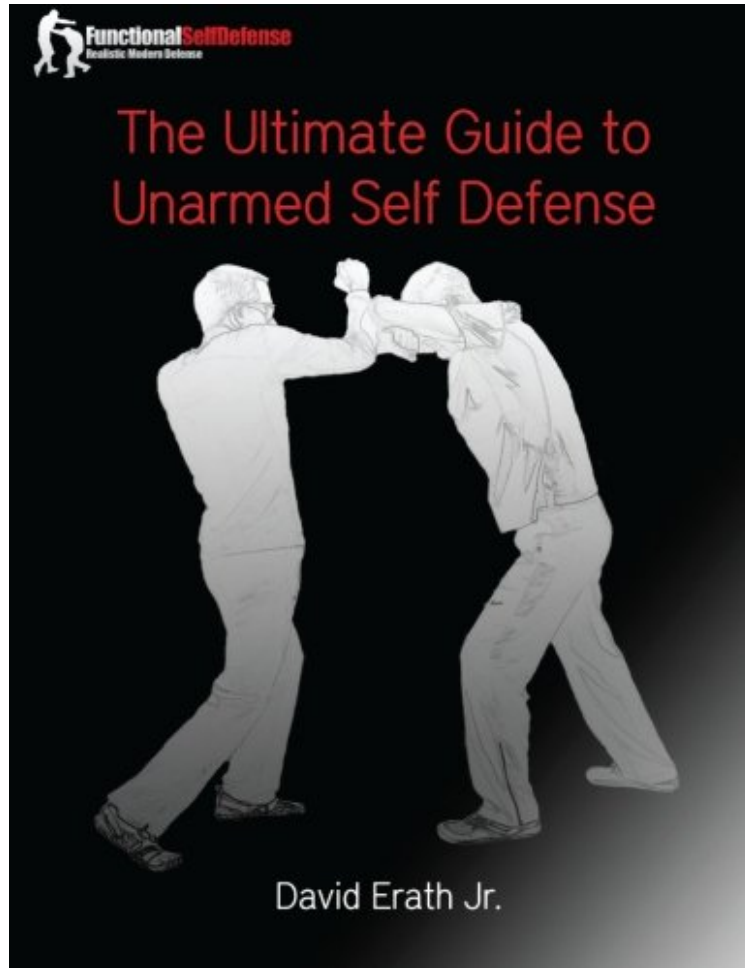


(Download ebook) The Ultimate Guide to Unarmed Self Defense

The Ultimate Guide to Unarmed Self Defense

David Erath Jr

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David Erath Jr : The Ultimate Guide to Unarmed Self Defense before purchasing it in order to gage whether or not it would be worth my time, and all praised The Ultimate Guide to Unarmed Self Defense:

3 of 3 people found the following review helpful. Straightforward Self-Defense: No-Nonsense, No HypeBy Zero OneDavid Erath Jr.'s "Ultimate Guide to Unarmed Self-Defense" is a thorough and mature treatment of the topic. I write this review as someone who has been involved in martial arts in various forms since the early 1990s. This is important because I started in a pre-Internet era in which "Black Belt" magazine was profiling ninjas and "experts" of dubious origin, where you could send a check to Midwestern addresses to be included in secret martial societies, before mixed martial arts exposed the limitations of style-based training. As a kid, I bought self-defense guides to supplement my training. They always had titles like "No Second Chance," "Street Lethal," "Fight for Your Life!" For all the hype, these books often contained dodgy techniques and warrior fantasy self-indulgence.Now let's contrast with Mr. Erath's work. His premise is simple: Focus on situational awareness, conflict avoidance, and train a foundation of

