

**LETHAL**

# **UNARMED COMBAT**

**SECRETS OF SELF-DEFENSE**

**Malcolm Harris**

THE CONTENTS OF THIS BOOK ARE  
LETHAL AND SALE SHOULD BE LIMITED  
TO THE MILITARY, PEACE OFFICERS  
AND RESPONSIBLE ADULTS

# Lethal Unarmed Combat Secrets Of Self Defense

**Sammy Franco**



## **Lethal Unarmed Combat Secrets Of Self Defense:**

**Lethal Unarmed Combat** Malcolm Harris,1973      *The 10 Best Kicking Techniques For Martial Arts, MMA and Self-Defense* Sammy Franco, WANT DEVASTATING KICKING TECHNIQUES Dramatically increase your fighting skills with Sammy Franco s battle tested kicking techniques The 10 Best Kicking Techniques 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 kicks that will drop any opponent of any size The 10 Best Kicking Techniques is ideal for Mixed martial arts MMA Martial arts Kickboxing Self Defense Street Fighting Survival Personal fitness TURN YOUR LEGS INTO DEADLY PISTONS This easy to follow book covers the entire spectrum of practical and efficient kicking techniques Learn how to throw the perfect destroyer kick turn your legs into virtual pistons discover the hidden secrets of explosive kicking skills and learn some of the best kicking training tips The 10 Best Kicking Techniques for Martial Arts MMA and Self Defense will show you that it s not size or strength but kicking form and technique timing and proper footwork that will turn your feet into lethal power pistons By following the special techniques outlined in this book you ll dramatically improve your fighting skills regardless of your size strength or level of training experience      *Speed Boxing Secrets* Sammy Franco,2018-03-28      *Unleash Hell* Sammy Franco, *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      **Invincible** Sammy Franco,2015-05-04 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

The 10 Best Mental Toughness Techniques Sammy Franco, 2016-07-24 MENTAL TOUGHNESS FOR BUSINESS SPORTS AND HEALTH The 10 Best Mental Toughness Techniques contains time tested techniques and strategies for improving mental toughness in all aspects of life It teaches you how to unlock the true power of your mind and achieve success in business sports high risk professions self defense fitness and other peak performance activities However you don't have to be an athlete or warrior to benefit from this unique mental toughness book In fact the mental skills featured in this indispensable program can be used by anyone who wants to reach their full potential in life THE 10 BEST MENTAL TOUGHNESS TECHNIQUES is ideal for Business people Athletes High risk professionals Self defense students Martial artists Fitness enthusiasts Any activities requiring peak performance LIFE

**CHANGING MENTAL TOUGHNESS TECHNIQUES** The 10 Best Mental Toughness Techniques 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 And much more

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*The 10 Best Stick Fighting Techniques* Sammy Franco, **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 **Bruce Lee's 5 Methods of Attack** Sammy Franco, 2015-10 **Killer Instinct** Sammy Franco, **The 10 Best Ways to Develop Your Killer Instinct** Sammy Franco, 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 **Cane Fighting** Sammy Franco, 2016-03-16 Cane Fighting Techniques For The Real World Cane Fighting The Authoritative Guide to Using the Cane or Walking Stick for Self Defense is a no nonsense book written for anyone who wants to learn how to use the cane or walking stick as a fighting weapon for real world self defense The Ultimate Self Defense Weapon for Everyone While seemingly inconspicuous the cane or walking stick is both a practical and devastating weapon for all ages young and old regardless of size or strength or experience and skill level Most importantly you don't need martial arts training to master this incredible self defense weapon One Book For All Kinds of Fighting Sticks With over 200 photographs and step by step instructions Cane Fighting is the authoritative resource for mastering the following weapons The Hooked Wooden Cane The Modern Tactical Combat Cane Walking Sticks of all types The Irish Fighting Shillelagh and The Bo Staff Powerful Cane Fighting Techniques At Your Fingertips Cane Fighting is devoid of tricky or flashy cane fighting moves that can get you injured or possibly killed when defending against a determined attacker Instead it arms you with practical and powerful cane fighting techniques that actually work in the chaos of real life street assaults In fact the skills and techniques found in these pages are surprisingly

