

Tom Everett's



Personal Protection Tips

“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...**

Personal Protection Tips!!!!

**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.

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Something to think about.....and a question.....

It's Tuesday night about 10:00pm and you're leaving the mall in downtown metropolis. As you enter the parking garage you get an uneasy feeling, you shrug it off as a, long day at work, or shopping. **You've made your first mistake.** As you step out of the elevator you notice someone hanging out by your car, you think to yourself "could that be a mugger"????? Ha-ha you laugh and then think wow I'm paranoid.

This was your second mistake and hopefully not your last.

How many times have you watched the evening news and seen the story about the woman that was raped, the man they found dead, or the person that was rob at gun point? It happens all the time every day in most cities around the country. You have just shielded yourself from it. Oh don't worry it's not your fault it's been breed in to us from a very young age;

That only happens to bad people

Never put yourself in that situation

It's because of where they live

That's why you don't dress like that

Yes I know you've heard all of those and more I'm sure. Well I'm here to tell you that that is the "Leave it to Beaver crap" that gets people killed.

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Look folks we don't live in "Mayberry" and even Sherriff Griffith had to use his gun on more than one occasion.

Back to the Garage....last we left you had just gotten out of the elevator and there was someone hanging around your car. As you approach they start walking towards you notice their demeanor is just not right they stop to look around, as if to see if anyone else is in the garage, you realize at that very moment, they are not in the garage for the same reason you are. They are there to rob, or rape, or even murder you!!!!

Do you know what to do?

Are you prepared to defend yourself from what has shaped up to be a violent attack? What if they are bigger than you, or have a knife or a gun in their hand?

Ok let me paint this picture even worse.....what if instead you it was your spouse, or you daughter in that same position are they prepared to defend themselves?

Do they have a plan, are they prepared mentally and physically to do whatever is necessary to come out of this situation alive?

Are you current fighting skills ready to handle this life or death situation?????????

If you had to stop and think about that question for just a minute don't worry you are not alone!

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Now I know what you're thinking you don't live in the hood, hell you don't even live near the hood.

And unless the hells angels or the blood or crips move in and infest your white picket fenced house nestled so cozy in the suburbs you have nothing to worry about.

STOP..... Remember our scenario you where in a parking garage.

Look for now think about this do you ever leave your house?

Go shopping?

Do you ever go see a movie?

Eat out?

Stop at a convenient store to get gas, or something to drink?

Ok so you're thinking what about those self protection tips you were going to give me?

Ok here goes,

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We live in an ever changing world and folks it's **NOT** changing for the better.

As a professional Defensive Tactics instructor I have heard countless stories of people with this same "Mayberry" attitude ending up in the hospital or the morgue.

Yes, crime is out there and you are not out of its reach it can affect you and as soon as you realize this and start preparing yourself for it, the better chance you have to survive or to save the life of a loved one.

Ok this is not a report to scare the living delights out of you but to open your eyes and help you realize that crime is out there all around you. You must have a plan and you must be willing to execute that plan.

As a former elite military commando soldier I have seen the carnage that unstoppable violence can cause. The devastation that gang violence can have on a population and the suffering that those left in its wake have to deal with for the rest of their lives.

For the dead the suffering is over it's the living that made it through that live with the horror forever. Just think about this if someone was to hurt your child and there was nothing you could do about it, would that bother you for the rest of your life?

Tip #1 get out of your dream world and take a look at reality.

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I am going to share with you some little know secrets that will help you avoid that and a lot more....

It all starts with you becoming familiar with the things you have been conveniently avoiding in your own mind. I want you to understand the criminal mindset and give you the tools to quickly and effectively deal with any situation.

“No matter what the situation is, or who the attacker is once you know the hidden secrets you will be able to protect yourself and your family.”

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The truth about "Violence"

The truth about violence is that it has no boundaries, it's not prejudice, and it does not discriminate against anyone. Whatever is in its path either moves out of the way or gets run over by it.

You need to stop and pay very close attention to this page, you must realize that we live in a world where bad things happen, where violence is an everyday occurrence.

Now I'm not talking about your average school yard fight. I'm talking about heart stopping pulse pumping violence. You know the most horrific scenarios you can imagine.

And don't just put yourself in those situations. Imagine

Your spouse,

Your children,

Your parents,

Or anyone else you love.

Violence doesn't have to live next door to you, although it could. Hey it doesn't even need to live in your little cozy suburbs. It will come to you seek you out and take from you if you let it. It doesn't care if you are white, or black, big, or small. It cares nothing about you.

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Violence won't stop just because you have had enough, or you ask it to stop. No you have to put into place tested and effective ways to put a stop to it. You owe it to yourself to your family and your loved ones to not only make sure you are ready and have a plan in place but that they are prepared too.

