING: THE PALM STRIKE

If you are in close quarters with a potential conflict, and you want to distract your threat and escape, then the Palm Strike of “Bear Claw”, can be an effective strike.

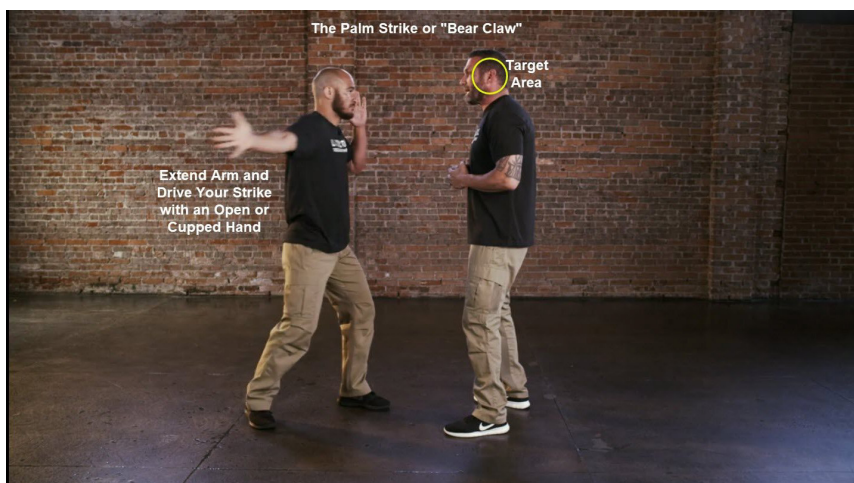
The goal behind the Palm Strike is to temporarily disorient your threat by landing an open-handed strike to the ear, temple or orbital area. This strike can be accomplished with an open or cupped palm.

As with other strikes, you start from the basic fight stance.

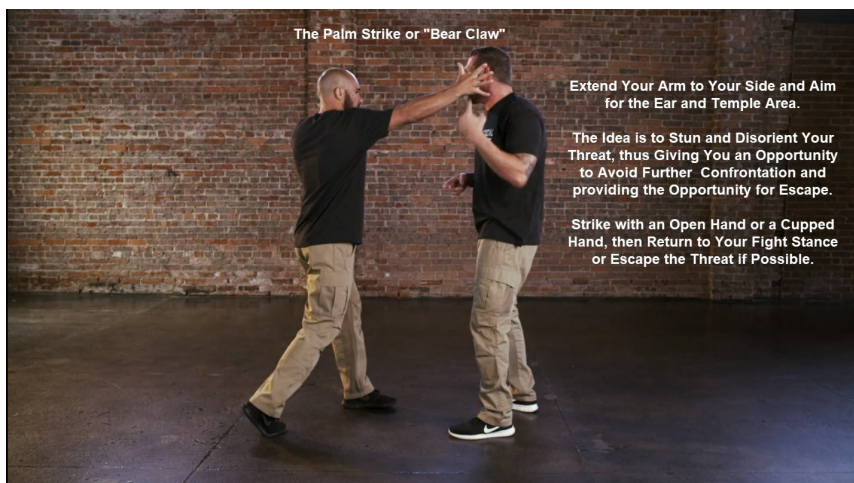


The goal is now to create a distraction. Fore example, you could look to his right and say, “Hey, who are you?” When he looks in that direction, you land the strike.

The Palm Strike begins with extending your right arm (if you’re a rightie) straight out to your side, and rotating your body to deliver the blow with maximum power. Again, the target area should be around the ear.



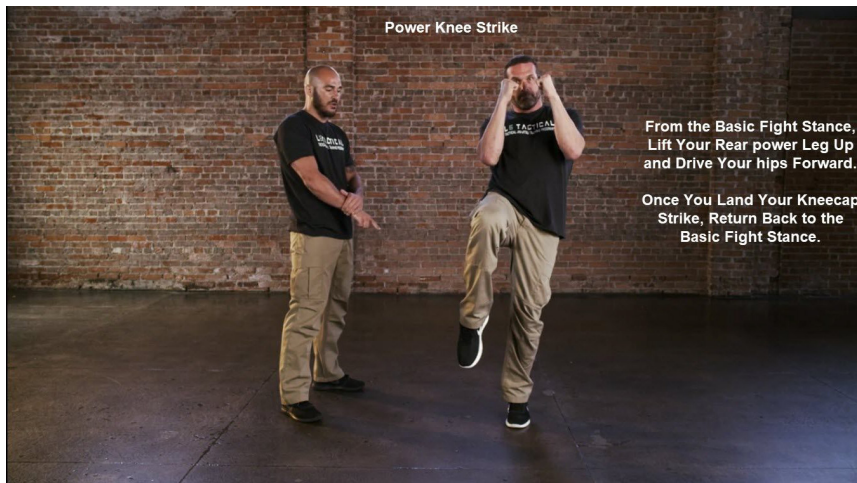
Deliver the strike to the ear. If landed properly, the strike can cause pain, disorientation, and ringing in the ears. A cupped hand strike can even rupture an eardrum. Return to your basic fight stance, assess the situation, and escape the threat, if possible..



FUNDAMENTAL STRIKING: THE REAR KNEE OR POWER KNEE

The Power Knee Strike starts from the basic fight stance.

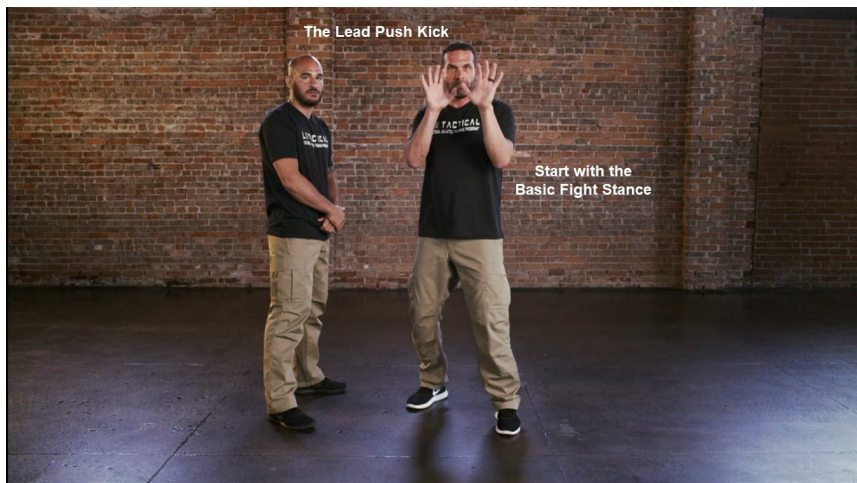
To execute this strike, lift your rear power leg, drive your hips forward and strike your threat with your kneecap. Once you've landed the strike, return to the basic fight stance.



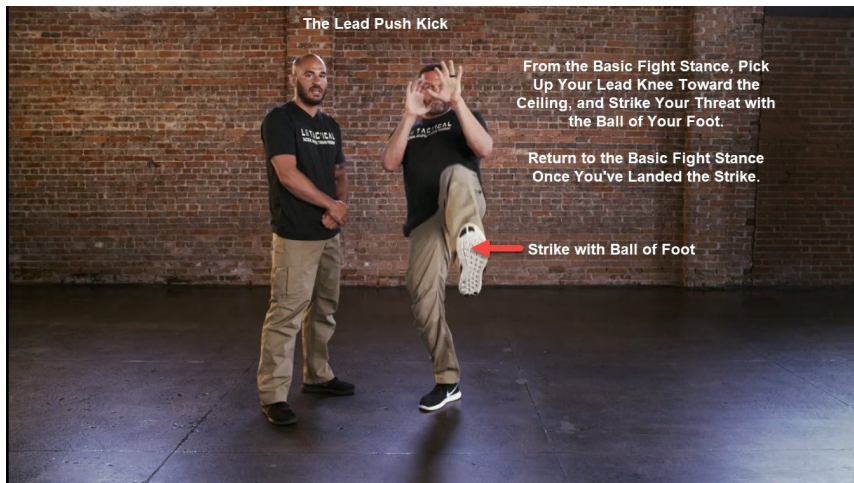
This is a very simple strike technique that can be highly effective in close quarters.

FUNDAMENTAL STRIKING: THE FRONT PUSH KICK

The Front Push kick utilizes your forward leg and not your rear power leg. As with all strikes, this maneuver starts with the basic fight stance.



Lift your lead knee toward the ceiling and strike your threat with the ball of your foot.

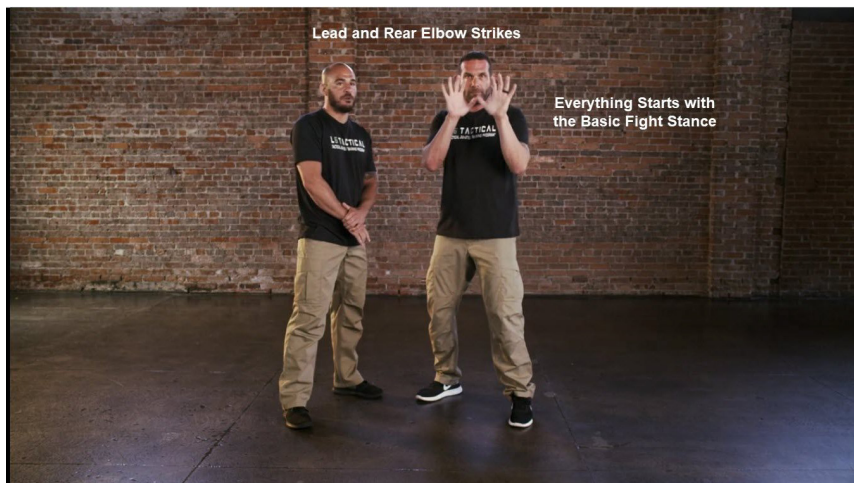


Once you've landed the strike, return to the basic fight stance.

FUNDAMENTAL STRIKING: LEAD AND REAR ELBOW STRIKES

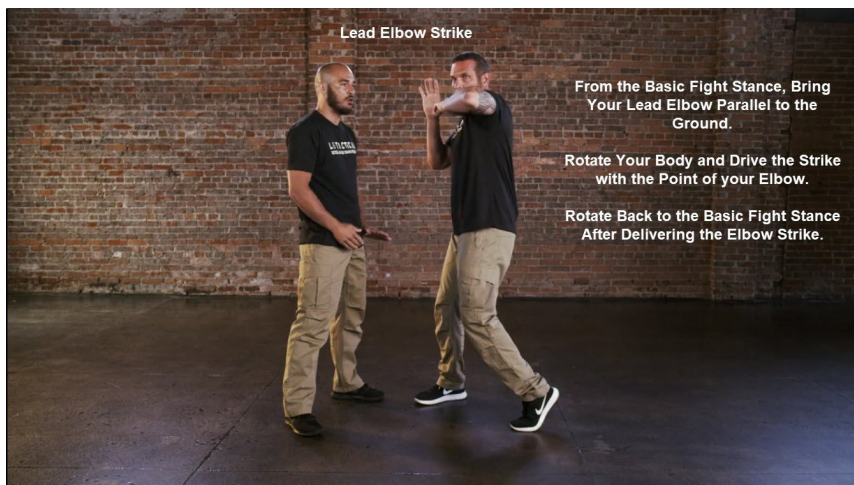
Elbow strikes can be highly effective in close quarters situations. In this module, we will cover four elbow striking techniques.

Each Elbow Strike originates from the basic fight stance.



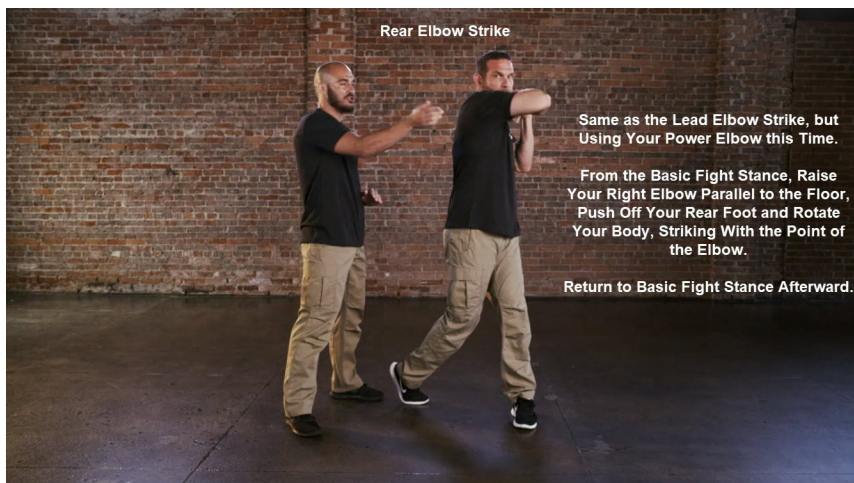
LEAD ELBOW STRIKE

This strike uses your lead elbow. From the basic fight stance, bring your lead elbow up to parallel, rotate your body, driving off your lead foot. Keep your other hand up to protect your face. Strike with the point of your elbow and return back to the basic fight stance.



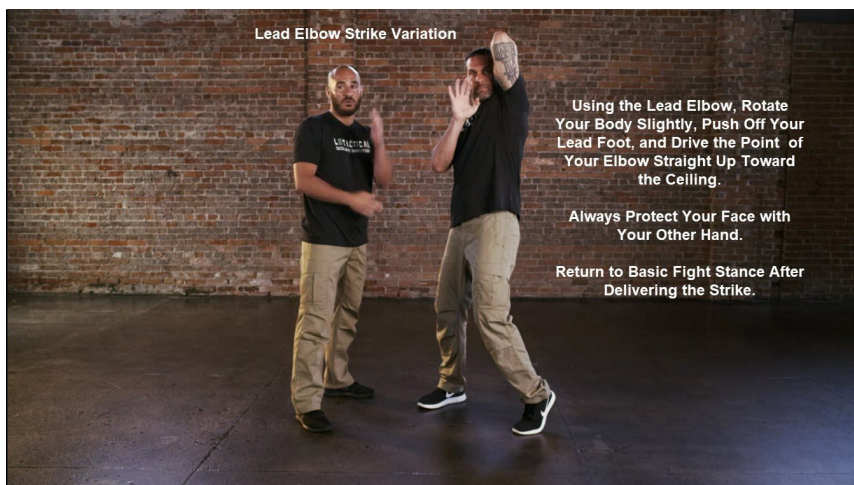
REAR ELBOW STRIKE

This strike uses your rear elbow. From the basic fight stance, bring your rear elbow up to parallel, rotate your body, driving off your back foot. Keep your other hand up to protect your face. Strike with the point of your elbow and return back to the basic fight stance.



