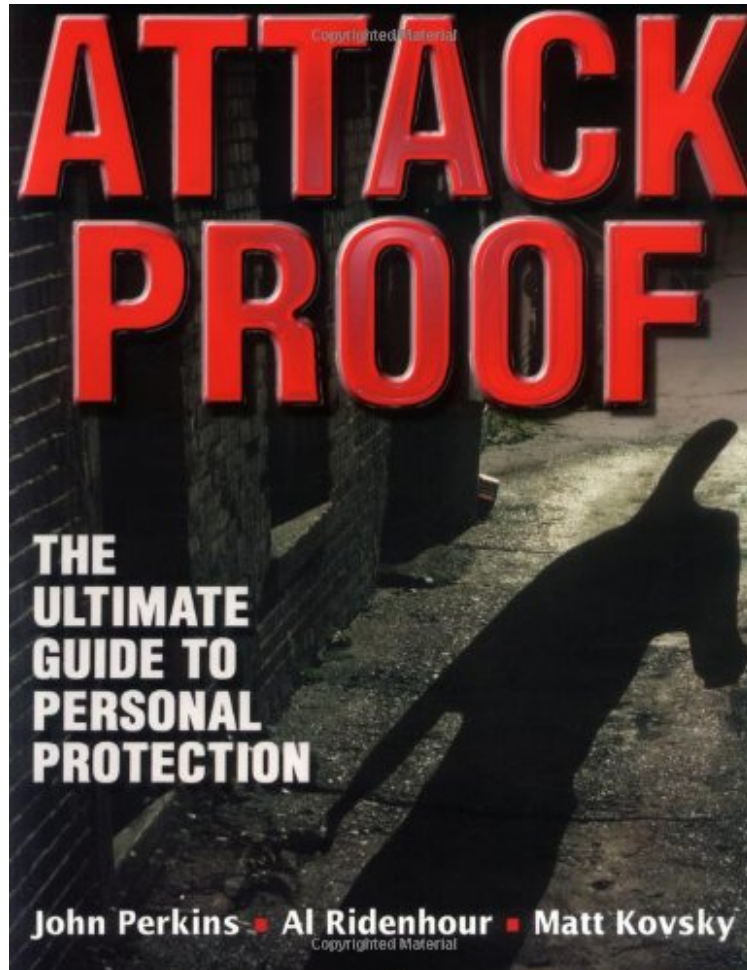


(Download free ebook) Attack Proof: the Ultimate Guide to Personal Protection

## Attack Proof: the Ultimate Guide to Personal Protection

*John Perkins, Al Ridenhour, Matt Kovsky*  
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**John Perkins, Al Ridenhour, Matt Kovsky : Attack Proof: the Ultimate Guide to Personal Protection** before purchasing it in order to gage whether or not it would be worth my time, and all praised Attack Proof: the Ultimate Guide to Personal Protection:

47 of 47 people found the following review helpful. Real World Violence not Dojo DancingBy David ChesherThis book is what I have been looking for. As a former Marine, SWAT team member, and a reservist I have trained, studied, and researched martial arts and fighting for over twenty-five years and have always felt that something was missing. I have studied Tae kwon do, boxing, Ninjutsu, Muay Thai, and Jujutsu, and while I learned something from each art, the number of techniques I found to actually work in a real fight was very few, even though I became very proficient at utilizing them in the dojo. The dynamic violence of an actual physical altercation can vary so widely that you cannot train or prepare through the use of repetitive action-reaction training. The missing link was filled by the drills and training in Attack Proof.Attack Proof emphasizes close quarters combat techniques that enabled the Allied

