

***NEW! Just Released: Martial Arts Expert From Liverpool
Exposes The Shocking Truth About Self Defence...***

"Discover How to Literally Become Your Own Bodyguard 100% Guaranteed!"

Local Martial Arts Expert Reveals All!



**Discover why most people are "victims waiting to be attacked"!
Learn how to stop yourself becoming a victim and Become Your
own Bodyguard by reading the incredible system revealed in
this e-book!**

Dear Friend,

There is no doubt that violence in our community is increasing. Look at what happened recently with the widespread rioting. The criminals of the city took it upon themselves to further the trauma by committing all manner of violence and disgusting crimes towards others.

Violence simmers in every city. It is just below the surface - everywhere. Just walk down the wrong street, breakdown in your vehicle in the wrong neighborhood, make an inappropriate remark or even look at somebody the wrong way and you can be in a lot of trouble.

Police cannot stand on every street corner. Nor should they. Hoodies, muggers and rapists know this. They might be violent but many of them are not stupid. They know exactly where, when, how and who to target for maximum impact.

We all know the problem. But what is the solution?

Well, simplistically it all boils down to two basic options:

- 1 - Stay at home behind locked doors (even then you may not be safe)
- 2 - Learn how to protect and, if necessary, defend yourself

Sure, we are under more and more surveillance all the time. Just look at how many cameras were operating in London at the time of the rail and bus terrorist bombings. Nowadays, you are being filmed all the time. Sometimes you are aware of it, often you are not. Do cameras protect anybody? No.

Cameras and to a large extent even the police are effective only AFTER the event. Cameras can provide evidence for Court proceedings. Police can make arrests. But how does any of that help you when you are trapped by a lunatic hell-bent on causing you damage?

In many cases drugs are the cause of violence. You cannot negotiate peace with a violent drug user because the drug is shielding the sensibility, sensitivity, compassion and humanity of the drug taker. All they see you as is a target capable of supplying them with their next fix.

We have now arrived at the point where you could be confronted by a desperate, violent person and there are no police or security guards anywhere in sight. What do you do? How can you be your own bodyguard?

Here are your options:

1. try to escape - ie run away
2. try to attract the help of others - ie call for help
3. try to outsmart your antagonist - ie trick him or her
5. try to defend yourself - ie fight back
5. succumb to the antagonist - ie give them what they want

Here, now, are my recommendations for each:

1 - If you try to run you will need to be fit. Are you keeping yourself fit? If you have a disability, are unfit, are too old or if your attacker is faster then this is not a viable option. Sometimes an attacker will chase you, sometimes he will not. It depends on his level of desperation and whether he is willing or capable to chase you. Where do you run? This is a serious option if you are capable but you must give due thought to the terrain, your attire, your fitness, the attacker's apparent fitness, time and location.

2 - If you try to enlist the help of others do not expect a "knight in shining armor" to arrive. Most people will just not want to help you. They don't want to "be involved." They fear for their own safety. And the way that Courts operate these days if they do fight your attacker off they will most likely have to pay the cretin compensation. If you yell "help!" nobody will come. However, if you yell "fire!" everybody will come. Nobody wants to help but everybody enjoys watching a fire - perverse, but true. Yell fire!

3 - If you try to outsmart the antagonist you might try to distract them in some way long enough for you to escape. Here is where you need to be both creative and convincing. A few ideas you might try are as follows. Pretend the police have arrived, that you have a communicable disease or that you know a friend of the person. For example, you might try saying: "Hey, aren't you John's friend?" Everybody knows somebody called John so it may work. At least it will stop the antagonist for a moment by making him wonder whom you are referring to. That moment might be all you need to escape.

4 - Unless you are skilled in martial arts and self defence this option could be a problem. Never underestimate an opponent. They may have a weapon or they could have friends nearby. People who attack others are good at it because they do it so often. They know how to take all the advantages of fear. My recommended actions for an unskilled or semi-skilled person would be a finger thrust to the eyes. These are the best targets and have obvious tactical advantages for you.

5 - Succumbing to an antagonist is the last option you should consider, particularly if you are a female and the attack is sexual. These days there is a high probability that a violent offender will get what he or she wants and then enact violence on you anyway. Apart from that, if the offender is subsequently apprehended by police that person's defense lawyer will tear you to pieces in Court for not resisting. The lawyer will attempt to convince a magistrate or a jury that you condoned the act. Also those that fight back have a greater chance of escaping than those that do not and deal better with the aftermath of the incident too.

My final word on all of this is that you really do need to be your own bodyguard. Don't expect anybody else to protect or defend you. It won't happen. So here's what I'm willing to do to help you.....

We'll give you a totally free consultation to discuss your self defence goals.

We'll teach you what you can do (or what you're going to do) to defend yourself, answer all of your questions, give you honest feedback and our honest opinion on how fast you should expect results. Then we'll show you and explain to you what you should do right now to make a perfect plan. I've been a Martial Arts instructor for over 15 years now and have literally dealt with any and every situation.

If you've haven't learned anything in this e-book, learn this:

Don't procrastinate and put this off! Procrastination is the biggest killer of all goals. As you may know, procrastination is "putting off today, what we think we'll eventually get to tomorrow" (or sometime in the future). The danger is you don't get trained before something happens...

Take the action now and contact us immediately. Get your free consultation

and we'll answer any questions you have and even show and describe to you what we could possibly do if we were ever to work together.

Thank you so much for reading this e-book! I look forward to hopefully speaking with you soon!

Warmest Regards,

Master Ivan Rolls

PS. Remember, you get a totally free self defence consultation where I'll show you everything you need to do to become your own bodyguard in the fastest time possible!

Contact me today on freephone 0800 021 3119 to arrange your FREE Self Defence Consultation!