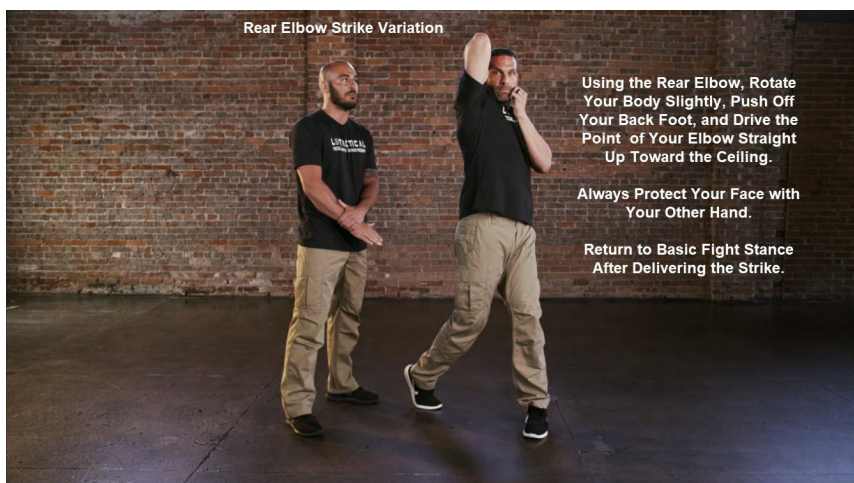
LEAD ELBOW STRIKE - VARIATION

This strike uses your lead elbow. From the basic fight stance, rotate your body slightly, push off your lead foot, and drive the point of your elbow toward the ceiling. Keep your other hand up to protect your face. Strike with the point of your elbow and return back to the basic fight stance.



REAR ELBOW STRIKE - VARIATION

This strike uses your rear elbow. From the basic fight stance, rotate your body slightly, push off your back foot, and drive the point of your elbow toward the ceiling. Keep your other hand up to protect your face. Strike with the point of your elbow and return back to the basic fight stance.

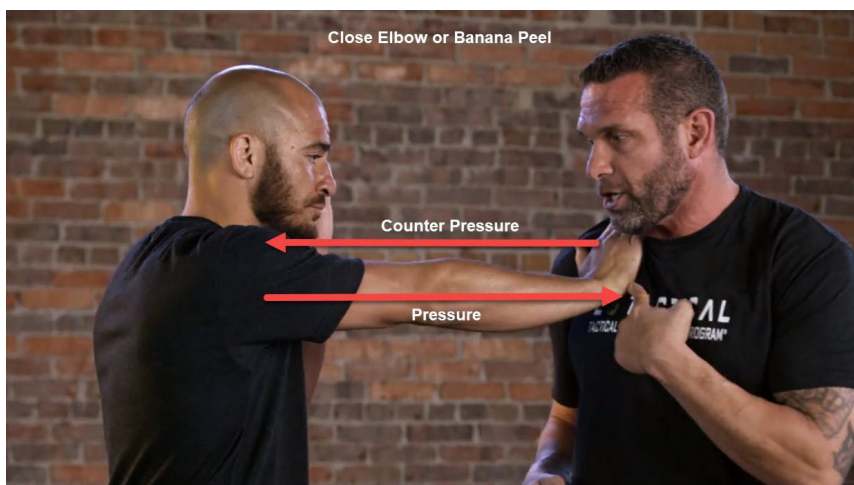


Again, learning how to execute elbow strikes can be valuable in close quarter situations.

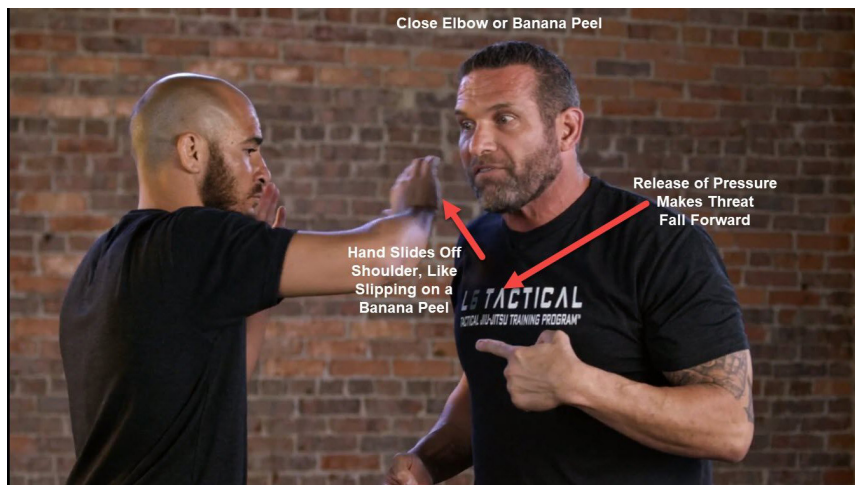
FUNDAMENTAL STRIKING: CLOSE ELBOW OR BANANA PEEL

When you are in a close quarters situation, a powerful technique can be the Close Elbow or “Banana Peel”.

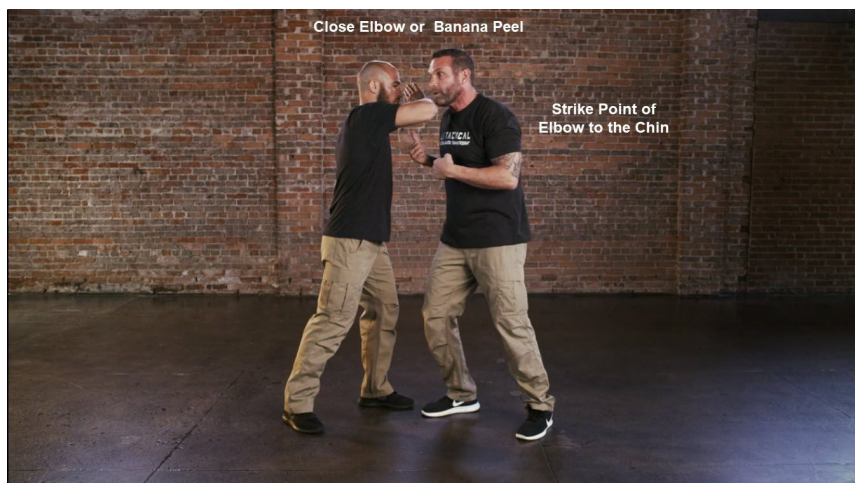
In this situation, you begin by stiff-arming your threat in the shoulder, creating pressure. If your threat leans back into you, then counter pressure is created. Two forces pushing against each other.



Once pressure and counter pressure has been established, slide your hand off the shoulder, like it slipped on a banana peel. The release of pressure will make your opponent fall forward.



Strike with the point of your elbow to the chin. This can deliver incredible force in a close quarters situation.



STANDING UP IN BASE: OPTION ONE



Here is one way that you can get up off the ground and stand up in base in a safe and effective manner while protecting yourself from a threat.

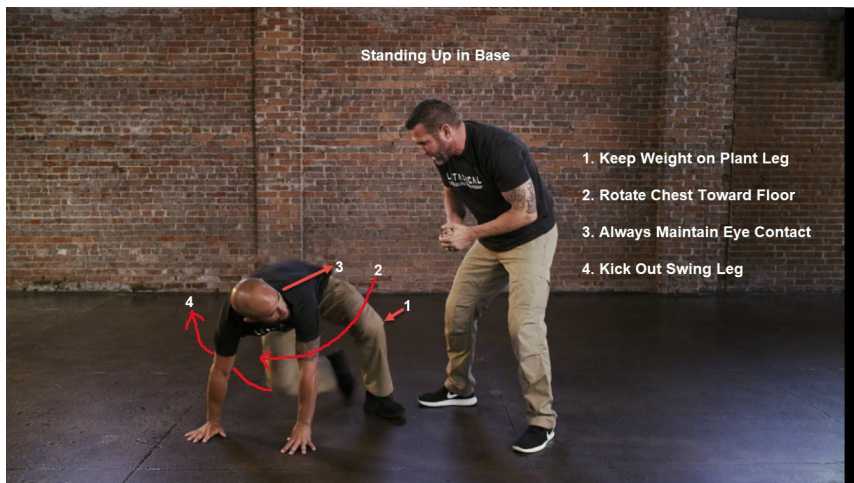
THE PROPER TECHNIQUE



1. Start by sliding the heel of one foot underneath the other leg as close to the butt as possible.
2. Slide the other leg as close to your body as possible.

3. Place your palms on the floor

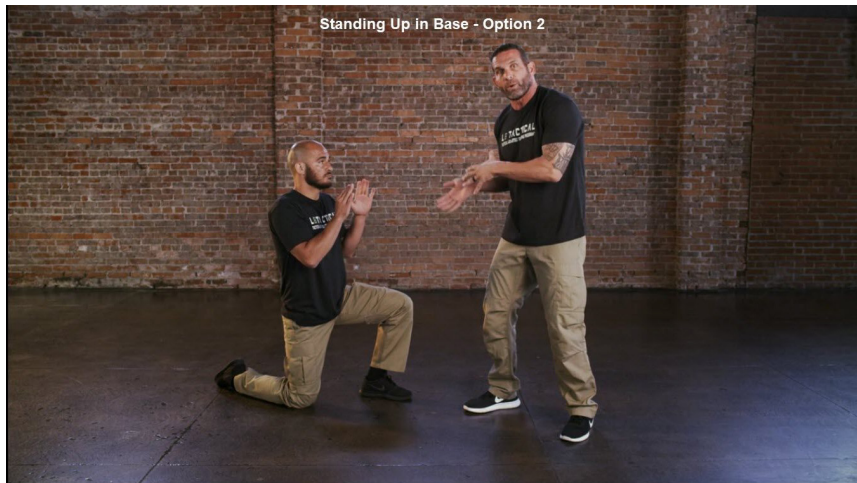
This creates a “hammock” like effect, thus allowing you to swing back into your basic fight stance while always keeping your eye on the threat.



Stabilize and get back into the basic fight stance.



STANDING UP IN BASE: OPTION 2



If you find yourself on the ground resting on one knee, there is a way to get up back into base safely and effectively without the need to put your hands on the ground.

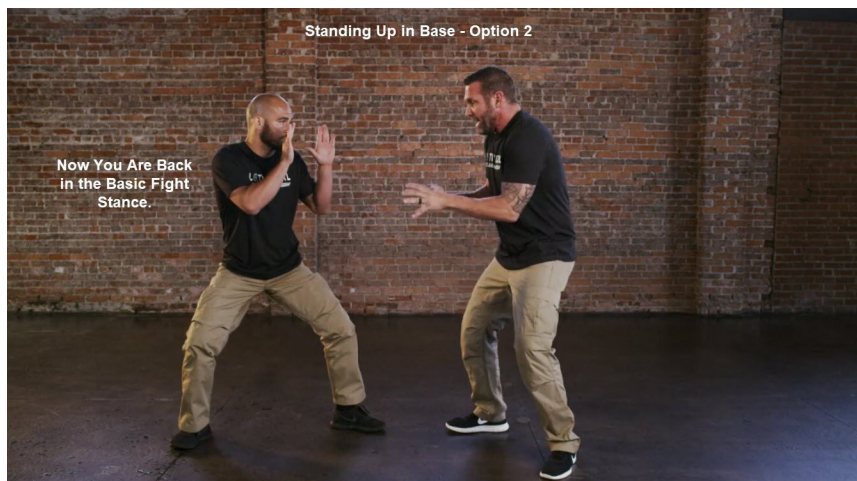
Take your leg that's on the ground, and swing it out like it's a windshield wiper.



Next, curl your toes, raise your rear knee up and rotate away from you while your back foot is driving your heel to the ground. This will allow you to quickly stand up into a base fight stance while never dropping your hands or losing eye contact while maintaining a safe and powerful stance while standing.



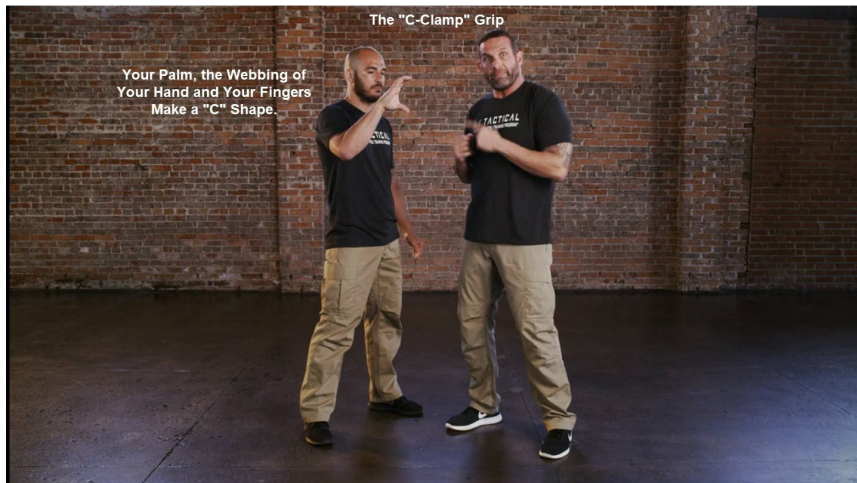
When you practice this, you will learn how easy it is to return back to basic fight stance when you are down on one knee.



THE THREE GRIPS WE USE

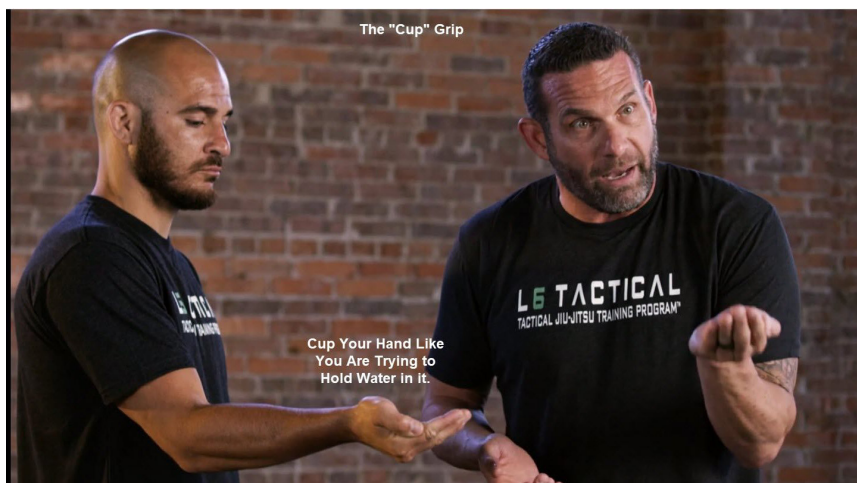
Our program uses 3 basic grips, and each one of them will be covered in this module.

The “C-Clamp” Grip



Make a “C” shape with your palm, the webbing of your hand and your fingers.

The “Cup” Grip



Cup your hand with your thumb pressing in, like you are trying to cup a handful of water.

The “Hook” Grip



The “Hook” grip is just like the cup grip, but point your fingers down toward your forearm.

These are the three grips you will use in the L6 Tactical Jiu-Jitsu program.