high-impact and proven techniques. His "MMA Base" is aptly titled: Follow its prescription, and you're looking at fundamentals of boxing, Muay Thai, Brazilian Jiu-Jitsu, wrestling, and the most readily effective aspects of South and East Asian martial arts. The book emphasizes hard-contact sparring and drills, and indirectly eschews schools that train techniques that are "too dangerous" for sparring and rely solely on striking pads or BOB dummies. While I recognize there are old Kodokan Judo and Japanese Jiu-Jitsu techniques that are extremely dangerous, they can be drilled with hard sparring reserved for other techniques. The book centers on key concepts tied to strategy. Mr. Erath says that a collection of techniques, without a game plan in mind, is hazardous. He's not talking about having a go-to, multi-stage combination or response that only works in demonstrations. Rather, he presents "The Covered Blast," which emphasizes a protected entry, follow-up, and exit. Consider seminars or classes you've been to that simply present techniques; there's often no discussion of defensive skills or self-protection, with everything predicated on the idea that your attack or counter works. Essentially, Mr. Erath's idea is evident in boxing, Muay Thai, and Brazilian Jiu-Jitsu. Following this is the author's "Fundamental Five" concept, which offers five default responses: Hit and run, blast, "crash," grappling defense and clinch entry. This "Five" is arrayed along the continuum of fighting domains, from attack to countering takedowns. And no, this isn't the "counter-grapple" nonsense in which you twist the head of a collegiate wrestler and magically take him down. The takedown counters consist of rough snap-downs, clinches, and stuffs arrayed from grappling arts. Default responses are worthy of drilling. Even if you're used to sparring, there's time to stretch and prepare. You square off and someone tells you when to begin. It's rare to be seized from behind and slammed before you know you're in the fight. Training default responses offers some measure of insurance, similar to any kind of risk-mitigation plan. The "Ultimate Guide" features clear black-and-white photographs with some time-lapse elements to show movements and positioning. Mr. Erath also demonstrates "The Crash," as depicted on the front cover. This is a covered guard used as an offensive weapon. Think of 1970 boxer Ken Norton's guard combined with Dermot "Pat" O'Neill's "O'Neill Cover." It's a guard and an offensive weapon to knock someone off balance. Train it as a flinch response and it could be a powerful weapon. While I consider blocks a last line of defense, this is a clearly offensive technique you can slam into an opponent's fist, face, or neck and chest. (The "O'Neill Cover" sets one arm high and one arm mid-chest to try to hit an opponent's throat and chest. Different techniques for different purposes. Mr. Erath's could off-balance a face attack, force an opponent to try to loop around your guard, and then counter with your own straight punches.) That's another important aspect of this book: Acting and buying space from the startle response. Unlike many in the self-defense world, Mr. Erath actually acknowledges the legalities of self-defense. The earlier books I mentioned, and some written today, provide a catalogue techniques without situational awareness or legal ramifications. In addition, Mr. Erath points out that not every conflict amounts to an all-in, life-or-death scenario, as opposed to the RBSD proponents who reduce everything to eye-gouging and emasculation. Mr. Erath includes plenty of clinch fighting, hacks, and some items less familiar to me, such as the triangular footwork culled from Southeast Asian fighting styles, such as Arnis/Escrima. There's no "counter-grapple" silliness here, but the tie ups from Muay Thai and Greco-Roman wrestling that can keep you standing and let you control aspects of the conflict. I don't see how emphasis on sparring is controversial; Judoka and others do it all the time, and their techniques work. They can reserve scissors takedowns and joint-lock throws for higher-echelon sparring. Small modifications would let you turn an opponent's palm outward so you flip them face first into the concrete, or drop an opponent's back on your knee. I've seen schools that kick the crotch and eye gouge, using protective cups and goggles to do so. If you don't train against a resisting opponent, you learn in binary. You can't condition "if-then" responses and hope to use them against someone who is uncooperative. At one point, I studied what I realized was a drills-only style of takedowns, and fortunately learned the errors of my training in high school folkstyle wrestling when I spent the first month repeatedly slammed and pinned. I had been conditioned to be unnecessarily compliant to allow others to "learn" the technique, and I wasn't used to the free form style or sheer power of a wrestler. All in all, this is a worthy addition to any self-defense library. The emphasis on physical training, sparring, and startle responses, mixed with awareness and planning, complemented by effective fundamentals, offer a one-stop guide. Using the "MMA Base," you can easily segue to other things. I'm of the opinion that no matter what one's fighting "style" is, anyone can benefit from some stripped-down essentials. Look no further than Judo for its Goshinryu subset, or the good boxing coach who will run through a how-to of vicious fouls for use in non-sporting encounters.