simple and easy to apply Cane Fighting Covers These Essential Topics How to choose the right tactical cane for your needs advantages of the combat cane weapon requirements grips essential dos and don ts weapon terminology high and low concealment stances strikes power swings preparing for impact shock first strike techniques combinations striking angles cane chokes self defense stages blocks deflections footwork skills cane fighting attributes target areas medical implications of cane strikes use of force concerns workout routines conditioning exercises and much more Whether you are a beginner or advanced practitioner student or instructor Cane Fighting The Authoritative Guide to Using the Cane or Walking Stick for Self Defense teaches you powerful street oriented techniques and proven fighting methods to get you home alive and in one piece

*Knife Fighting* Sammy Franco, 2018-03-28 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

**The 10 Best Power Punches** Sammy Franco, 2017-11-13 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

*Deadly Defense - The Ultimate Guide*

*to Improve Your Fighting Technique and Master Filipino Martial Arts* Pasquale De Marco, Embark on an extraordinary journey into the realm of self defense and martial arts mastery with *Deadly Defense The Ultimate Guide to Improve Your Fighting Technique and Master Filipino Martial Arts* This comprehensive guidebook unveils the secrets of Filipino martial arts an ancient and effective fighting system that has captivated warriors and self defense enthusiasts for centuries Within these pages you ll discover a treasure trove of knowledge and techniques that will transform you into a formidable fighter capable of defending yourself and emerging victorious in any situation Explore the rich history principles and diverse styles of Filipino martial arts gaining a deep understanding of this unique and powerful fighting system Uncover the art of empty hands where unarmed combat techniques ignite your inner warrior Master the use of sticks blades and other weapons turning them into extensions of your own body Delve into the intricacies of the 12 zones of attack and defense unlocking the secrets of the human body s vulnerable points Discover the art of trapping hands gaining control of your opponent s limbs and neutralizing their attacks Explore the dynamic techniques of sinawali and redonda weaving your hands and circular movements to create a symphony of strikes and defenses Unlock the power of disarming techniques turning your opponent s weapon against them rendering their threats obsolete Ascend to the next level with advanced stick fighting and swordsmanship wielding these weapons with precision and deadly grace But the journey does not end there Master the art of unarmed combat unleashing devastating strikes and evasive maneuvers becoming a force to be reckoned with Embark on a path of training and practice developing your skills through solo and partner training sparring and mental conditioning *Deadly Defense The Ultimate Guide to Improve Your Fighting Technique and Master Filipino Martial Arts* is more than just a book it is a gateway to empowerment self discovery and martial arts mastery Whether you re a seasoned fighter or just starting your journey this comprehensive guide will equip you with the knowledge and skills you need to achieve your full potential and become a true master of self defense If you like this book write a review [Heavy Bag Training](#) Sammy Franco,2013-05-25 IF YOU OWN A HEAVY BAG YOU NEED THIS BOOK The heavy bag is one of the oldest pieces of workout equipment It is regularly used by boxers mixed martial artists self defense students and fitness enthusiasts Unfortunately most people don t know how to properly use the heavy bag Impatiently they rush out to their local sporting goods store buy a bag and begin wailing on it without a care in the world In most cases they are hitting it incorrectly developing dangerous habits and possibly injuring their body GET THE MOST OUT OF YOUR HEAVY BAG WORKOUTS *Heavy Bag Training for Boxing Mixed Martial Arts and Self Defense* is the first book in Sammy Franco s best selling *Heavy Bag Training Book Series* In this unique book world renowned martial artist and self defense expert Sammy Franco provides you with the foundational knowledge and skills necessary to maximize your heavy bag workouts In this information packed guide you ll find the important answers to the questions about all aspects of heavy bag training *Heavy Bag Training* covers the following How to purchase a quality heavy bag The benefits of heavy bag training How to design your own heavy bag workouts Sample time



