

# ***MAKE IT REAL!***

**Avoid These Bad Habits And Start  
Training to Produce Effective Results  
In A Real-World Self-Defense Situation**

A Special Report by

**Jeffrey M. Miller**

Founder and Director

**Warrior Concepts International**

Creator of the Revolutionary

***EDR: Non-Martial Arts Defensive Training Program***

[www.warrior-concepts-online.com](http://www.warrior-concepts-online.com)

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# First Things - First

One of the first things new students realize when they begin training for real-world self-defense, as opposed to sport karate, is that the training requires that you actually *do* the technique to your partner and not just with your partner. They get to hit their partner's target areas, lock up vulnerable joints, and of course experience the techniques themselves.

This often results in several reactions from the student, ranging from apprehension and caution to glee and revelation. For the purposes of this report, I'll be focusing on the former and the problems that can develop if you allow these negative reactions get in the way of your training and progress towards mastery.

First, you need to be very clear about why you are doing this in the first place - why you're training. The lessons I'm teaching you are designed for raw, street-level, self-protection...period. Regardless of whether they're from the traditional martial lineages that have been passed down to me, or those based on my real-world experience in the field against real attackers, it's important to understand that the techniques, strategies, and tactics you're learning are for one thing, and one thing only... and that's producing results!

As a former police officer, undercover agent, private investigator, and body guard...

...I firmly believe that any self-defense program being taught today should prepare the student for the realities they will experience in an actual, physical confrontation and not merely pass along a few tricks and "moves." This requires that the training program include techniques, drills, and exercises that will create an experience for the student that's as close as possible to the "real-thing" .

## **Avoiding Reality**

The problem arises when we get caught between what we think we want and the reality of what it is that we need. If we were talking about choosing between a salad and a cheeseburger, that's one thing. But, since we're talking about the seriousness of a physical attack from a brutal assailant, the difference can be literally life-altering.

This can be seen in class by the way our bodies may tend to avoid the unpleasantness of the technique being applied, either by us or by our training partner. This apprehension and fear that I'm talking about often stems from the fear of being damaged or experiencing the pain resulting from aggressive action.

An example of this might be our tendency to pull back, flinch, or counter our partner's technique so as not to have to feel the punch or kick being delivered. As human beings, it is natural for us to want to avoid that which would harm us, and be attracted to those things that allow us to experience pleasure (*Mikkyo 101...*). The aversion could instead be based on causing this pain to someone else. Examples of this include students who pull their punches and kicks by aiming beside their partner's body target, or stopping just short of actually hitting it. This reaction could be the result of early childhood training reinforced to unhealthy levels where we were taught to never hit others. And so we can't even bring ourselves to do it, or we fear having to experience our own guilt, shame, and pain based on the fact that we have caused pain to another.

The other possibility is that we've never actually had the need to hit or damage someone else and so we just aren't sure how to do it right. We might feel that everyone else in the class knows how to punch and would look at us like we were somehow less of a person if we admitted to this not knowing. Contrary to popular belief, this is actually more common than you might think.

The truth is that, most of the people who are attracted to learning the self-protection methods that I teach (*as opposed to the machoistic flash and flair of other martial arts, or the sheer brutality of fighting for sport*)...

...DO NOT have the experience of hitting others. In fact, I've found this to be the rule and not the exception.

Either way, there are several problems that will inevitably arise as a result of unreal training methods resulting from the avoidance, fear, or ignorance that I've been talking about. If you've ever had the unpleasant experience of having had to defend yourself in a real situation, you will understand the necessity for realistic training, as opposed to just going through the motions.

## **Making And Keeping It Real!**

The following areas are critical in learning to defend yourself against a brutal onslaught from another human being, and actually delivering effective counters of your own:

### **1. Proper Attacker Energy and Dynamics**

If you're going to develop real, workable, and effective skills against a real-world attacker, you have to have a good training partner. And, if you're going to help your friend to become strong and skilled, you have to become a good partner.

The job of the training partner in a good self-defense program is to simulate as much as possible, the energy, delivery, and strategy of an *actual* attacker. He or she must, in essence, *become* the attacker that you're learning to defend against. This is so that the student playing the part of the defender will "see" the same thing in training that they will see on the street - so you'll know that the technique will work (or not work) on several levels.

If you're to gain the benefit of knowing that your technique really works - that it's really effective against a particular type of attack - then your "attacker" must use the same moves, strategy, and even "attacker logic" as that of the real thing. It doesn't matter "*what your friend would really do.*" You're not learning to defend against your friend. You're learning to defend a particular way against a particular "type" of attacker.

In some ways, this is very much like the very highly paid stunt men (and women) who provide the "realism" in movies. They have to play the part of the character in the fight. They can't change the script mid-stream, and they can't take the fight into areas that their "character" just wouldn't go. We all have particular experiences in life and believe that certain things will and will not work. And attackers are no different. Each "type" has his or her own "logic" and will stick to that most of the time. To get the most out of your training, decide on the scenario (where the attack takes place, why it's happening, etc.), and the type of attacker and attack. Then, work to stay within that logic as you train. You will learn a lot more than just the step-by-step technique this way. You'll also learn:

#### **a) What signals an opponent like this will send**

**b) How to control his logic in a way that causes him to believe one thing when you're really doing something completely different, and...**

**c) How to gain control of his balance and options before he ever realizes that he's lost control**

## **2. Realistic Defenses**

The techniques and scenarios practiced in a legitimate school of real-world self-protection must be founded on two very important points. First...