Picture this;

Its 3am your wife wakes you up she heard a noise. It sounds like it came from downstairs. You get up and open the door to you room as you look to the left (the direction of your daughters room) you see a shadow of a large man entering her room.

Are you prepared to deal with that?

Do you have the tools to stop what is about to happen?

Do you have a plan in place that you know without a shadow of a doubt will work?

One thing is for sure that dark shadow heading in your daughter's room has a plan and you are then only thing standing between him and the rest of your family.

Tip #2 Have a plan.....one that will work!!

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The "Rules" In the Street

Ok this is an easy one.....**There are NO Rules in the Street.**

You have to survive now matter what it takes, anything goes. Don't stop for a minute and think that criminals have rules, they don't.

The problem is we have spent our lives being told not to hurt others.

"Don't poke people in the eyes."

"Don't kick them in the balls".....that's just not right.

"Only girls pull hair".

"Kicking is for girls".

"Use your fist boy slapping is what you mom does".

Ok.....enough. Let's stop here and think, some 6 foot tall Godzilla of a man has you by the throat with both hands his immediate task at hand is the choke the life out of you and then god only knows what else. Should you A; punch him in the face? or B; gouge your thumbs up to the second digit in his eye sockets? Well I don't know about you but I'm going with B.

We aren't talking about your drunken brother in law, who at the next family reunion is being the biggest ass in the world grabbing you.

Although planting his balls on the top of his head might be just the thing he needs. I'm talking about some gargantuan man with real bad intentions trying to choke the living shit out of you.

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I remember my dad (a former combat hardened Marine) telling me “boy there is no such thing as a fair fight”.

He’s right this is not the Queensberry rules. This is everything goes.

Biting, hair pulling, eye gouging, smashing a chair over their head, picking up a stick, planting your shin so deep in their crotch they think your leg is a new pacemaker. That is the kind of mindset you have to have.

Here is one of my favorites.....

Carry an ink pen in your hand.

Yes that’s right I said an ink pen.

Ok why you might ask? First as far as I know it is not illegal in any state or country for that matter, to have an ordinary ink pen in your possession.

Now I know some of you may have heard the little key in your hand safety tip.....well forget it!!!!!! How are you going to get in your car and get away if you leave your keys buried in some scum bags neck?

Now if you had an ink pen in your hand and you plant that firmly in the side of the moran attacker’s neck, eyes, or throat. Then you can still get in your car and drive away.

Tip #3.....There are no rules.....anything goes

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“Awareness”

A young lady is walking to her car when she noticed 2 older ladies in front of her. A police car came towards her with 2 cops, and they said hello. She also noticed that the handicap spots in the area were empty. As she neared her car a man a few rows over called to her for help. He wanted her to close his passenger side door.

He was sitting in the driver's side, and said he was handicapped. He continued calling until she turned and headed back to the mall. He then began cursing at her. She wondered why he didn't ask the older ladies or the policeman for help. And, she wondered, why he was not parked in any of the empty handicap spots. As she returned to the mall she glanced back and saw a male getting out of the back seat and into the front, then the car sped away.

Don't get caught in this trap.....pay attention always be aware of your surroundings, who is where and what may be out of place.

One of the reasons people become victims is a lack of awareness. You must at all times be aware of where you are and what is going on around you.

People too often get into their cars after shopping, eating, working, etc, and just sit, talking on the phone doing their checkbook or making a list, etc. **Do not do this!** A predator can be watching. It is the perfect opportunity for them to force themselves into your car, put a gun to your head, and tell you where to go. **As soon as you get into your car look the doors and leave!**

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“Fight or Flight”

The **fight-or-flight** response, also called the acute stress response, was first described by Walter Cannon in 1929. His theory states that animals react to threats with a general discharge of the sympathetic nervous system, priming the animal for fighting or fleeing. This response was later recognized as the first stage of a general adaptation syndrome that regulates stress responses among vertebrates and other organisms.

Ok.....so what does that all mean?

Let me put this in simple terms for you.

In the case of a potentially violent situation you have two basic options **“Fight or Flight”**. Granted the flight response should always be your first option, as avoidance will keep you rising with the morning sun.

However if that **“Flight”** option is not available or you miss that window of opportunity, then you are in exactly what the other states.....a **“Fight”**.

Now earlier in this writing I ask you a question and I’m going to pose that question to you one more time.....

Are you current fighting skills ready to handle this life or death situation?????????

Tip #4.....You must be ready and prepared to fight if you have to

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“Speak Up”

Let's get something straight; the gloves are off no more **“Mr. Nice Guy”**. You have to stand up for yourself.