based heavy bag workouts How to properly set up the heavy bag Heavy Bag hanging systems Heavy bag training safety tips Essential heavy bag gear Hand wrapping techniques for intense heavy bag training The fighting stance for heavy bag training Mobility and footwork during heavy bag workouts How to punch the heavy bag correctly How to avoid hand injuries The best hand strengthening exercises for bag work The fighting ranges used during bag training Heavy bag kicking techniques Punching techniques Grappling strikes on the bag Bonus Heavy bag workout tips OVER 100 KICKING PUNCHING GRAPPLING STRIKING COMBINATIONS Heavy Bag Training for Boxing Mixed Martial Arts and Self Defense includes over one hundred different kicking punching and grappling striking combinations If you are serious about training and want to get the most out of your heavy bag workout then you will want to read and study this book **Survival Weapons** Sammy Franco, *The 10 Best Knife Fighting Techniques* Sammy Franco,2017-12-02 [The 10 Best Ways To Defeat Multiple Attackers](#) Sammy Franco,2015-10-06 *Kubotan Power* Sammy Franco,2014-04-12 UNLOCK THE FULL POWER OF THE KUBOTAN KEYCHAIN With over 290 photographs and step by step instructions Kubotan Power Quick and Simple Steps to Mastering the Kubotan Keychain is the authoritative resource for mastering this devastating self defense weapon In this one of a kind book world renowned self defense expert Sammy Franco takes thirty years of real world teaching experience and gives you quick easy and practical kubotan techniques that can be used by civilians law enforcement personnel or military professionals Kubotan Power Teaches You How to choose the right kubotan for self defense Tactical flashlight conversions Real world self defense applications Kubotan hand grip techniques Essential do s and don ts High and low concealment positions Kubotan striking techniques Escapes from grabs and choke holds Kubotan deployment techniques Target awareness and medical implications Kubotan defensive techniques Kubotan takedown techniques Training and flow drills Ground fighting with the kubotan And much much more THE KUBOTAN MYSTERY IS FINALLY GONE The Kubotan is an incredible self defense weapon that has helped thousands of people effectively defend themselves Men women law enforcement officers military and security professionals alike appreciate this small and discreet self defense tool Unfortunately however very little has been written about the kubotan leaving it shrouded by both mystery and ignorance As a result most people don t know how to unleash the full power of this unique personal defense weapon But with Kubotan Power the mystery is finally gone Everything you wanted to know about this unique personal defense weapon can be found in this unique how to book Whether you are a beginner or advanced student or instructor Kubotan Power shows you how to protect yourself and your loved ones against any thug you re likely to encounter on the street **Heavy Bag Workout** Sammy Franco,2015-07-29 100% HARD CORE HEAVY BAG TRAINING Heavy Bag Workout features over two dozen out of the box workout routines that will maximize your fighting skills for boxing mixed martial arts kickboxing self defense and personal fitness 30 YEARS OF RESEARCH AND TRAINING AT YOUR FINGERTIPS This book is based on self defense expert Sammy Franco s 30 years of research training and teaching the martial arts and fighting sciences He has taught these exclusive

workout routines to thousands of his students and now he's put them down in this instructional book **IMPROVE YOUR SPEED POWER TIMING ENDURANCE AND EXPLOSIVENESS** With over 100 detailed photographs and easy to follow instructions Heavy Bag Workout has beginner intermediate and advanced workout routines that will improve your speed power timing endurance and explosiveness Whether you're an elite fighter or a complete beginner this comprehensive book will take your fighting skills to the next level and beyond

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### **Lethal Unarmed Combat Secrets Of Self Defense Introduction**

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