

Tom Everett's



The Anatomy of Self Defense

“Know the rules to help keep you and your family safe, never again fear the dark alleys of life.”

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**Learn the Closely Kept Self Protection Secrets
Developed and Taught by One of the Leading Experts
In the Field...**

The Anatomy of Self Defense

**Not Even Some of His Closest Friends Know These Techniques, but For Those Serious
About Protecting Themselves and Their Families, You Can Learn These Secrets...
ABSOLUTELY FREE!**

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INTRODUCTION



Modern Defense Tactics was developed by Tom Everett. He holds two 6th degree black belts, one 2nd, two 1st degree black belts and is an avid practitioner of Brazilian Jiu-Jitsu. He is a former elite commando trained U.S. Soldier having served in several theaters of operations. He has trained Military, Federal, State, and local Law Enforcement Agencies and Personnel. He was involved in an operation in Virginia and Washington DC areas with DEA and U.S. Customs, and is currently training Military and Police Officers in Modern Defense Tactics.

As a military veteran and a martial arts practitioner of over 36 years, he came to realize that there are many martial arts techniques as practiced in “traditional” martial arts that just plain don’t work. The sad truth is that some choose to continue with these in-effective practices for reasons that range from a lack of knowledge to simply “maintaining a tradition.” The bottom line is, today’s attacker is much more sophisticated and better trained than those of 100 or even 20 years ago. Someone training in martial arts must be prepared to defend against this new breed of attacker.

The wars of today are fought and won much different than those of yesterday. Our Military has recognized that times have changed and have greatly improved upon their training methods and tactics to meet this new age. And so must we.

To combat the ongoing need for everyone to have the skills and ability to protect themselves and their families Tom Everett founded Modern Defense Tactics providing REAL WORLD self defense training right over your computer screen.

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What is self defense? By definition it is the need to defend oneself or property. It can also be used in the case of a third party that is being threatened. But what really is the art of personal protection?

The need or desire to defend oneself has to go as far back to the origins of human life. Humans have always had a need, due to inherent animosity towards one another, to have to stand up for them self or someone weaker and stop unwarranted aggression. Whether we like to or want to believe it or not, it is human nature. A means of survival triggered by a number of different things, from fear to anger but how we channel that is based solely on our training.

We are raised and programmed to not hurt anyone, not to say something that might hurt someone's feelings and to follow rules. All of which I agree with, however when it comes down to defending yourself there are a few things to keep in mind and remember. First and foremost we have to follow two main rules; Simplicity and Brutality. You have no time to be the nice guy when you have to defend yourself or should your feeling steer you in that direction. Don't forget they are attacking you not the other way around. You didn't wake up this morning wanting to get into a fight; at least I hope you didn't. You must have a plan and back up strategy in place and workable. You have to have already come to terms with the fact that you will have to be brutal and that your actions must be swift and decisive.

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Your preparation must have already been done studying the night before only works on paper and then has a very low success rate. Putting your life or your family's life at risk due to your procrastination or lack of preparation is just not acceptable.

Always be aware of your surroundings, commonly referred to as situational awareness. Understanding what will happen both physically and mentally to your body is all part of the puzzle. Being surprised is great for a party but doesn't work to well in the parking garage downtown and is a complete lack of awareness and preparation.

When a self defense situation arises fear is the next thing we have to deal with whether it was noticed across the parking lot or as they jump out of a van to grab us we have to now deal with it and understand what will take place next. Relies that fear is not to be viewed as a bad thing as a matter of fact it is a natural reaction and we all have a fear of something. It does not mean you are weak or are unable to handle the situation it just means we will have both physical and mental changes.

As fear is introduced several things take place from adrenalin flood to endorphins being released, your eyes will dilate your heart rate will increase and your senses will be enhanced. All of which help us but only to the degree of our survival training. Think of it this way, just because you have a bucket of water doesn't mean you can make it rain, and just because you get this huge flood of adrenalin doesn't mean you will become Bruce Lee.

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As your heart rate raises your motor skills deteriorate. Fine motor skills will become less and less effective and you will have to rely on gross motor skills. A motor skill is an action that involves the movement of muscles in your body. Gross motor skills are larger movements involving the arm, leg, feet or the entire body -- things like swinging your arms, running, and jumping are gross motor skills. Fine motor skills are smaller muscular actions like picking things up with your fingers or your toes.

At 115 beats per minute (BPM) most people will lose fine complex motor skills, finger dexterity, hand and eye coordination, and multi tasking becomes complicated. Pulling a trigger, or handling a knife all become more and more difficult, on the other hand gross motor skills turn on and become optimized.

At 145 (BPM), most people will lose complex motor skills, the use of 3 or more motor skills working in accord with one another. At this range the part of the brain that controls the auditory system shuts down. This is why people report not hearing anything or not being able to make out what someone was saying.

As your heart rate rises your vision is also impaired. At roughly 175 (BPM), a person will experience an eye/lid lift, their pupils will dilate and flatten. As this reaction takes place, a person will experience what is commonly known as tunnel vision. Tunnel vision will often cause someone to back up to gain more information to the situation at hand. You will also become “binocular” rather than “monocular”.