**...each technique must be based on the specific attack and setup being practiced and not done as a generic answer to "any" attack the opponent might send your way.**

What this means is that, we cannot use what I call the, "mathematical approach" where  $1 + 1$  always equals 2. You know, *"if he's punching you, you can do this."*

There are way too many variables in a fight situation. A punch is not just a punch, because behind it there lies a whole bunch of motivators that can change everything. Here are some examples of elements that change a punch from a generic attack into a small part of a larger, overall, assault:

**a) Why is the attacker punching you** (are you the intended target - he has a grudge against you - or are you in the wrong place at the wrong time)?

**b) How is the punch coming in** (is it a straight punch, a hook, or a backhand or back fisting kind of thing? Maybe it's an upper cut. To where... your gut - your jaw? Is your attacker even skilled at punching? This will determine what kind of intention, strength, and damage potential lies behind it.)

**c) What's the intention behind "this" punch** (is it supposed to be a one-shot knockout or is it a jab to set you up for something else)?

On a basic level, it's true that a punch is a punch. But if we go even a little bit deeper, we find a whole world that requires exploring if we are to become masters of our own protection.

It's also vitally important that our techniques are based on our attacker's logic and not on our own pre-planned response. Just as I talked about earlier with the attacking partner's realism, you have to remember that you're dealing with a certain type of opponent. The reality is that, when confronted by someone who would harm you, you will not know what his attack will be until it's coming; how far they are willing to go; how experienced they are at doing damage; etc. The ONLY thing you can be sure of is how you feel at that moment.

### **3. Practice To Understand The "Essence" Of The Technique**

When practicing, it's important that you understand what makes a technique or action right and appropriate for any given moment, if you are to progress to any significant level of skill. To do this, you must look beyond the mechanical, step-by-step, moves and see why each part is the way it is as well as the results generated by it.

If you've read my book, "**Controlling the Fight**," you'll be familiar with what I call "**The 5 D's of Effective Self-Defense Action.**" If you haven't read it, doing so will make this a bit more clear. If you have read it, this will take what I said there to an even higher level.

In any fight, you have transition points - places of opportunity where you can go from defense to offense or from breaking his balance to taking him to the ground, etc. But, to be able to do these things, you have to be able to do a whole lot more than just jump on him with a bunch of random (or pre planned) punches, kicks, locks, and throws. At each "bridge," or transition point, you will need to make sure that you are not compromised or in danger BEFORE you proceed. You only have about 1/200th of a second to do this so you'll have to feel your way through.

You must know not only "what" to do, but whether that piece of the overall technique is right for "that" moment or whether you'll have to do something else. A lot of students get so caught up in "*the right way*" to do the technique that they can't see that their face is in front of their partner's fist or that they've turned their back on the assailant and left themselves open for a worse attack than the one they're dealing with at the moment.

### **Summing It All Up**

If you "play" at self-defense training and ignore the negative aspects I've been talking about in this report, you will be setting yourself up for a fall by creating the double illusion that:

**a) You can actually defend yourself if necessary** and, probably worst of all...

**b) That your techniques will work when applied in a real situation.**

So, do yourself a favor - one that could very well save your life some day...

Watch out for these bad habits and tendencies in your own training and remember:

Train as you will defend. Because...

***...You will defend as you train!***

# ABOUT THE AUTHOR

In addition to being an internationally-recognized expert on self-protection, Jeffrey M. Miller is also listed as one of the top ten self-defense instructors on the internet today. His company, **Warrior Concepts International** conducts programs for men, women, and children on the subjects of self-protection and personal development, as-well-as for the corporate sector on the topics of *Workplace Violence Defensive Tactics* and *Warrior-Based Leadership*.



He is the author of over 200 articles, as well as the following books...

*["The Karate-Myth: Why Most Martial Arts and Self-Defense Programs Don't Work..."](#)*

*["Controlling the Fight"](#)*

*["The Warrior's Guide to Goal-Setting and Achievement"](#)*

*["KUBOTAN: Self-Defense Keychain Training Manual"](#)*

*[SHURIKEN: Ninja Secret Weapons](#)*, and...

*["10 Really Stupid Things Parents do To Place Their Children In Danger Without Even Knowing It!"](#)*

He is also the producer of a number of self-defense, safety, and martial arts training videos, including:

*["Danger Prevention Tactics: Protecting Yourself Like a Pro"](#)*

*["Takagi-Yoshin Ryu Shoden no Maki"](#)* (Part of his 'Living Seminar Series'), and...

*["Ninja Camp In a Box"](#)* (available for each years Ninja Camp)

To subscribe to his online [newsletter](#), find out about live training and [seminars](#), or to attend his yearly Spring and Fall [Ninja Training Camps](#), go to his web site at:

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