soldiers in World War II to beat the superiorly martial arts-trained Japanese in hand-to-hand fighting on islands all over the Pacific. It includes fright reaction training that is essential for anyone that wants to survive a sudden violent encounter, which is something most arts don't teach, and the ones that do don't emphasize it enough (because there are too many other techniques and forms to learn in that art) but it's a cornerstone to Attack Proof training. You won't find lots of cool techniques to impress your friends in here, but what you will learn will put your self-defense training way ahead of anything you will learn in a traditional martial arts dojo. There are many drills designed to build your balance, looseness, sensitivity and body unity to allow you to fight from any angle, position and the beauty of it is that if you do have a martial arts background you'll find that many of the things you will learn in this book will greatly enhance what you know already. Don't be misled by those who criticize the book for lack of ground fighting; the book DOES include ground fighting but not as a useless grappling or wrestling methodology that is only suitable for competition between people of similar weight classes with rules against attacking the eyes, throat or other vulnerable areas. These sports always have one assumption that negates their use on the street; that you have only one opponent to worry about. Go ahead and wrestle me to the ground and get your arm bar on me while my two buddies stomp your head into mush. Arts such as Brazilian Jiu-Jitsu flourished under the 'no holds barred' promotions because the reality was that there were rules against eye gouges and groin ripping; things that are perfectly legal under street fighting. And the idea that a 110-pound woman is going to successfully take a 200-pound attacker to the ground or get into a guard position and fight him off is ludicrous. The ground fighting in Attack Proof is a devastating and deadly form of fighting that can't work in the ring without maiming and killing people, but it's based on movement and not techniques. To see it demonstrated in real life shows you the folly of wrestling, but the idea that Attack Proof drills emphasize during a violent encounter is to explode aggressively and then if possible escape; not to subdue your attacker. Attack Proof sticks to what works and keeps the techniques to a minimum while emphasizing drills that teach you to use those techniques in an 'anything goes' manner that is truly devastating. 28 of 28 people found the following review helpful. Real Self Defense for Real Life By Van Trillo This book is a terrific source for learning real life self defense. It presents, explains and illustrates - in a clear, straight forward manner - how people can avoid becoming a victim, as well as how to successfully defend against virtually any kind of physical attack. It is based on the principles of Ki Chuan Do, the martial art that was created by John Perkins. I attended a seminar by Master Perkins and his colleagues several months ago, and I was astounded by the effectiveness of Ki Chuan Do in action. The ease and speed with which Perkins - along with several of his students - made short shrift of various attackers, was simply amazing. These were not rehearsed or choreographed "plants", as I was later able to verify, but actual volunteers from the audience, some of whom were advanced black belts in different martial arts. I have trained as a kick boxer for a couple of years in a Tai Chi school that has a reputation for turning out good kick boxers. But seeing Ki Chuan Do was a revelation. It is based to a large extent on Tai Chi principles, but it is COMBAT Tai Chi combined with various other combat arts, and is light years ahead of anything that I had seen or experienced before - either in Tai Chi or any other martial art. The Attack Proof book takes the basic principles of Ki Chuan Do and explains how they can be used effectively by anyone, regardless of their physical condition or experience. A great companion to this book would be the Attack Proof video, available at [attackproof.com](http://attackproof.com). There are loads of methods being taught out there for people who want to learn how to defend themselves against attacks in a dojo. But if you want to learn how to defend yourself against attacks in real life, I highly endorse this book. 12 of 13 people found the following review helpful. Buy this book! It's a matter of life or death! By Bob Rosenberg This is a great book. Simple, powerful strikes of WWII Combatives from great teachers like WE Fairbairn and Col. Rex Applegate. But what makes this book stand apart from the dozens of books on WWII Combatives/Close Quarter Combat is that it uses the Deep, Powerful rooting of Internal Chinese Martial Arts. And you don't have to spend years and years to learn these secrets. (Many practice Tai Chi as gentle exercise and never know the tremendous power that can be tapped). 2 of the martial arts that I have studied extensively are Wing Chun Kung Fu and Tai Chi Chuan. This book enhances both arts and I don't have to change anything.