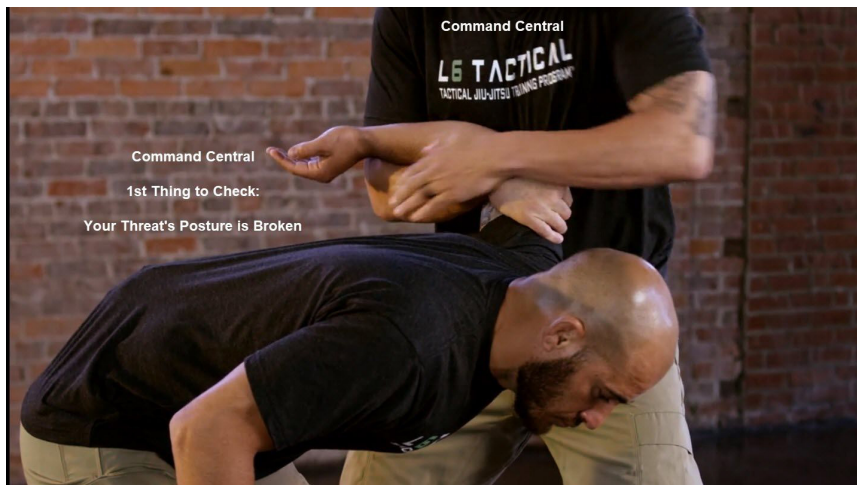
COMMAND CENTRAL

In this module, we will share the core of this program. Borrowed from the Law Enforcement and Military communities, we call it “Command Central”.

If you execute this hold properly, then you are in complete control of the situation.

There are five key checkpoints you need to review to make sure you are doing the Command Control Hold properly:

First Checkpoint: Your Threat's Posture is Broken



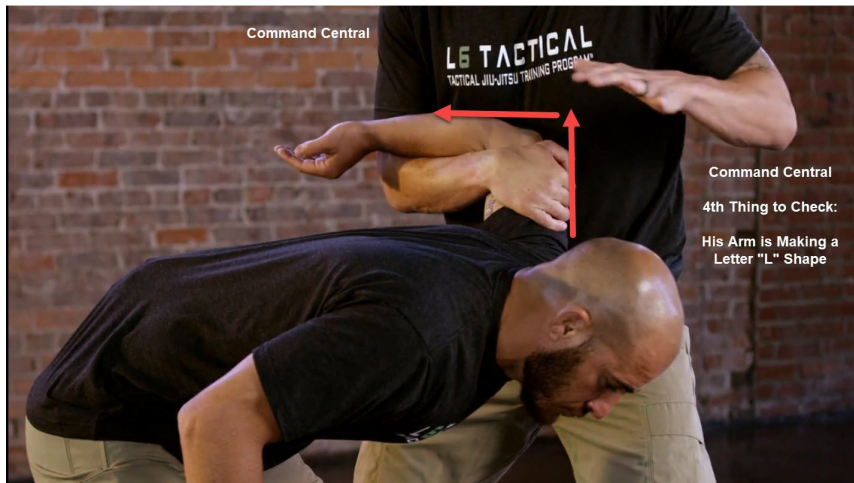
Second Checkpoint: You're Standing in a Good, Solid Base



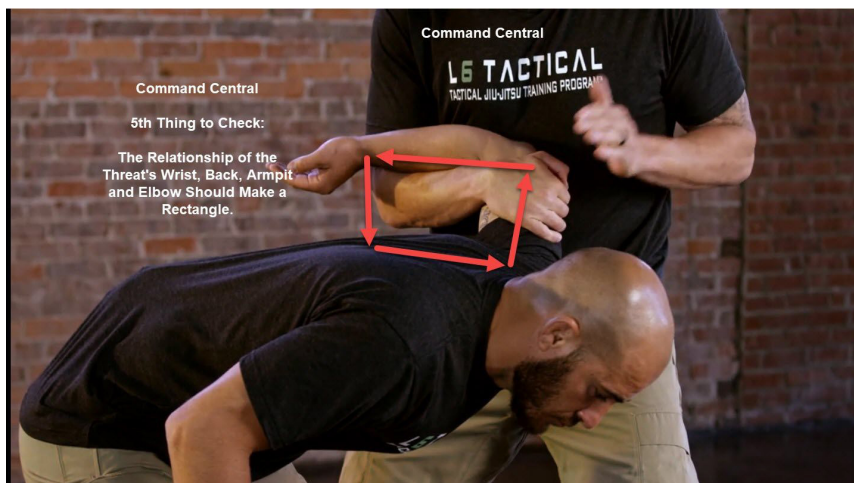
Third Checkpoint: Your Threat's Elbow is Pinned to Your Chest



Fourth Checkpoint: His Arm is making a Letter “L” Shape



Fifth Checkpoint: The Relationship Between His Wrist, Back, Armpit and Elbow makes a Rectangle

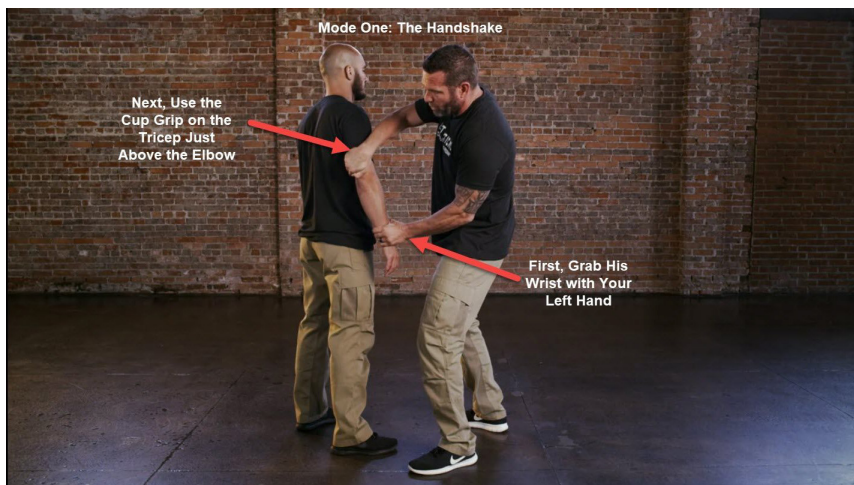


These 5 Checkpoints give you maximum control , leverage and efficiency over your threat.

THE 5 MODES OF ENTRY

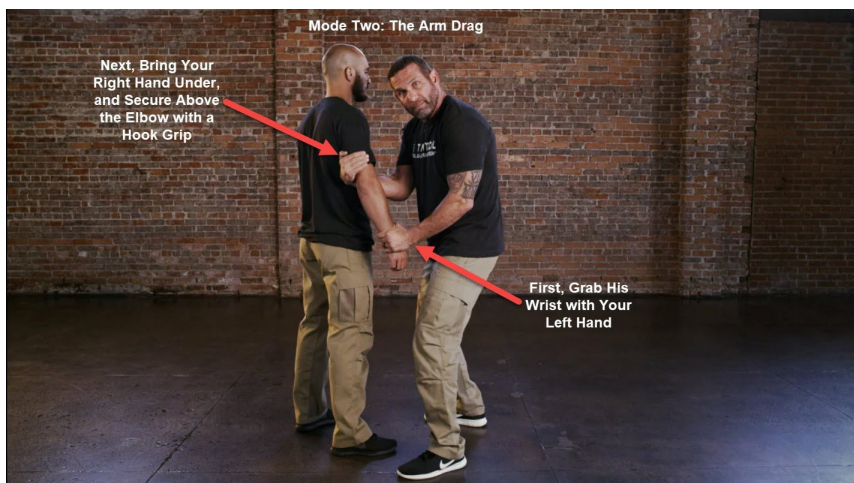
In this module, we will cover the five modes of entry you can use if you decide you need to engage your enemy with the goal of achieving Command Central control.

Mode One: The Handshake



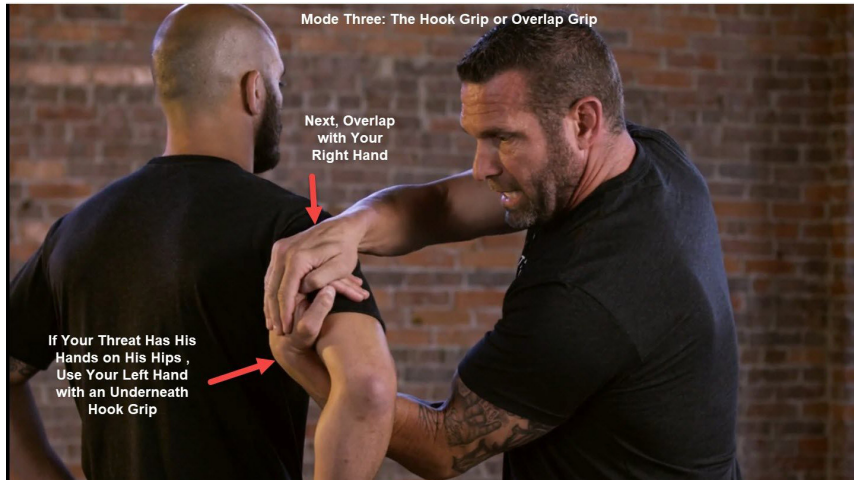
1. Using you lead hand, grip your opponent's right wrist.
2. Next, come over his forearm with your rear hand and Cup Grip his triceps.

Mode Two: The Arm Drag



1. Using you lead hand, grip your opponent's right wrist.
2. Next, come underneath his forearm with your rear hand and Hook Grip his triceps.

Mode Three: The Hook Grip or Overlap



This entry technique can be useful if your threat has his hands on his hips.

1. Bring your lead arm underneath his upper arm and Hook Grip the triceps.
2. Bring your rear arm over and overlap your lead hand.

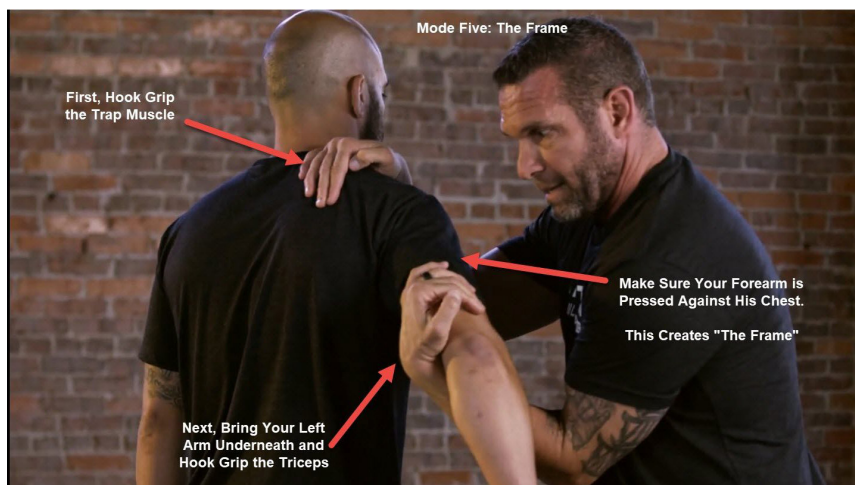
Mode Four: The "C-Clamp" Grip



Again, this entry mode can be handy if your opponent has his hands on his hips.

1. Bring your lead hand underneath his arm and Hook Grip his triceps.
2. Using your rear hand, apply a “C-Clamp” grip on his neck.

Mode Five: The Frame



This entry mode works best if your threat is walking toward you.

1. Using your rear hand, Hook Grip the trap muscle.
2. Make sure that your forearm is resting against his chest. This creates a “frame”.
3. Bring your lead arm underneath and Hook Grip his triceps.

If you practice these entry methods, it brings you a step closer to Command Control.

FLASHBANGS FOR DISTRACTION OR CREATION

In the previous module, we discussed Modes of Entry, with the goal of ultimately achieving Command Central Control.

In this module, we will cover Strikes and “Flashbangs”. Strikes are an excellent tool to have for self-defense. The goal, however, is not to knockout your opponent.

In the Tactical Program, we use striking for two reasons:

1. To distract the threat
2. Or to create an opportunity for yourself

Here's what we're talking about.

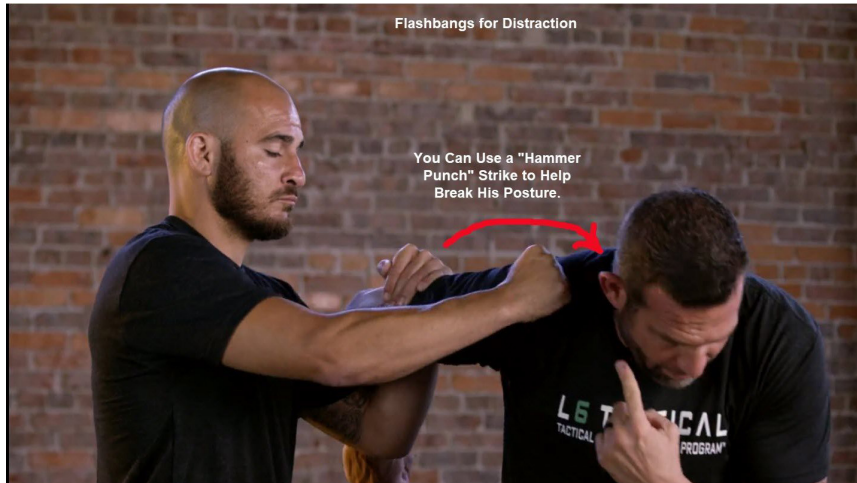
Let's assume you have your threat in an Overlap Grip, but he's fighting you.



The goal is to break his posture so that you can gain control and get to Command Central.

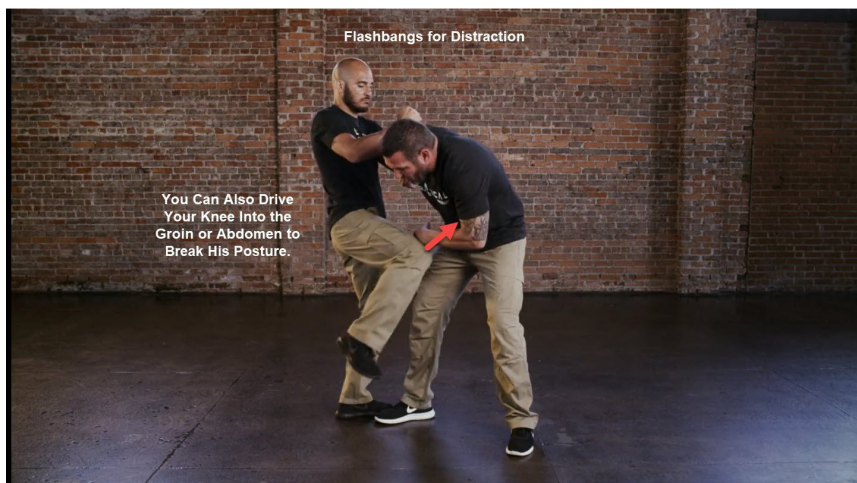
And that's where Strikes and flashbangs come in handy. Here are a few ways to accomplish this.

The Hammer Punch



Use your overlap hand to strike your threat in the face. That may stun him and cause him to bend over, thereby breaking his posture, where he can pull me down into Command Central..

Throw a Knee



You can drive your knee into the groin or abdomen and break posture as well.

Using the Jab



If your facing your threat with your hands up protecting your face, a jab to the point of the chin will drive your threat's head backward. This may buy you enough time to escape the situation.

We don't use striking to solve the problem. If we use striking to create opportunities and distract our opponent, then we are strategically and tactically using our strikes to our advantage.

That gives you the best chance of survival in self defense.

DRILLS AND ADJUSTMENTS

In this module, you will learn a few tips, tricks and drills that you can use to enhance your skills in this program.