How many of you remember your parents saying, “If you don't have anything nice to say then don't say anything at all”?

Jeez.... That's another one of those pre programming statements that have been drilled into our heads. Now look I'm not saying you should walk around being a jerk, but for crying out loud when the time calls for it you need to get **“nasty”**.

Now you do need to know how to respond.....and yelling is not the answer.

Why because people don't care, and they don't want to get involved.

So screaming at the top of your lungs is just wasting time.

Now there are a few things you can do.

Look the attacker straight in their eyes and tell them **“I will fight back”**

Some studies have shown that even telling your attacker you have Aids will cause them to leave you alone.

The bottom line is a victim is just that.....an easy target. If they know you are not going down without a fight they will move on to the next person.

Tip #5....Stand up and tell them “you will fight back”

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“You and your EGO”

You're in a local restaurant/pub as you move through the crowd you accidentally bump into a lady and spill her drink right down the front of what appears to be a very expensive outfit. The next thing you know her date is up and out of your chair.

To save face with his date he starts laying into you and telling you how he is about to kick the ever living shit out of you.

Ok the first thing you need to do here is keep your little buddy **“Mr. EGO”** from jumping right out and starting a full fledge bar fight. After all you did bump in to this guys date and you did cause her drink to spill down her. So what do you do?

First apologize, offer to pay to have her cloths professionally cleaned. Hey that might be all that is necessary. He saves face to his date and you avoid a legal mess.

If that is not enough and Godzilla still want to smash your face in then in a very loud voice say **“look sir I don't want to have to fight you”**.

Now if the fight happens and when you in reverse beat the ever living shit out of him you are in the right.

You see everyone around will be able to tell the police you where just defending yourself they even heard you say **“look sir I don't want to have to fight you”**.

Tip #6.....Keep your EGO in your pocket and use your brain

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“Staying Calm”

There is something to be said for weathering the storm. But when you are in a heart pounding, adrenaline rising, stressed induced moment sometimes that seems like just an impossible feat.

All of this is caused by the introduction of fear. Fear can however be regulated.

In the military and in our training at Modern Defense Tactics we teach what is known as **“Combat Breathing”**. Combat Breathing is a way to get control of your rapid change in heart rate.

Breaths in four counts, hold for four counts, and then exhale four counts and repeat. This type of breathing works to calm you and slow your heart rate down because breathing is a combination of the somatic (we are in control of) and the autonomic (that we cannot easily control) nervous system. By regulating the autonomic system we deescalate the natural fear response and help to return higher level brain function to normal capacity.

Another way is to train under stress. Training under stress helps you understand how to control your arousal level. As your physiological agitation escalates you are vulnerable to perceptual memory distortion. So learning to control arousal levels helps to diminish distortion.

Tip #7.....Remain calm and breath

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“The Myth Behind Personal Protection”

This is a subject that is close to my heart. Having been involved in the martial arts, military and law enforcement for the better part of my life I have had the fortune, or in some cases the miss fortune, of seeing many others idea on how to protect yourself.

I have to say this, and it always gets me in trouble but then again I don't care what others think.

Just because it has been done for the last 100 or even 20 years doesn't make it work. The method for being able to defend yourself and your family does not come from one style, country or man.

What gives you the ability to defend yourself and your family is the tactics and training methodologies behind what you are doing. Is it **Combat Proven**, has it ever been tested and has all the bull shit been stripped away without fear of political reproductions?

If not then you are still trying to use a system that is riddled with holes of inaccuracy.

Now if you have no problem with getting your ass kicked then that is your call but when it comes to your family, you better stop and think real hard on that one.

At Modern Defense Tactics we have stripped everything out that doesn't work.

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We have tested and proven our tactics and training methodologies in the rings playgrounds and battle fields of society, and we have honed the stuff that works to unimaginable levels.

I will make you a **big promise** if you are willing to master the skills of Modern Defense Tactics then you hold in your hand the keys to winning virtually any conflict and walking through life with an intense confidence in your skill and ability to protect yourself and your family from harm.

I am not suggesting this system will work for you I am **guaranteeing** you it will.

You owe it to yourself and your family to protect them don't waste anymore time get started today.

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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 and Koryukan USA Martial Arts Training Center that provides REAL WORLD self defense training by combining the arts of Brazilian Jiu-Jitsu, Karate, Mixed Martial Arts, and No BS Street Self Defense.

This organization is MUCH more than a group of "wannabe" martial artists! In fact, most of our members are military and law enforcement personal!

Don't worry though 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 like this around here". Well guess again we use a proven success system and lesson plans that will sky rocket your skills to unimaginable heights.

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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