9 of 10 people found the following review helpful.
Excellent addition to your self-defense library
By Alain B. Burrese
I really liked *The Ultimate Guide to Unarmed Self-Defense* by David Earth Jr. It contains solid advice on self-defense in a well organized manner. The pictures used to illustrate concepts and techniques are clear, and overall I think Earth did a very good job with his goal of providing a combination of techniques, training methods, and strategies designed to provide practitioners with highly efficient and effective self-defense skills. I also liked that in addition to physical techniques, non-physical awareness and prevention aspects were covered. The first chapter briefly discussed self-defense vs. martial arts, and why the author created a system that he calls Functional Self-Defense. Brief, but he makes some good points and it sets up where he is coming from. Chapter Two: The Truth About Violence. This chapter contains information on the nature of violence, myths of martial arts, and why acting tough is for losers. It's a very short chapter, but worth reading and listening to. The third chapter on awareness, avoidance and prevention is one of the most important chapters in the book. He provides some

good information on these concepts. Chapter Four: The Covered Blast. This is a fundamental concept to Earth's system, and the way he explains it and illustrates it with photographs is well done, and it is a concept that will serve a person very well when defending him or herself. Others explain the same or similar concept with different terminology, but nonetheless, this is a good thing to learn and practice and I liked how it was presented here. Chapters five, six, and seven get into functional self-defense training, the MMA base, and Functional Self-Defense. These chapters cover many of the basic physical aspects of Earth's system, and he does a good job of explaining them and illustrating them with photographs. There is nothing earth shattering or really new here, as there are only so many ways to hit, kick, and grapple with another person. The book includes a lot of basics such as boxing punches, kicks, knees and elbow strikes, and so on. It also shows how to combine some of these in situations. However, just because the techniques are basic doesn't detract from the book, because basics are what work, and the material is very well presented in a logical manner with much fluff often found in some systems eliminated. This book does focus on aspects for defending oneself, not for sport or competition. As the chapter denotes, Earth does use a MMA base for a lot of his techniques and training methodologies. I do believe that studying the techniques presented here, learning them, and training with them with a good training partner would provide a person with a strong self-defense base. Chapters eight and nine are shorter and cover environmental applications and physical and mental fitness respectfully. And finally the book concludes with a series of frequently asked questions. If you are looking for a book to learn a simple and straightforward self-defense system, this book by David Earth Jr. fits the bill. It is one of the better books on self-defense for sure, and an excellent addition to anyone's self-defense library. 19 of 21 people found the following review helpful. The Best Self Defense Book By Markell Hardaway The major problem with most self defense and martial arts books is that you can't learn from them. Some of them provide interesting and engaging information on the nature of violence and violent people, but remembering it all and figuring out how to use it is impossible. Other books have lots of pictures demonstrating techniques, but don't explain context, how to train them, or teach you what to use and when. The Ultimate Guide to Unarmed Self Defense solves these problems. It's the best self defense book I've ever owned or seen by far. The chapters on violence and prevention are filled with practical advice you can use today - what to avoid, how to spot trouble, and what to do if you find yourself in a bad situation. The author does an incredible job providing just the right amount of information and then explaining how to use it. The chapters on training and techniques are awesome. The pictures are easy to follow, and the author points out details that you just don't see in other books - details that make the techniques work. In just a few days this book has led to serious improvements in my sparring. I've also tried a few of the techniques he shows that I had never seen before, and they've worked better than anything I've ever trained. The material in this book is amazing, and I highly recommend it

The Ultimate Guide to Unarmed Self Defense is a comprehensive guide to the most efficient and effective strategies, training methods, and techniques for functional self defense. Most self defense and martial arts books cover only one or two aspects of violent attacks and are typically unrealistic. The Ultimate Guide to Unarmed Self Defense covers every aspect of self defense, from awareness and prevention to exceptionally effective techniques. Techniques and training methods are presented as taught in private lessons, and hundreds of easy to follow photos with directional arrows and ghost imaging make learning from the book easier than ever. The Ultimate Guide to Unarmed Self Defense begins with a discussion of the difference between self defense and martial arts, legal ramifications, the nature of physical violence, and then covers avoidance, awareness, and prevention in great detail. Readers will learn how to be a bad target, how to spot warning signs and pre-attack indicators, and how to prevent an attack through distance, evasion, and de-escalation. Functional self defense training methods follow, including what works and what doesn't, the pros and cons of different training methods, solo training, partner training, sparring, training in natural environments, adrenal issues, multiple opponents, and more. In the technical chapters, the most efficient and effective techniques are demonstrated in great detail, along with default responses that work against any unarmed attack and solid strategies for implementation. The Ultimate Guide to Unarmed Self Defense ends with chapters on environmental applications, physical and mental fitness, and frequently asked questions.