So, let's get started.

The Scarecrow Drill



As your opponent to hold his arms out and down like a scarecrow. Using your hand on the same side, grab his wrist.



Next, release the grip and rotate your palm down so that the backs of your hands are touching.



Slide your hand up the inside of his forearm without losing contact.



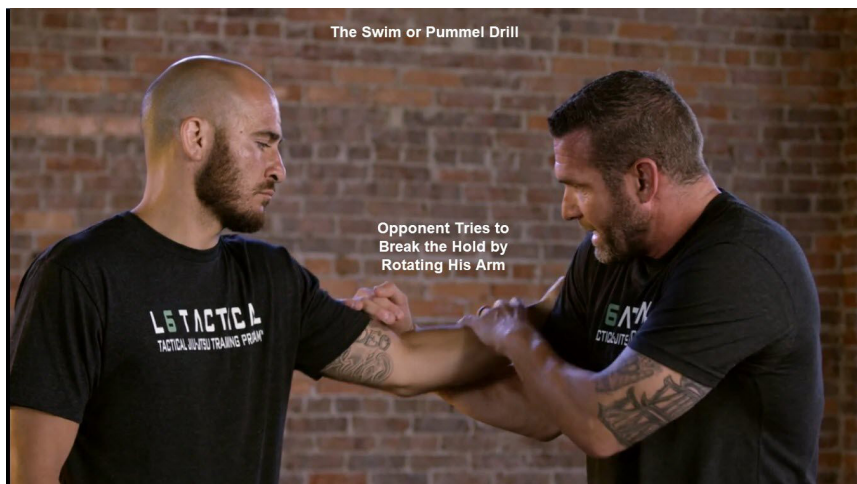
Hook Grip the tricep muscle.

The Swim or Pummel Drill

This drill uses a “swimming” motion if your opponent tries to wiggle out of a hold, and will allow you to regain control.



To start, you have a Hook Grip on your opponent's arm.



He turns his elbow and starts to pull away from the hold.

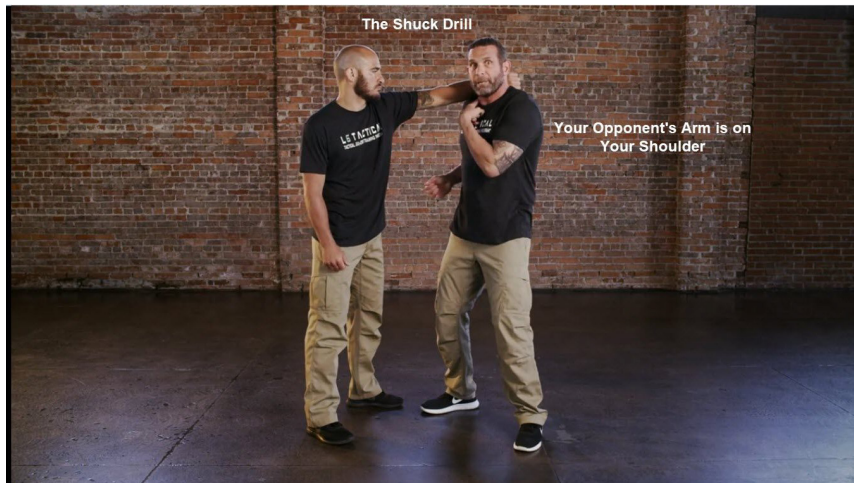


As your opponent begins pulling back, "Swim" your hand over and inside his arm without losing contact.



Re-apply the Hook Grip and establish control.

The Shuck Drill



Your opponent's arm is on your shoulder in this situation.



Hook his arm and trap his wrist against your neck.



Pull him down to your left. His natural reaction will be to resist.



Once you feel resistance, drive back to your right, pulling his arm off your neck and bring it down to a level where you can begin to reassume Command Central

The Windshield Wiper Drill.



In this drill, your opponent is pointing his finger in your face. Your hands are up to protect your face.



Grab his wrist, and use a “windshield wiper” motion to drive his arm down toward the floor using your lead hand.

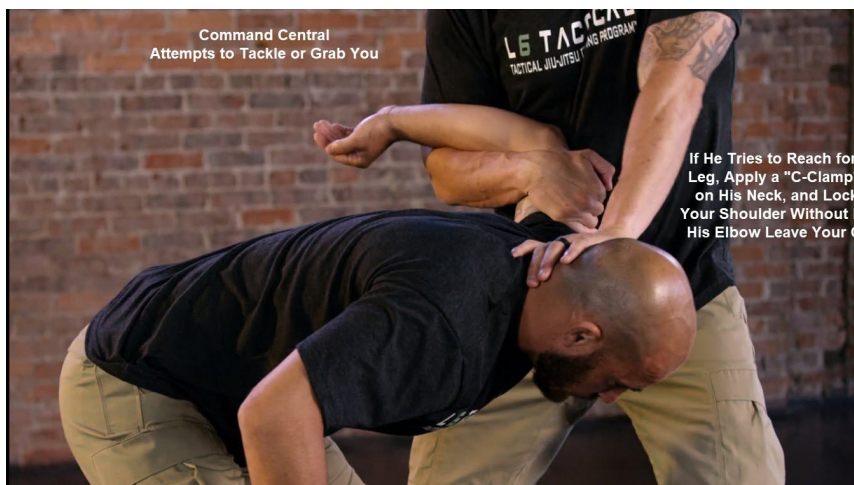
Practicing these drills with a partner will enhance your skill set in this program.

COMMAND CENTRAL: MANAGING ATTEMPTS TO TACKLE OR GRAB YOU

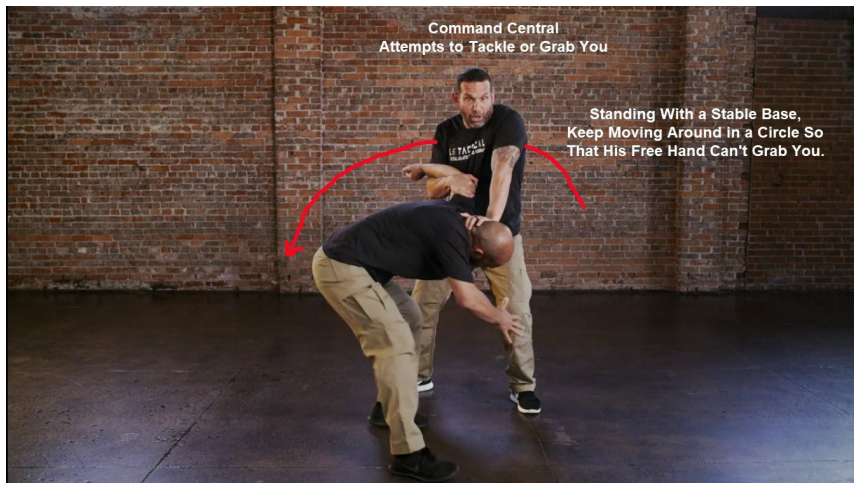
When you've established Command Central, it's very likely that your threat will do everything the can to escape your control.



That will include trying to grab your leg, punch or tackle with their free hand.



Apply a "C-Clamp" Grip to his neck and lock out your shoulder, while keeping his elbow pinned to your chest.



As he tries to move for your leg, maintain a stable base and walk in a circular motion towards the back of the threat, like a dog chasing its tail.

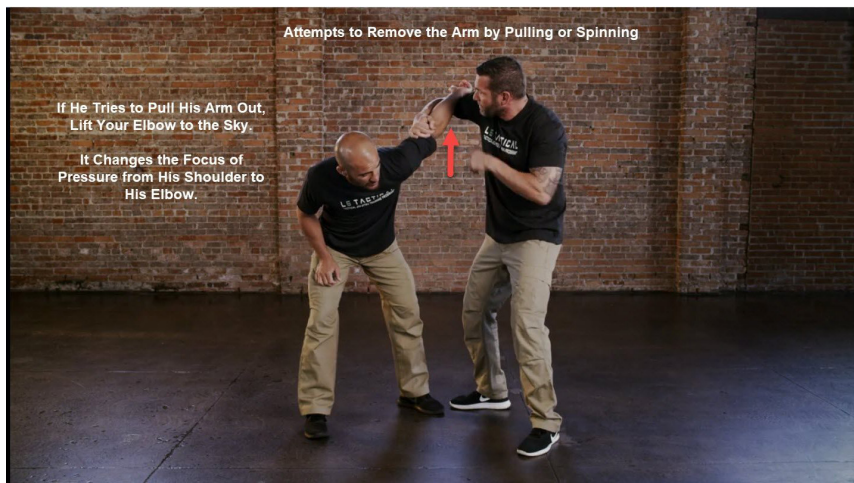
ATTEMPTS TO REMOVE THE ARM BY PULLING OR SPINNING

In this module, you will learn some of the most common ways your threat will try to escape you if you have engaged in one of our 5 modes of entry.

He can attempt to escape by pulling his arm straight out, or by trying to spin out of your hold.



Pulling the Arm Straight Out



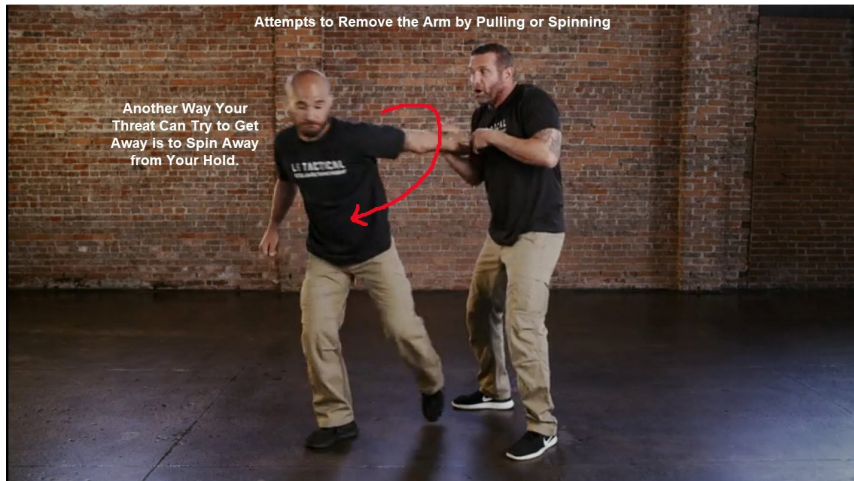
If you feel him trying to pull his arm out of the hold, then immediately raise your elbow toward the ceiling, like a chicken wing move or think of a penguin flapping his flippers.

When his arm is bent, it manipulates his shoulder. When you raise your elbow and help him straighten out his arm, it manipulates the elbow joint.



You can add additional pressure on the elbow joint by applying an Overlap Grip. If you push down from the Overlap Grip, then it's a bad day for his elbow joint.

Spinning Out of the Hold



Another way your threat can try to escape is to spin out of the hold by turning away from the tactical kimura.



The instant you feel him trying to spin out of your hold, we will apply a move called "The Human Shield".

You will maintain your initial grip on the arm and you allow the threat to spin and the arm will bend while you hold it. You will then roll his elbow behind him into an "L" shape and pin it to your chest. This will zip up his shoulder super tight.



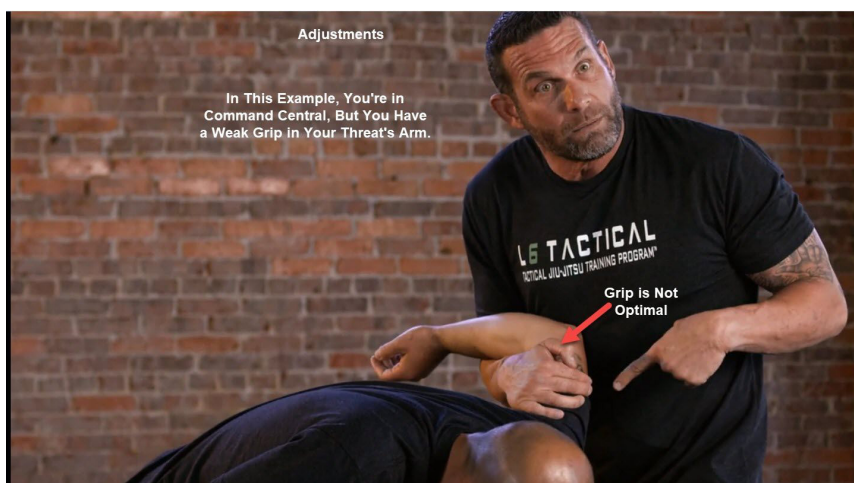
Depending on his height, take your other arm and wrap it around his neck or chest. Hold him close, and you're in control. You can walk with him or move with him, but his Shoulder and elbow are locked up.

If he is still getting squirrely with you, then you can drive their elbow to the floor by lifting yours and it adds tremendous stress on their shoulder joint.

Make sure to keep your head low to avoid getting a Head-Butt.

ADJUSTMENTS

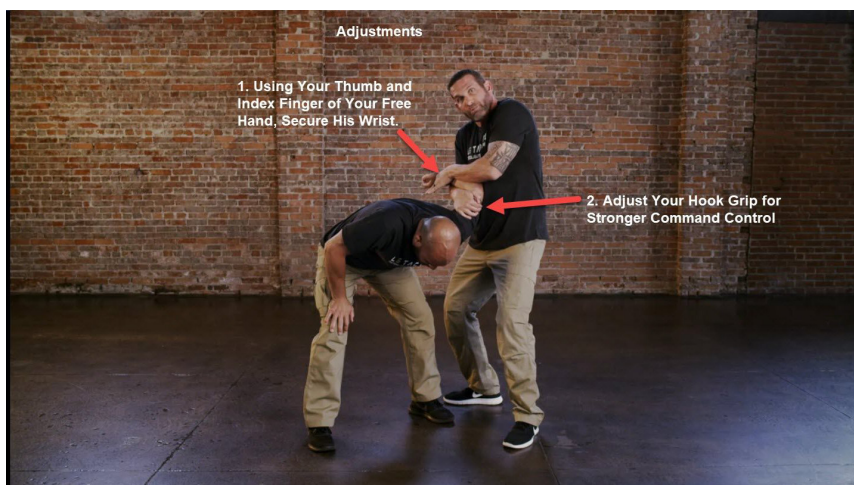
This module will cover adjustments you can make from Command Central if you didn't get the best hold on his arm upon entry or in Command Central.



