

## Preface

There are hundreds of books out there which offer instruction, advice, and technical information on the subject of fighting, martial arts, and combat techniques. Often these books, are lengthy, and focus on a specific style or art as the authors are typically instructors of their style, and therefore feel their style of fighting is the best. Most of these books focus on techniques which the author feels are effective, and although many of these techniques are sound, like any sport, art, or skill, they require practice, dedication, and countless repetition to develop proficiency. Seldom are the mental aspects of combat discussed, and these publications are designed more for the experienced, and trained martial artist, and do very little to help the untrained develop real self defense skills. What, for the most part, lies undiscussed are the psychological aspects of fighting, and how important of a role they play in success or failure. This is not that kind of book.

This book is designed and intended for the untrained, and although I have included some of what I consider the most effective combat techniques, they are the less important aspects of this book, and are all techniques which require little or no practice, and which are proven effective, and simple to understand and execute. The larger and more important role of this book is designed to analyze the very heart of combat, the psychological presence, attitude, and motivation of combat. This book instructs and advises both simple and effective combat techniques as well as provides insight into the following areas:

- How to mentally prepare yourself to win;
- How to eliminate fear in yourself;
- Create fear in your opponent;
- How to harness aggression, dominate and control the outcome and direction of the fight;
- Assert yourself as the alpha male.

Most importantly through advanced, simple, and proven techniques this book will give you the confidence, technical knowledge, and attitude to not only survive, but to dominate, and win.

This is a unique book. Some of what you read here will likely shock you, and seem ruthless, and even scary. As an adult it is your responsibility to know when, and if, you will use these techniques, manage your own knowledge and abilities, and weigh the consequences as such.

Thomas DiPaolo