" Martial arts can teach people many important lessons about discipline, conditioning, and dedication. But as an effective means of self-defense and survival in brutal, real-world attacks, almost all martial arts come up short. This is because most self-defense applications of martial arts rely on patterned, choreographed techniques that have no relation to the chaos and randomness that rules during life-and-death fights. Attack Proof offers a dramatically different kind of self-defense system that really works. It's based on the insights, real-world experiences, and forensic research of John Perkins, a New York cop who teaches hand-to-hand combat to military and police instructors. A survivor of over 100 documented armed and unarmed violent encounters, Perkins also engaged in unlicensed pit-fights and was a bodyguard with an international clientele. Revolutionary in its approach, the book helps you to become a master of random motion, or "guided chaos", where you create a defense during attacks using principles of movement and physics. These principles are taught through many drills and exercises, which focus on improving balance, looseness, sensitivity, and power. This book provides a wide selection of basic to advanced tactics and principles with nearly 200 accompanying photographs that show correct positioning and maneuvers. You learn what to do and what not to do in potentially life-threatening situations, including muggings, carjackings, abductions, knife

fighters, and gunfights. Plus, the authors back up their teaching with illuminating real-world anecdotes. Attack Proof is essential for anyone interested in personal safety. If you are already trained in a particular martial art, you will dramatically enhance your combat skills. If you practice tai chi, you may discover secrets that have long eluded you. If you are a novice, you will learn the basics of survival while improving your coordination, timing, and balance. Protect yourself by being prepared for the unexpected and become a martial "realist". Visit [AttackProof.com](http://AttackProof.com) for more information. "

"I unreservedly endorse John Perkins' methodology" -- Professor Bradley J. Steiner--President, International Combat Martial Arts Federation, 10th Degree Black Belt "I've used these methods myself in actual life-and-death street encounters, and they really work." -- Jim Cirillo--Former NYPD and Federal Firearms Combat Instructor, NYPD Stakeout Squad member "John Perkins is one of the few in the U.S. who has mastered the combat aspects of Tai Chi." -- Dr. Drew Miller--Former director Degerberg Martial Arts Academy "The realistic and-easy-to-learn methods are the best I've ever seen, before or after the military." -- Lieutenant Dick Shea--Vietnam S.E.A.L. Team "You don't have to be athletic to learn these principles....[with no] hype, [they] result in accelerated learning." -- Detective Sergeant James McNeil--NYPD " I've used these methods myself in actual life-and-death street encounters and they really work. Jim Cirillo Former NYPD and Federal Firearms Combat instructor NYPD Stakeout Squad member You don't have to be athletic to learn these principles. It is not based on false bravado or hype, but is the result of accelerated learning. Detective Sergeant James McNeil Dobbs Ferry, NYI unreservedly endorse John Perkins' methodology. Bradley J. Steiner President, International Combat Martial Arts Federation 10th degree black belt The realistic and easy-to-learn methods are the best I've ever seen, before or after the military. Lieutenant Dick Shea Retired U.S. Navy officer Vietnam S.E.A.L. Team ""Perkins is one of the few individuals in the United States who has mastered the combat aspects of tai chi chuan."" Dr. Drew Miller Former Director, Degerberg Martial Arts Academy Student of Chicago tai chi master Waysun Liao ""John Perkins is an expert in the dynamics of violence."" Dr. Peter Pizzola Detective Lieutenant Former Head, Yonkers Police Department Crime Laboratory "From the Publisher" Attackproof is an excellent book and as a former police officer in Cape Town, I know what violence looks like. We have more murders, rapes and domestic violence than anywhere else on earth, and all the other self-defence books were second-class. I now compare every single book to Attackproof and have yet to see one that comes even close. Mr. Perkins, your work is a masterpiece and it is helping us to tame the streets of this city. Directly due to your work we are able to ensure safety for whole segments of this city and are already working on ensuring safety for visitors in 2010 during the Football World Cup. Congratulations!" Charl (Morpheus) Viljoen International Alliance of Guardian Angels Regional Director: South Africa