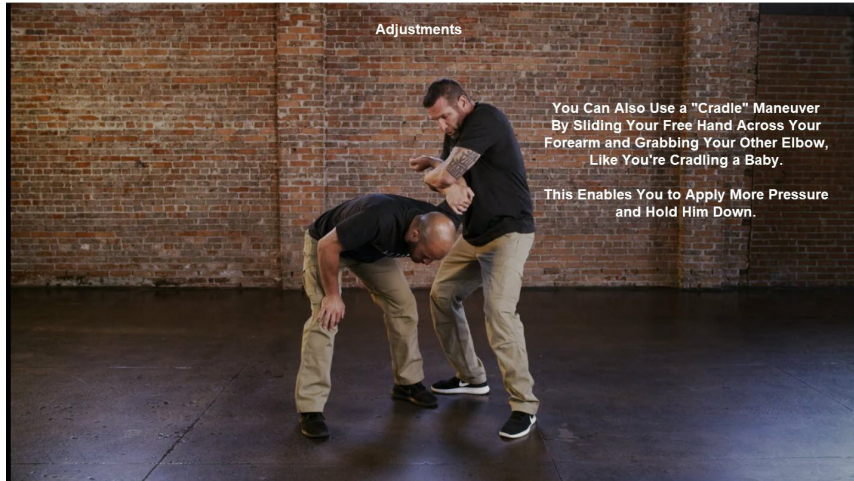
Remember in Command Central, there are 5 key checkpoints:

1. Posture is broken
2. You're in a strong, stable base
3. You have his elbow bent in an "L" shape
4. His elbow is pinned to your chest, and
5. The relationship of the wrist, back, armpit and elbow makes a "rectangle" shape.

Let's assume you've covered all of these checkpoints, but your grip on his tricep muscle is shallow, and therefore not optimal.



Using the thumb and index finger of your free hand, secure his wrist without moving it. Then take your arm that is already hooking the back of the threat's arm and slide it forward so that your hand more tightly overlaps the back of their arm. The zipper gives you the time to adjust your Hook Grip and make it stronger.



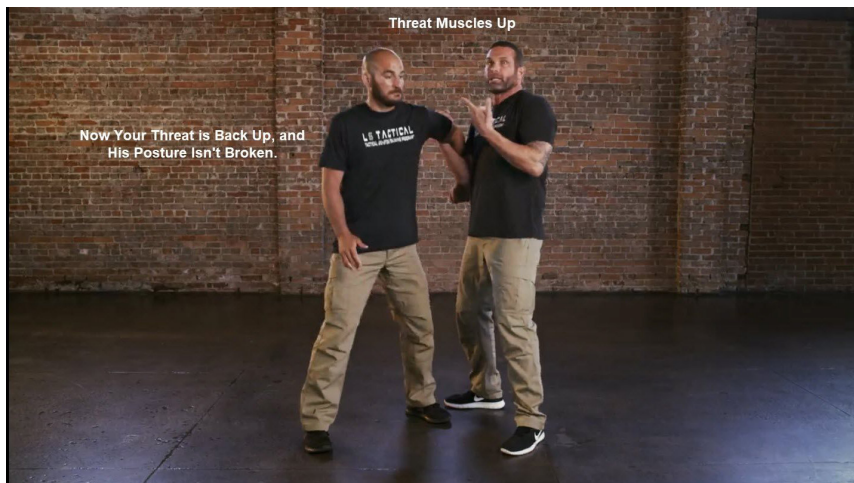
Another thing you can do is the "Cradle" technique. Take your free hand and slide it across your forearm, grabbing your other elbow. It's just like cradling a baby, but in this case, it's your threat's forearm. The Cradle technique gives you a lot of leverage to control your opponent and is a huge help in order to hold him down. This provides 2 arms working against your opponent's shoulder but of course you can always go back to 1 arm if you need the other for other purposes.

THREAT MUSCLES UP

In this module, we will cover a couple of ways that your threat can resist you and fight back.



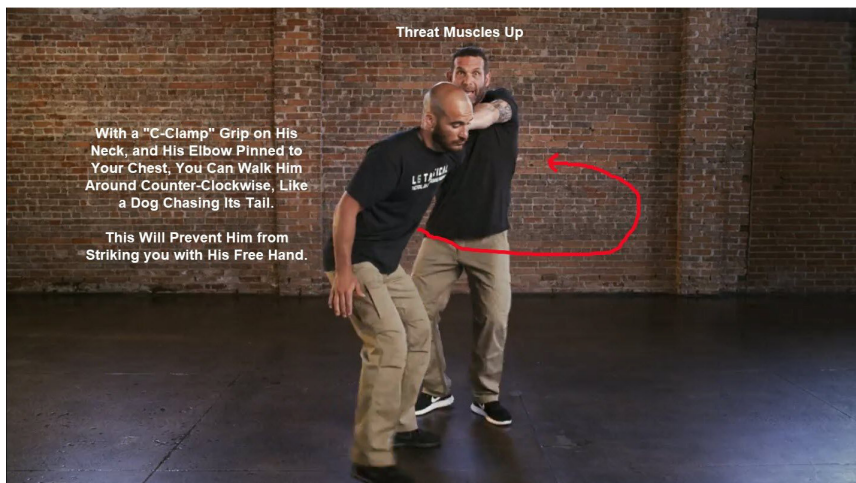
Let's assume you were able to break your threat's posture and get them into Command Central. In the heat of the battle, they find some way to muscle-up and regain their posture.



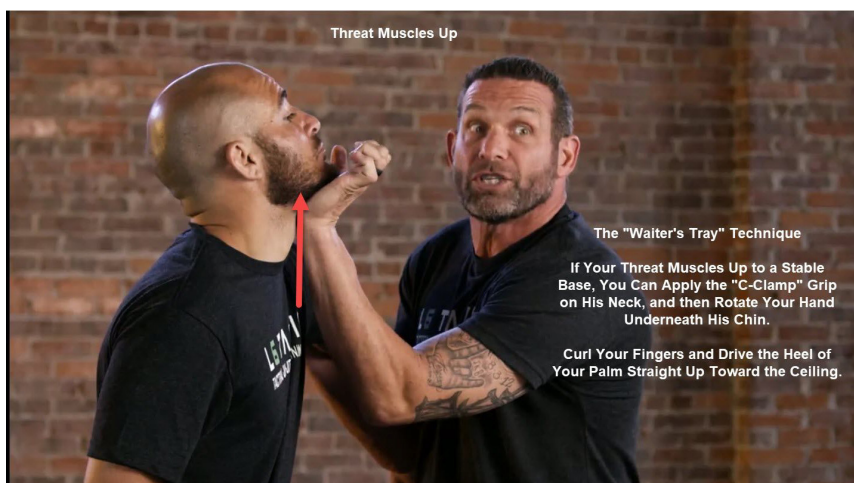
Ater muscling-up, your threat has now regained their posture and Command Central is broken. Here's one thing you can do.



Apply the "C-Clamp" grip to his neck and roll your shoulder inward to keep his elbow pinned against your chest.



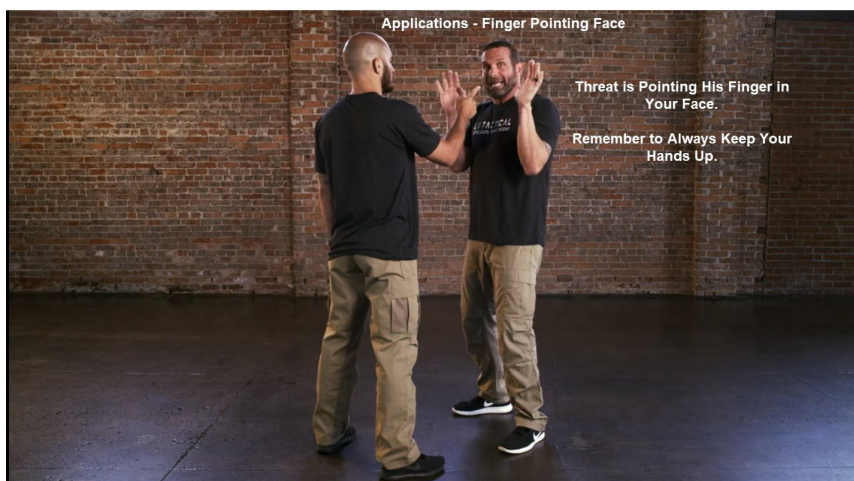
If he tries to come around you, then you can use the "C-Clamp" and the "Dog Chasing Tail" maneuver circling counterclockwise to keep his free hand from engaging you. You can also use Flashbangs to try to break his posture and get back into Command Central.



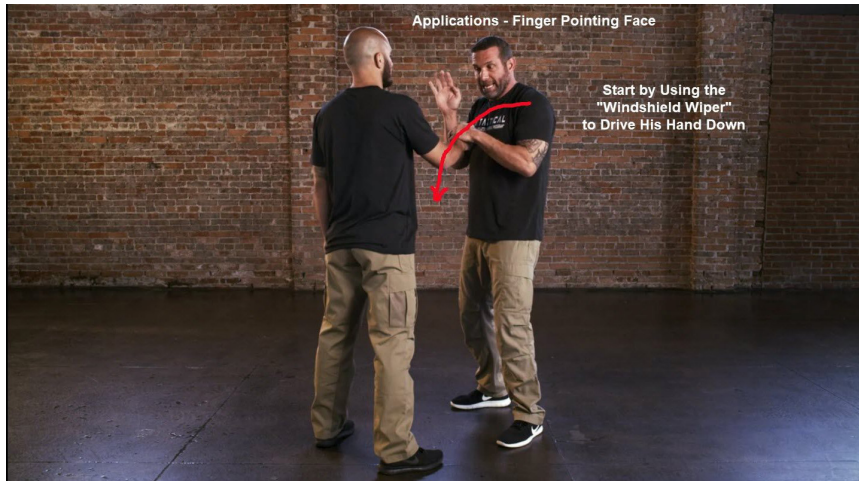
If he manages to square around and face you, then rotate your hand from the "C-Clamp" to the "Waiter's Tray" position. Curl your fingers and drive straight up with the heel of the palm of your hand toward the ceiling driving their chin to the sky. It is important to push up and not straight back where they can resist. By pushing up the neck is too weak to resist your leverage.

APPLICATIONS: FINGER POINTING FACE

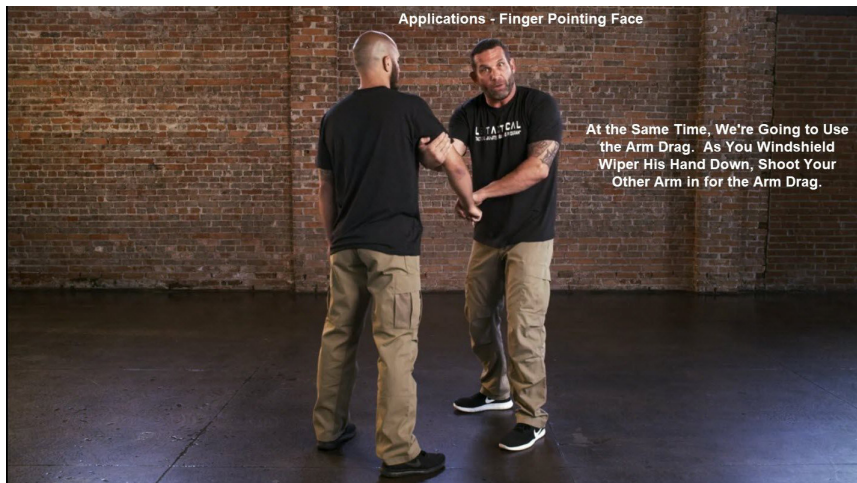
In this module, let's assume your opponent is pointing his finger in your face in a threatening manner. Remember to always keep your hands up to protect your face.



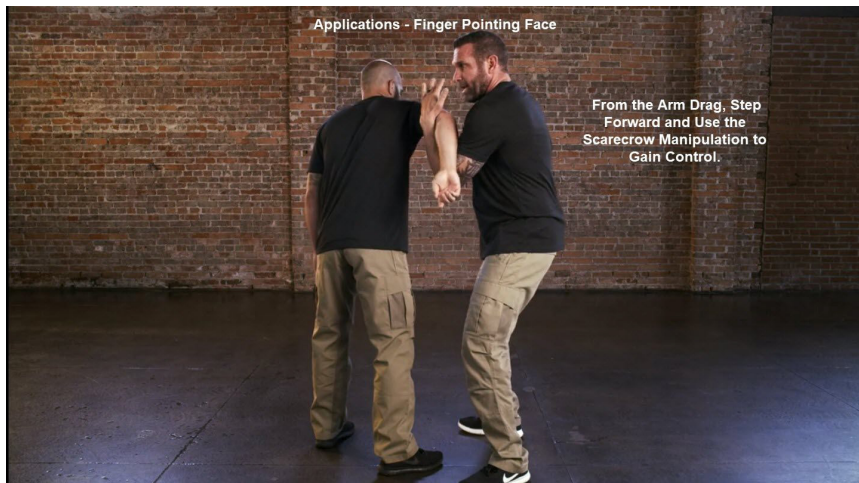
You are going to use two maneuvers that we have previously covered in this series: the “Windshield Wiper” and the “Arm Drag”.



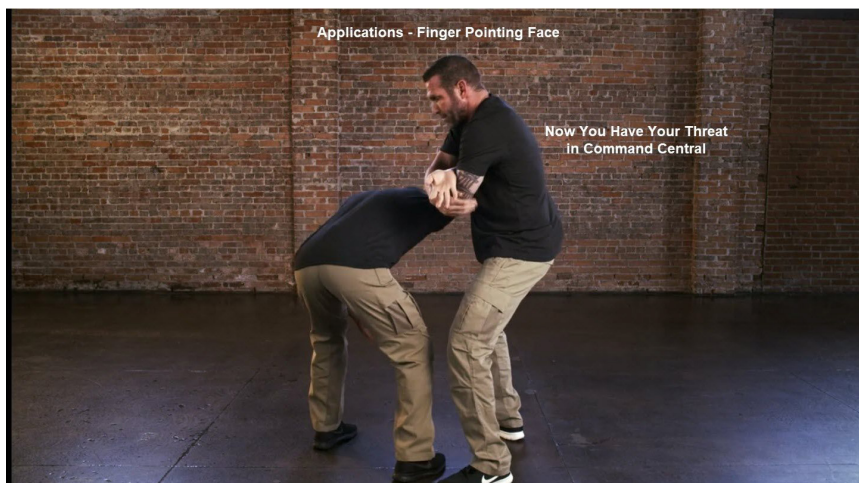
In this example, you will use the Windshield Wiper with your left (lead) hand to drive his pointed finger toward the floor.



As soon as you Windshield Wiper his arm down, slide your right (rear) arm come underneath and hook his tricep muscle.



Step forward using the Scarecrow maneuver to slide your master hook on to the back of their arm while at the same time opening up the arm drag hand off of the back of their arm making space for your windshield wiper hand to slide through. Then once your primary hand is on the back of the arm, overlap it with your other hand to the hook grip position then gain leverage on the shoulder joint and to break posture.



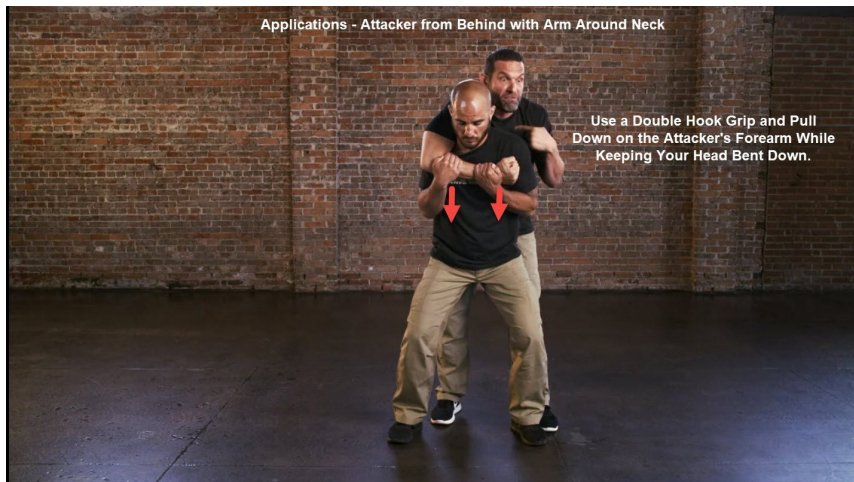
Lock your threat into Command Central, making sure all five checkpoints are covered.