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This is the reason why tactical shooters are taught to keep both eyes open when aiming at a target. Visual tracking becomes more difficult at this range. This is very significant when dealing with multiple threats as your brain will want to focus on what it sees as the primary threat. Only after that threat has been neutralized will the visual system search for the next threat. This effect on the vision referred to as the “light house” effect can cause as much as a 70% decrease in your visual field of view. This is why constant scanning of the area is so imperative to finding that second and or third threat. Your depth perception is also affected at this range, keeping both eyes open can increase you depth perception as much as 30%. It is not uncommon at this level to also have difficulty remembering facts. This is referred to as “Critical Stress Amnesia, memory loss during extreme survival stress situations.

Once we you reach 185 to 220 (BPM) things start to really go bad. You may feel a sense of immobility or irrational behavior the “deer in the headlights” mode. Where everything seems to stop, you can’t move or even scream. Your reaction time decreases your stress level increases and plunges you further into a frozen state of mind.

Understanding that in a combat situation your heart rate can go from 70 (BPM) to 220 (BPM) in less than a half of a seconds forces us to not only find ways to deal with and reduce that level but also to find and acceptable heart rate range to operate in with maximum effectiveness. Most studies show that between 115 and 145 (BPM) is the most acceptable rage to keep gross motor skills and reaction time at the most effective.

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In order for you to be able to stay within these ranges is based solely on your preparation and has to do with several factors, confidence in your skills and abilities, your training, visualization, breathing, and morality on the value of life.

Some of this is things and decisions you must first make in your own mind and we will start with the most controversial one of all “The value of life”. We are brought up being taught that life is precious and not to be disregarded without due cause and consideration. In fact our laws and moral codes are based on the protections of ourselves and others against injury or death. In a self defense situation you may need to seriously harm or even kill another human being. Even though most have heard or read these very words very few have internalized or even contemplated this, even many involved in combative type training. We are raised in a belief system that to take to life of another human is just unacceptable. Even though I agree you have to make the moral judgment yourself, if you don’t come to terms with this before the situation arises you will not be able to deal with it then or after the fact.

Visualization is a key to your survival. Having more than one plan gives you options in the case of situational redirection. Mental imagery increases your response and reaction time. Having reviewed the possible situation in your mind has given you an idea of how the events may unfold and what your plan and backup plan will need to be. Not giving these things any thought ahead of time will cause more surprise when they happen, reducing your reaction and response time leading to more stress and less effectiveness.

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Breathing is a key factor in keeping you within the acceptable heart range. In the military we refer to this a combat breathing. A process used to decelerate the heart rate and bring it back into an operable range. Although a simple process, (on paper) it is still something that has to be trained. All you need to do is breath in for a 3 to 4 count hold for a 3 to 4 count and then breathe out for a 3 to 4 count. Studies show that by doing this for several cycles you can decreases your heart rate by 30% or more. As a sniper and avid long range shooter, (1,000 yards and further) this is a must for remaining calm and putting the round where I want it.

Confidence in your skills comes through constant training physically and mentally. Your training should be nothing more than reality based and geared towards maximum effectiveness with minimal effort. Dynamic situational training will help to put you in scenarios close to what will happen in reality. Training must be “gross motor” skill based; fine motor skill training will not be there when the time arises therefore you wasted valuable preparation time. There must be a backup plan in place an escape and evasion or abort strategy. Techniques must be simple and easy to remember. “One attack, One defense” is a rule to follow if we give someone multiple defenses for a single attack we now cause a decreases in reaction time as the brain will try and chose the best defense for the attack. You don’t have time for that in a violent situation. Taking too much time to react could be the difference between life or death in a combat situation. Skills need to be learned in a progressive order and not all at one time.

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The brain will not assimilate or leave out key elements if taught too much at one time. Therefore the techniques should be broken down into smaller sets with the abilities to etch them in your brain and then move on so that they become automatic response reactions. After the techniques are learned then you must practice them in dynamic situations to prepare yourself for any situations that arise.

Understanding the mindset as well as the physical issues and challenges behind self protection is all part of the pie so to speak. Having one set without the other will cause problems and in a life or death situation problems are what we want the bad guy to have. Remember 3 simple rules if my attacker can't walk then they can't continue to attack me; If my attacker can't breathe then they can't continue to attack me; and last but definitely not least, If my attacker cant' see then they can't continue to attack me.

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How to Continue Your Survival Training...

As you've read in my bio, I'm the founder of a member-based organization called the Modern Defense Tactics (www.selfprotectionsecrets.com) that provides REAL WORLD self defense training right over your computer screen.

This organization is MUCH more than a group of “wannabe” martial artists! In fact, most of our members are military and law enforcement personal that don't have time to go to martial arts or self defense class!

We also have many "average" men and women just like YOU from all walks of life and all around the world, all types of people just like you who have come together with the common purpose of becoming more educated on the right way to defend themselves and their families and loved ones.

I know what you might be thinking. “You can't get self defense training over the internet”. Well guess again we use a system of videos and lesson plans that will sky rocket your skills to unimaginable heights and all from the convenience of your home or office.

The details of all of the incredible training we offer is too much to lay out here, all you have to do to get started is log in at our website;

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