

FIRST STRIKE



**End a Fight in Ten
Seconds or Less!**

SAMMY FRANCO

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First Strike: End a Fight in Ten Seconds or Less!



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Discover ways to stop any combat before it starts simply by mastering the art of the preemptive strike. By reading this reserve and by practicing, become familiar with the hard-hitting skills necessary to execute a punishing first hit and ultimately prevail in a battle. This book will show you: How exactly to end a battle instantly How to spot and avoid getting targeted for a combat How exactly to deceive the most seasoned street thug Simple and effective fighting techniques Important knock-out targets How to prevent being arrested First Strike also contains: range proficiency, ghosting, secondary strikes to finish off an attacker, the substance attack and offensive movement, the relocation principle, how to avoid getting arrested, strikes, blocks, parries, punches, jabs, and beginner, intermediate and advanced routines, real-life first-strike fighting scenarios plus much more! First Strike will educate you on instinctive, practical and reasonable self-defense techniques that may drop any opponent to the floor with one punishing blow. First Strike offers you an easy-to-learn yet highly effective self-defense idea for managing violent close-quarter combat encounters. And that's what it really is about: winning in as little time as possible.



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We was hesitant but am glad I bought it. I bought this for my son. I was hesitant at first because I do not need to send my boy the wrong message but DO desire him to end up being as prepared as feasible if he ever finds himself in a violent circumstance. This book has reinforced his education in order to avoid a bad situation as much as possible while also showing him other solutions to defend himself if the need arises.. I am pleased I bought it and will be buying a few of Mr Franco's additional books. A good book for anyone looking for a practical and effective text on basic self-defense principles. Becoming from a Wing Chun history I prefer simple yet powerful attacks in the trapping range using chain punches (direct blast), elbows, knees and some additional strikes.) and admired his understanding on self-defense and the fighting arts.. I prefer practicing just a few techniques but mastering them. I came across the material useful, truthful and effective for anyone who desires to review and practice the methods taught in this publication. I am still baffled, for example, re the net hand strike. Understandable. Five Stars Exceptional product! Chapter two explains the first-strike prerequisites. Chapter three deals with blocks, parries and slipping punches. Chapter five addresses the secondary striking tools. Chapter four shows the first-strike tools. The final chapter targets first-hit scenarios. Appendix A provides good advice on how to deal with the authorities. Hit Hard. There is also a suggested reading section and a very informative glossary. In case you are interested in a practical and effective publication on self-defense concepts you should have a look at this volume. Excellence Easy reading. Joseph J. Truncale (Author: Usage of the Monadnock Straight Baton/Advanced PR-24 Baton Techniques) Very good, but. During the past, I was also a combatives specialist and certified law enforcement techniques instructor (was also an Officer of ASLET when it had been energetic) and I still seek out knowledge in this region. A good book coping with one of the cardinal rules of a street combat: Hit first. Good analytical presentation, but I would like to have seen additional information with regard for some strikes. This text is arranged into six chapters and two appendix web pages. Does the blow occur between your thumb and index finger with hand pointed down or on part of hand with palm facing upward. Techniques are easy to learn and I enjoy training with the information in this reserve. The introduction section explains about Franco's Contemporary Fighting Arts system, which includes the physical, mental and spiritual component. Great book about easily digestible 1st move offence I likewise have the dvd like all of sammy Franco's material very right down to earth nothing fancy no fitness models demonstrating techniques. I can see where the haters would come in. If you are a fighter, get it. what I love on his books and dvds is that they are raw and the material makes brutal good sense. I would suggest Paul Vunak's "Anatomy of a Streetfight" for the easy yet powerful approach. If only for the thought of being aware of the problem you are in or could possibly be in. Rating: 5 Stars. Very useful for use

in real life. I've boxed and required karate for a long time and this may be the various other end of the spectrum. Makes you believe. with the what ifs. If you're not a fighter, obtain it. good resource Practice street fighting help, good adjunct to MMA training when you want to bring it up A notch for self-defense Hit Initial. Appendix B clarifies some disingenuous vocalization exercises. Hit Fast.. Many years ago I had read and reviewed a few of Sammy Franco's books (1001 Fighting Secrets, When Seconds Count etc. We purchased this publication (First-Hit by Sammy Franco) at a pretty good price and simply finished reading it. If only for the thought of being conscious of the situation you are in or could be in. Four Stars I like it Methods are easy to learn and I enjoy working out with the ... This book is quite informative. Otherwise a great preliminary guide. I recommend this book extremely. Chapter one covers the first strike-principle. Meh This book basically says to punch somebody solid before they punch you. I've been looking to find information regarding defensive re-direction of your opponents assault type techniques which means this book was not what I was looking for.



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