APPLICATIONS: ATTACKER FROM BEHIND WITH ARM AROUND NECK

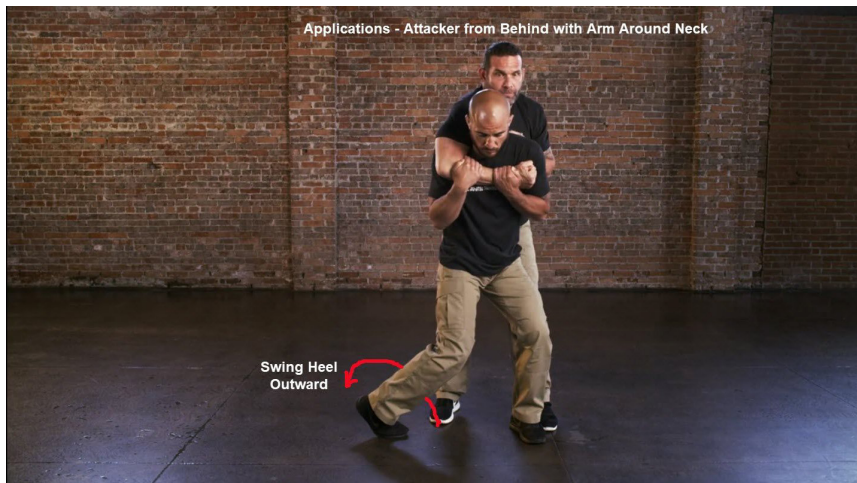
In this module, an attacker has his forearm wrapped around your neck, which is extremely dangerous.



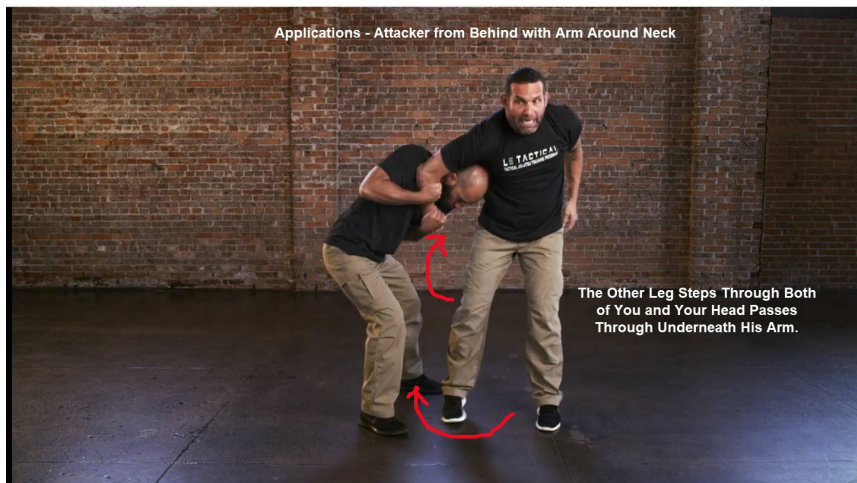
You need to act quickly, so here's what you need to do.



Use a Double Hook Grip and pull downward and forward on his forearm, keeping your head tucked down and doing your best to prevent further squeezing of your neck and to gain good base and balance. Widen your feet, bend your knees and lean slightly forward with your body and head preventing from getting yanked back.



From the side that his elbow is wrapped around your neck, swing that heel outward.



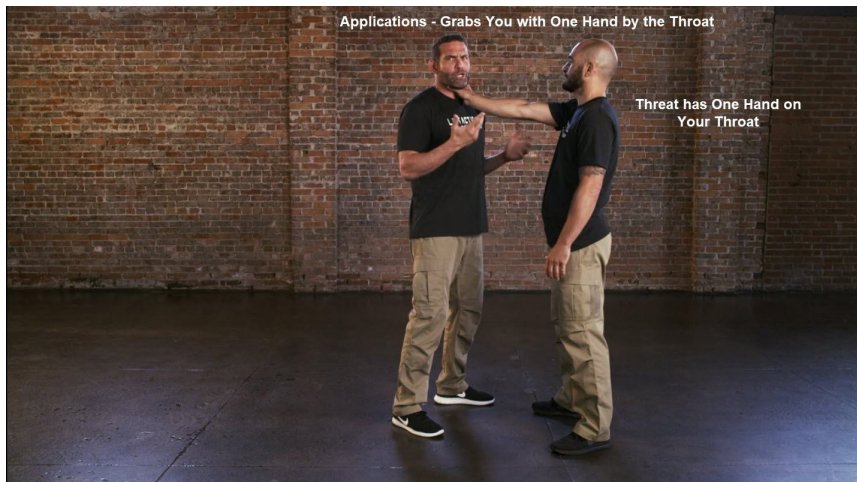
Step your other foot between you and the threat. As your head ducks under and then pops out the back of their arm. Once your head is out, drive your arm holding their wrist through and forward on their arm sliding your hand over the back of their arm applying a hook grip.

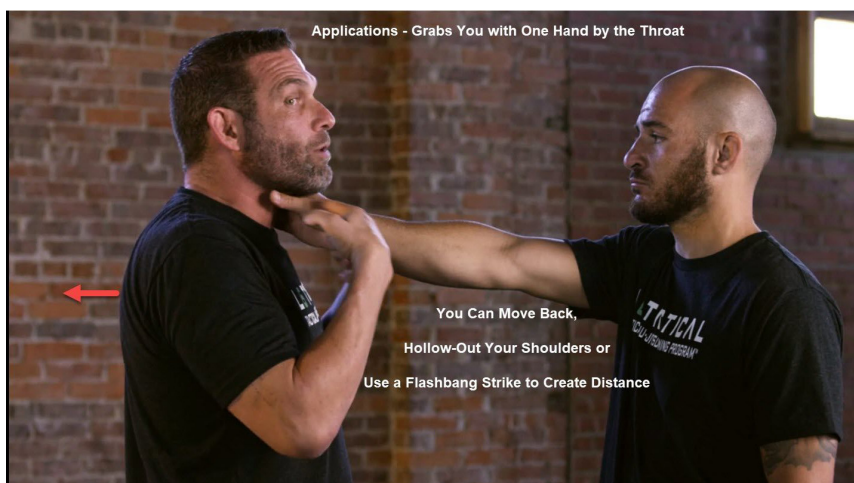


Apply a Hook Grip on his Tricep muscle and pin his elbow against your chest. Slide your free arm over your own arm and Use a Cradling maneuver to lock in Command Central.

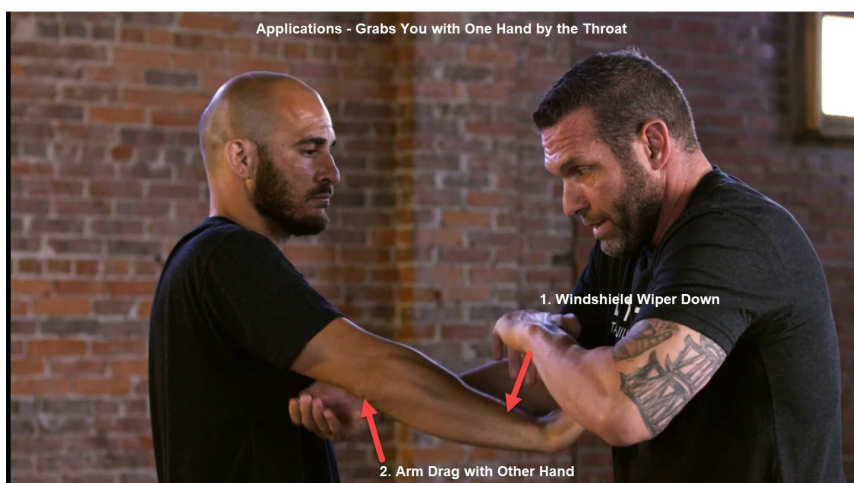
APPLICATIONS: GRABS YOU WITH ONE HAND BY THE THROAT

In this module, your opponent has one hand on your throat. We will use a couple of solutions to escape this threat.

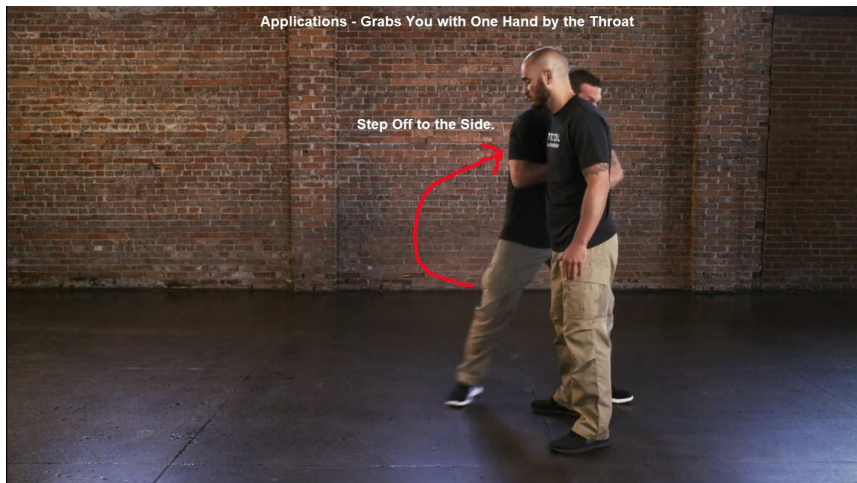




First, you want to create distance between yourself and your threat. To do this you can back up taking a step back with the same side leg on the side the attacker is using to choke, you can push your neck down and hollow-out your shoulders and back backwards hollowing out your body, or use a Flashbang like a hand strike to the face to distract him thereby changing the focus from grabbing your neck to handling the strike.



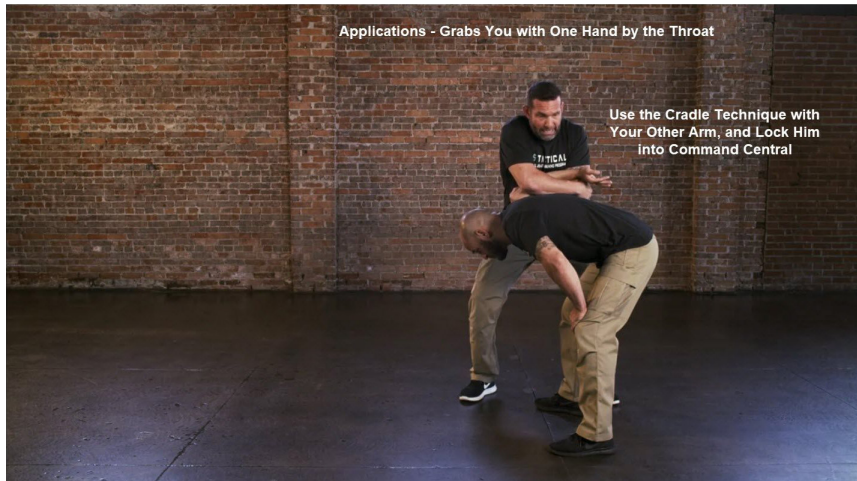
Next, swipe his arm down with the Windshield Wiper maneuver using your arm on the same side as the attacking arm, and slide your other hand across their body and underneath their arm for an arm drag.



Slide your windshield wiper hand through and scarecrow up to your master grip. With your hook grip on his tricep muscle, while doing all of this you want to take a step off to the side of your threat getting out of harm's way and creating an opportunity for command central.



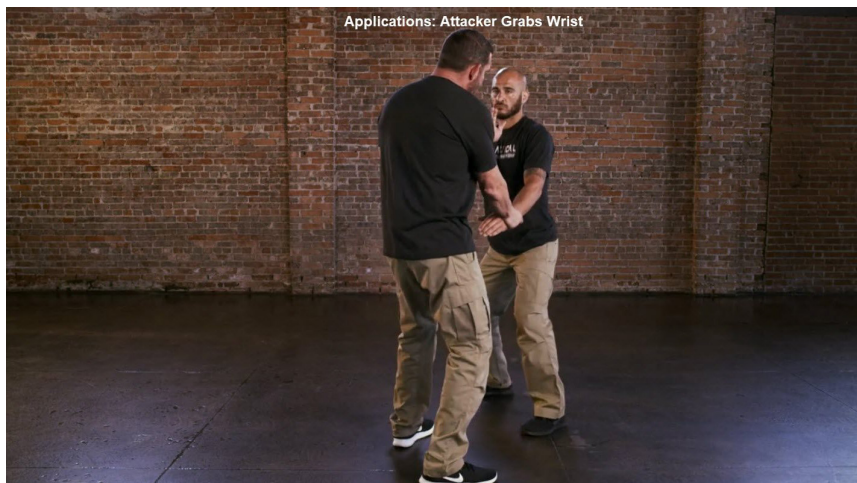
Then have your arm drag hand overlap your hook grip or c-clamp the neck for more control and you are now one step closer to command central.



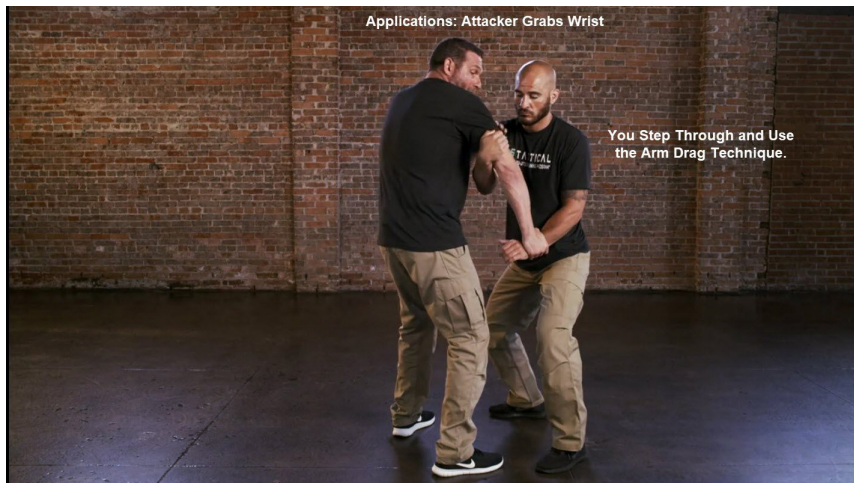
Break the threat's posture using movement or a flashbang (strike) and Lock in Command Central with the Cradling maneuver.

ATTACKER GRABS YOUR WRIST

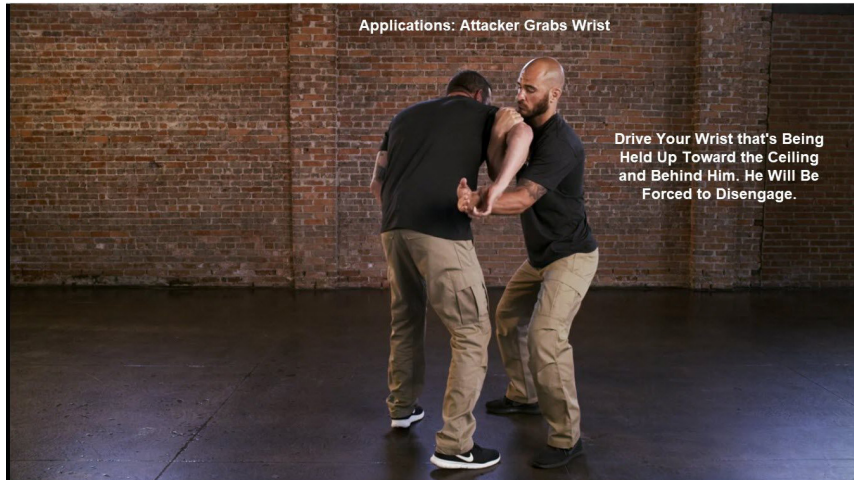
There are many ways an attacker can grab your wrist. In this module, we will address a one handed handshake type grip.



Your threat has grabbed your wrist. This solution can get you back into Command Central quickly so that you can gain control over the threat, even from a simple wrist grab.



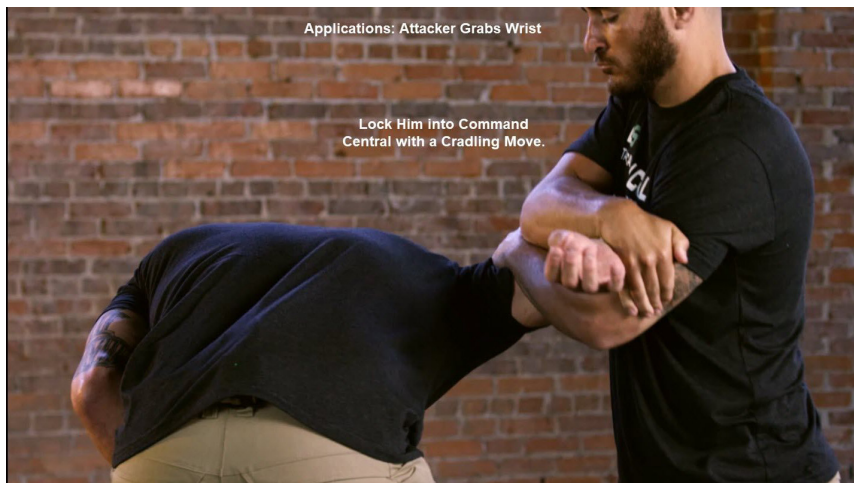
The first thing you do on any type of grab is get in to a good strong base with your hands up. If they grab your right wrist then your right foot is forward and vice versa. While they are holding your wrist, step forward and using your hand that is free, reach across the threat's body and arm drag the back of their arm and hook the tricep muscle from underneath.



Drive your wrist that is being grabbed behind them and straight up toward the ceiling. This will add lots of pressure to the attacker's thumb and wrist area and it will force them to disengage his grip on your wrist and because you are securing the back of their arm using the arm drag, they can't pull their arm back and away.



Slide your hand over the back of the arm replacing the arm drag arm to create your master hook grip. Use your overlap grip and raise your elbow to drive their shoulder down and break their posture.



Use your Cradling technique to lock them into Command Central. Every time your are in Command Central, review the 5 main points of keeping it strong and safe.

2 WAYS TO BREAK POSTURE

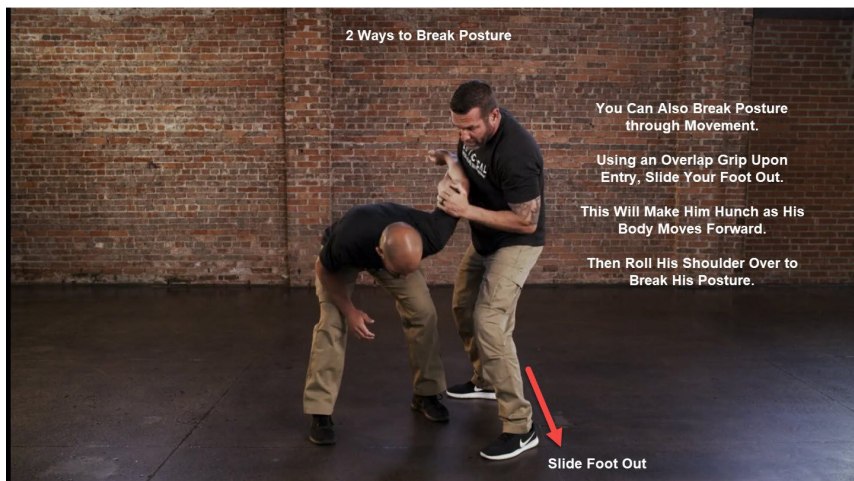
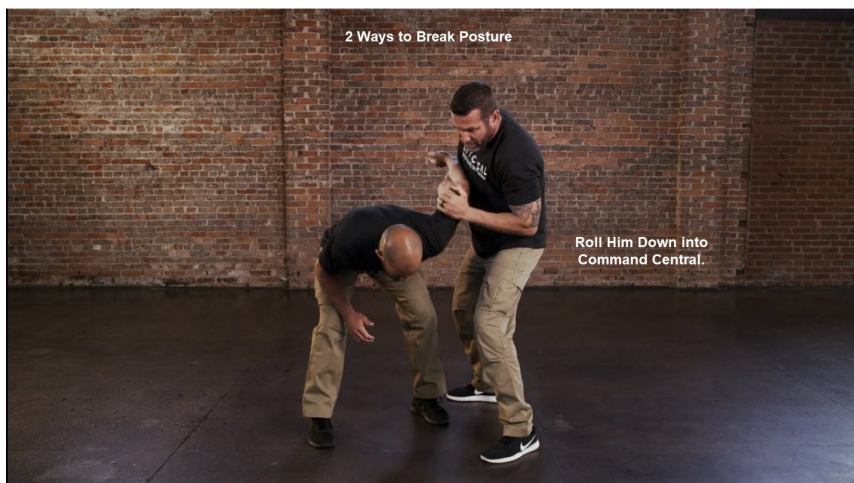
In this module, we will cover two ways to break your threat's posture.



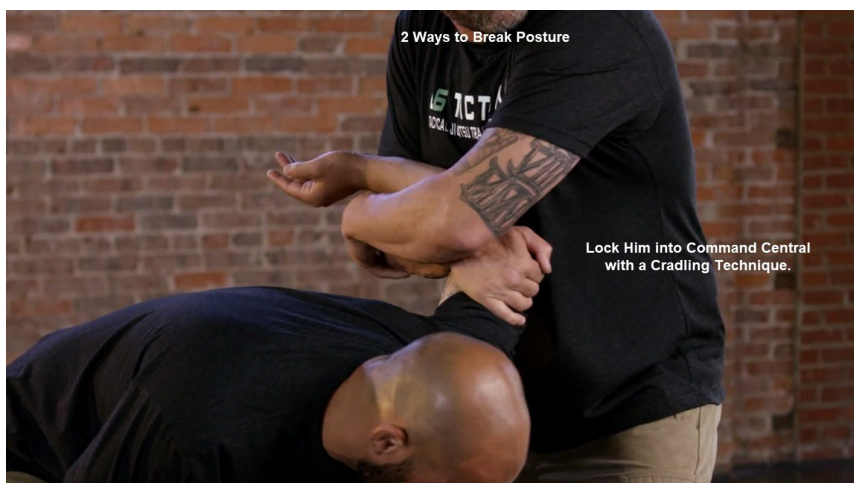
While my opponent is still upright, he still has a good chance of fighting back, so it's critical to break his posture.



Using Flashbangs with either a punch or a knee to the midsection will cause him to bend over and lose his posture. After your distract them and get the natural strike response of a body shot to bend forward, then it's just a matter of rolling his shoulder down into Command Central. Go through the 5 checkpoints.



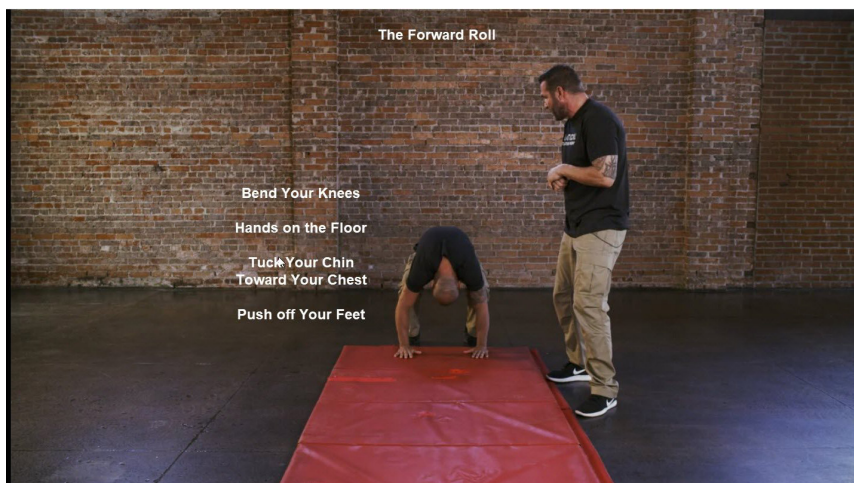
A second way to break posture is through movement. With an overlap grip upon entry or after any other manipulation or entry that you transition to an overlap grip or even a c-clamp grip on the neck and a hook grip on the arm, step your lead leg (the one under their face) forward. While stepping forward and adjusting your back step using the proper footwork, roll your grip down to the floor while lifting your elbow to the sky. This adds a balance issue and pain issue for the threat and gives you a big advantage to get them leaning all their weight forward. As he starts to fall forward, roll his shoulder down into Command Central and make sure you go through the 5 checkpoints.

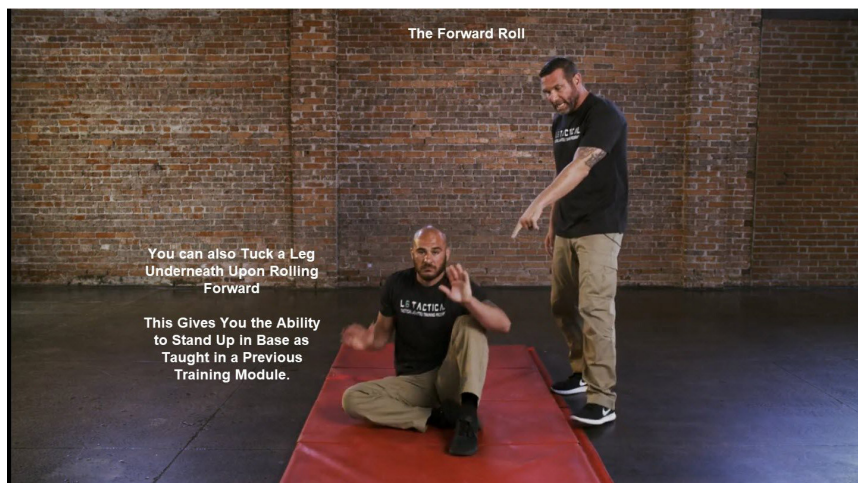
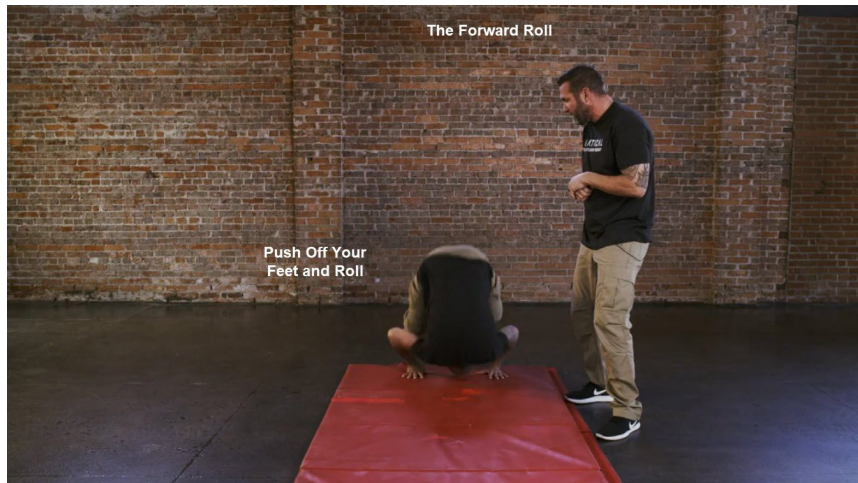


Secure Command Central with a Cradling maneuver.

FORWARD ROLL

If you get pushed from behind, trip or lose balance, this module will teach you how to do a Forward Roll safely and get back into your basic fight or self-defense stance.



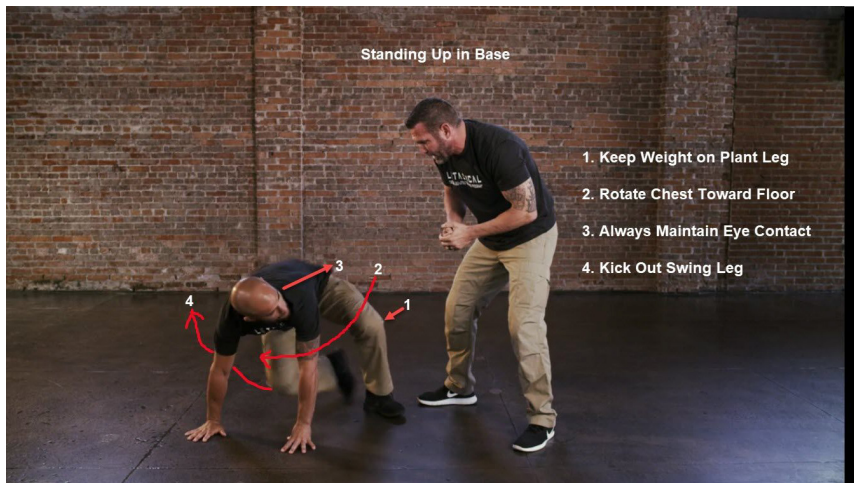


Use the same technique for Standing Up in Base that we covered in the 12th training module.



1. Start by sliding the heel of one foot underneath the other leg as close to the butt as possible.
2. Slide the other leg as close to your body as possible.
3. Place your palms on the floor
4. Placing your entire weight on to your hands and your front leg (the one with the knee to the sky), lift your butt and bottom leg off the ground, swing your hips back and chest to floor and then plant your leg behind your back hand landing in a solid base.

This creates a “hammock” like effect, thus allowing you to swing back into your basic fight stance while always keeping your eye on the threat.



Stabilize and get back into the basic fight stance.

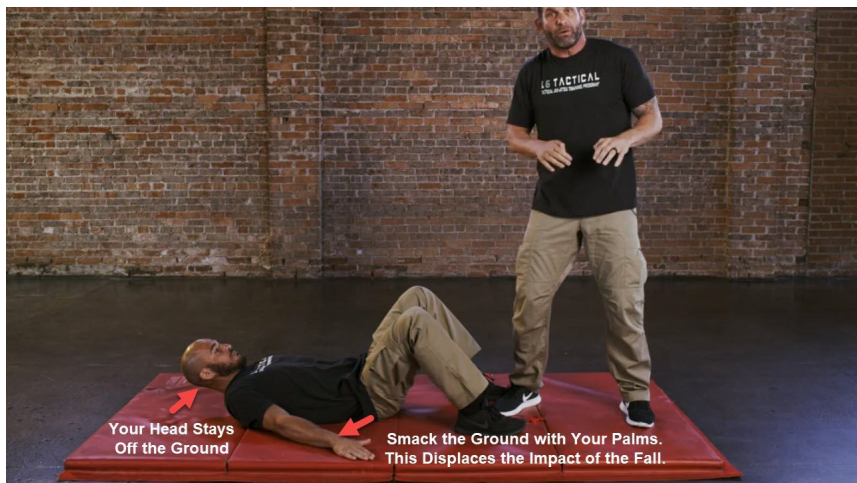


BACKWARD BREAKFALL

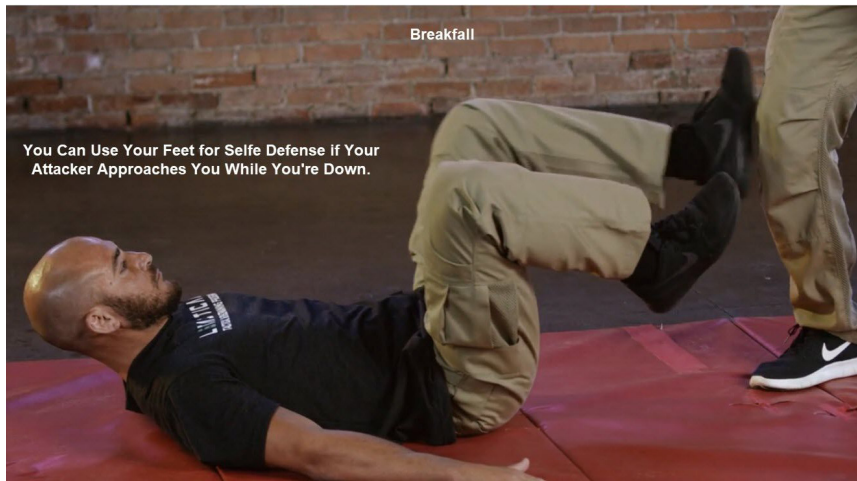
If you fall backward due to being pushed, tripping etc., here is a simple breakfall that allows you to fall backwards while protecting your head and your body.



Bend your knees, tuck your chin towards your chest sit your butt to the floor as if you are sitting down in a chair. Keeping your body curled roll backwards.



When your back hits the ground slap both palms downward on the ground while keeping your head tucked in. This will displace the impact of the fall.



If your attacker approaches you while you're down, you can always use your legs and deliver flashbangs to his knees, thus distracting him enough so that you can get back on your feet or escape the situation.

SAFETY TIPS

Safety Tip #1: There's Nothing Wrong with Disengaging

It's okay to disengage. This means that you are not only separating yourself from a physical threat, but also from the situation.

Self-defense is all about protecting yourself or your loved ones from a threat, and removing yourselves from the situation without incurring further harm.

You do not have to stay in the fight just because you know several techniques for defending yourself or because you may have a weapon on you. It's okay to disengage if there is an opportunity. It is far better to live to fight another day and remember that as cliché as it sounds, SAFETY FIRST, you are not trying to be a fighter, you are just protecting yourself and your loved ones, HUGE DIFFERENCE in mentality.

Safety Tip #2: You Don't Have to Engage

Sometimes you don't always have the choice or option to disengage if an altercation turns physical.

However, if you choose to get physical, or if the physicality is brought to you, then just remember to be super-confident and aggressive in your response, be fully committed to the actions you're taking. Use VIOLENCE OF ACTION to succeed. That means exactly what the previous sentence of being committed and aggressive means.

Stay focused and be aware, if you are going to engage or the engagement is brought to you, participate with full confidence and commitment.

Safety Tip #3: Strikes or Flashbangs

Remember that we don't want to solve a problem with our fists, elbows, knees or kicks, our strikes. We want to use striking for methodical and tactical purposes. The best fighter in the world and the most untrained in the world and everyone in between can knock someone out and get knocked out too.

My Tactical Jiu-Jitsu Program™ uses Strikes or Flashbangs to serve 2 primary purposes:

1. To distract your opponent, and
2. Create an opportunity for yourself

Using Strikes or Flashbangs for these 2 purposes delivers the most strategic, tactical and beneficial outcomes for your personal safety. Remember that when you strike to hurt you tend to operate from emotion and at the same time tend to leave yourself open to be hit back. When you strike tactically you will most likely strike in the appropriate moments thereby creating the best response for what you intend to do as next steps. This way you are also

keeping a clear focused head vs getting too emotional. Yes easier said than done but that's why we need training.

Safety Tip #4: Reading Distance is Crucial

One of the single most important aspects in any level of self defense is the ability to read distances.

Understanding the distance between you and your threat is crucial. It could be life saving or life changing.

As your threat is getting closer, your awareness levels and physical responses should be rising.

When you understand the distance in relation to your threat, you will also know what skill sets you have to respond to the threat, and also have a good understanding of what the threats could use against you. For example, at a certain distance, other than with a weapon, there is no physical harm a threat could cause, maybe that's your time to run. Or at another distance you know they can only kick you and you can only kick them...etc.

Measuring, marking, reading and understanding distance is vital.

Safety Tip #5: 3 Options for Self Defense

The 3 options that you have in any self-defense situation are:

1. Striking
2. Engaging or Grappling and
3. Getting Away

At any given time, you may have to utilize one, two or all of these options.

Just remember that these options exist. You can strike, you can run away, or you can get in close and lock up with your opponent. Through the training of my program you will learn how and what to use when.

Safety Tip #6: Always Protect Their Target

It is critically important that you protect yourself at all times, afterall, you are the target.

In a combative or self-defense situation, keeping your hands up and protecting the threat's primary target, which is typically your face, is crucial.

Some times targets shift, but protecting your face and neck/throat is by far the most important thing to protect when facing a threat.

Safety Tip #7: Scan for Exits Always

Think about flying on an airplane. In the event of an emergency, you are instructed to identify and utilize the nearest exit on the plane. You need to do the same thing in self-defense situation.

You should always be looking for exit strategies in case a situation escalates and you need to get away. If you are locked up physically with a threat, you always want to be looking for strategies to exit the physical situation and the overall situation.

There is almost always a way out, we just need to stay clear headed and focused so that we can identify them when they show up or prior to.

Safety Tip #8: Violence of Action

If you have to be physical when defending yourself, you want to make sure you are fully committed, and that you aggressively execute the solutions or techniques that you're going to use.

You can't use half measures when you are in a physical confrontation. You have to be fully committed to your strategy or technique with violence and aggression.

It doesn't matter how big or strong you are, but you need to go in and be confident.

Safety Tip #9: Using Props as Weapons

When most people think of weapons, we think of guns, knives, clubs or sprays, for example.

We don't always have access to these items when confronted with a physical threat.

Be aware of your surroundings and think about and consider the use of props as weapons if you need to. It could be a frying pan in the kitchen, a wine bottle in a bar, even the spine of your smart tablet.

Always keep your eyes open for these extra weapons if your faced with a threat to your personal safety.

Safety Tip #10: Using Tactics Over Techniques

Tactics boils down to making decisions and using your brain. Techniques involve using your physical body.

Solving a problem tactically can almost always prevent a problem from becoming physical. If a situation does become physical, than being tactical can give you the tools to remove yourself from the threat safely.

Making the right decisions at the right time is far more important than being technically full of options.

Both tactics and techniques are important, but if you can, always make smart choices in order to avoid danger and or escape it as fast as you possibly can.

Safety Tip #11: Acting Afraid is Good

Many of you may have heard the term, playing possum. As it turns out, acting afraid can be pretty good in a self-defense situation.

Remember that if someone is picking on you, they may believe that you don't know how to defend yourself or that they have the advantage. If you act afraid, they will tend to relax more.

That makes them lazier both physically and mentally, which gives you a window of opportunity to capitalize on the situation. You might find an opportunity to escape or you can seize the moment to control the threat. Acting scared definitely helps you when you are ready to physically take action.

Safety Tip #12: Self-Defense is a Lifestyle

A common question is, "How often should I train for self-defense?"

The answer is simple: Self-defense should be a lifestyle. You should be aware of self-defense

from the moment you wake up until the moment you go to bed.

Most home invasions happen in your sleep. You don't want to spring to your feet and think of what you need to do. If you practice awareness throughout the day, you won't have to turn on the self-defense switch in the middle of the night.

At first this might seem like you're being paranoid, but with practice it will become part of your everyday activities, just like brushing your teeth.

Since we never know when or how the threat could present its ugly head

Safety Tip #13: Never Underestimate Your Threat

The worst thing you can do in a self-situation is to decide for yourself, simply based on looking at someone, how tough or how not tough they could be. How skilled or how unskilled they are.

Treat every threat with the highest regard and respect in terms of them having the ability to hurt you. If you do this, you will never get complacent. You won't get mentally or physically lazy.

You need to stay on guard and take all threats seriously. Never underestimate your opponent.

Safety Tip #14: You Are the First and Last Line of Defense

Even if you're in a situation where the police have been called, it's up to you to defend yourself until the police arrive.

The only person that you can truly depend on for your safety is you.

Make sure you are tactically prepared, meaning you have good situational awareness and decision making abilities, as well as being physically prepared if you need to be physical. You are the first and last line of defense until help arrives so preparing mentally and physically is crucial.

Safety Tip #15: Learn to Become the Weapon

There are many public places you go to where weapons are prohibited, whether it's a sporting event, concert, airplane, hospital or foreign country.

But you can always train yourself to be a weapon, and nobody can take that away from you.

Don't depend on other weapons systems to protect you. Learn to become tactically and technically aware to respond to any threat in any situation.

Depend on yourself first, and use other weapons systems as a bonus. By following the tactical and physicals of my program, you will learn how to Become the Weapon™ so that you are always armed and ready.

RULES OF THE PROGRAM

RULES OF THE PROGRAM #1: FOCUS VS. AWARENESS

Our eyes are just like camera lenses, and our minds function in the same manner.

If you take a picture with a camera, sometimes the foreground is clear while the background is blurry, or it could be the other way around. Not everything is crystal clear at once.

Our brain, our eyes and our minds work the same way.

So, in a self-defense situation, you want to be focused on the immediate task at hand, whether you're blocking a punch or a kick for example.

While you're focused on the threat and your immediate task at hand, you also need to be aware of a lot of things. Are they reaching for a weapon? Are they looking for a prop weapon? Are people coming around the scene to help, watch or separate? You never fully know what's going on.

So, focus and awareness are very important. When your hands are up protecting your face in a potential conflict, you always need to be aware of what's happening around you, and that will help keep you safe and focused.

RULES OF THE PROGRAM #2: REACTIVE VS. PROACTIVE

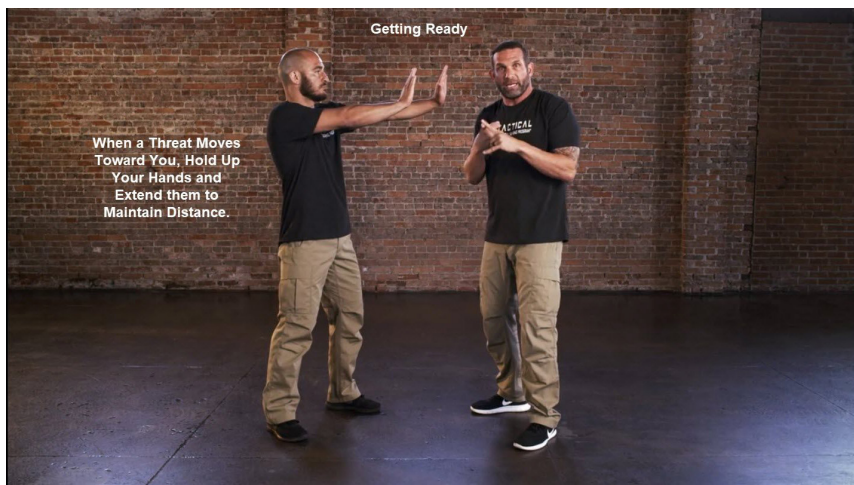
Proactive means that you are initiating, or being first in a situation. Reactive means being second, and responding to a threat.

So which is better? The answer is that no two self-defense situations are ever going to be the same, so the answer depends on the nature of the situation.

Developing and practicing your skillsets will make you more comfortable deciding whether to be proactive or reactive in a self-defense situation.

RULES OF THE PROGRAM #3: CORE CONCEPTS

Core Concept #1: Getting Ready



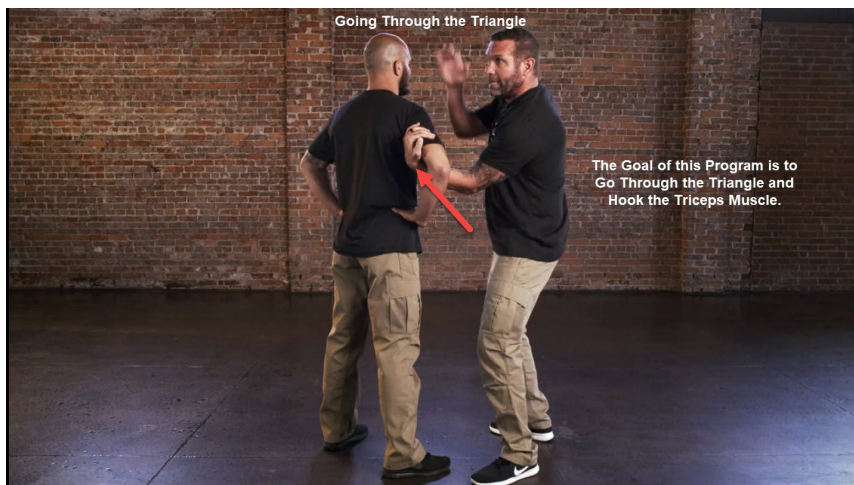
When a threat is walking toward you, it's imperative to hold your hands up and extend them. This will create distance between you and your threat.

Core Concept #2: Going through the Triangle



When your opponent's arms are at his side, or in this case on his hips, there is a natural triangle that is created. The triangle is the relationship between the hand, elbow armpit and waist.

The entire program is based upon getting you through the "Triangle".



Once you get through the triangle, the goal is to get a hook grip on his triceps muscle with your lead arm. Once that happens you can overlap the grip, use a "C-Clamp" grip on their neck or deliver a Flashbang to distract them and create an opportunity for yourself.



If he's pointing a finger in your face, then use the "Windshield Wiper" maneuver to drive his arm and establish a triangle by swiping the arm down and when the arm is down in more of a neutral position, there is a natural triangle the body forms.

From there, you can use an arm drag maneuver and manipulate yourself into Command Central and gain control.