

AMAZING SECRETS OF THE MARTIAL ARTS MASTERS

By

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Bending Knives
One Inch Board Break
One Finger Knock Downs
Control Anyone With No Hands
Take Full Power Body Strikes
Drive A Nail With Your Head

Take Full Power Neck Strikes
Mind Control
One Finger Knockdown
Breaking Boards With a Bat
On Your Ribs
Secret of KI



30 Martial Arts Secrets Revealed For The First Time
You Will Learn To Do Them ALL

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FLEXIBILITY SECRETS

So many times I am asked how to get more flexible. And time and time again I hear that I try to stretch my legs and hamstrings, but I just can't get loose. I always reply. Your problem is not your legs, or hamstrings, but your back and hips. If you will loosen your back and hips, you will get 50% more flexible in a short amount of time.



Test yourself and see if you can put your head on the ground with your legs spread



Here are some exercises to loosen the hips The stiff legged swing. Swing the leg up and around in circles to the outside and inside. This helps get the hips moving and starts to loosen them.

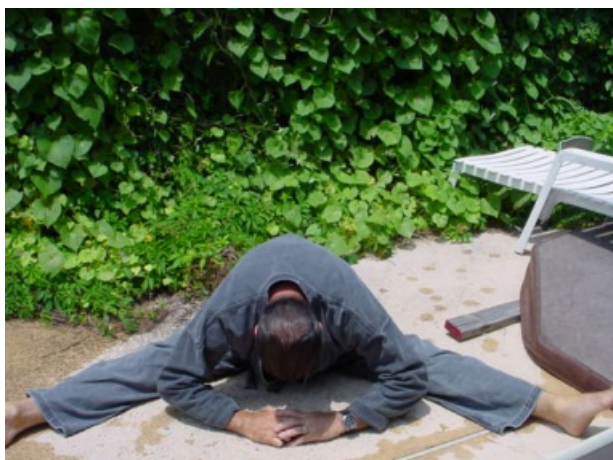
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Now sit on the floor and try to do the American splits, first on the right side, then the left. You must force your hips to the ground, even if you have to lean to the right or left.



After you do that, drop the hips back and spread the legs and try to force your hips to the ground.



You now should have loosened the hips and easily be able to touch your head to the ground in a stretch.

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POWER SIDE KICKING

The problem with most defensive side kicks is that they are too slow and too weak. It is quite easy for the attacker to walk right thru the side kick, or block it because they always see it coming.

The reason is that the traditional side kick has a fold and then a snap out. By the time you fold. The opponent has seen the movement and is ready to block.

The other problem is that a traditional fold and kick side kick has no real power, and most people are able to walk right thru it or if they are hit, receive no real damage.



The traditional side kick requires that you pick up the leg, fold it and snap it out. This is very slow and very weak.



The power and speed side kick involves picking the foot directly up and snapping the hips thru the target. It does not require you to bend the knee. You actually keep the leg straight and when it gets to the kicking level. You snap the hips and thrust the kick. It is much much more powerful and twice as fast.



You can practice with a partner by holding his hand and lifting the kick directly up and out.

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POWER ROUNDHOUSE KICK

The problem with most round house kicks is that they are not powerful. Most people can block them easily and they don't do any real damage when they hit. That is why you seldom see them in real fights.

To do a Power Round House. It is necessary that you actually do a Front Snap Kick and turn it over at the end. In a traditional round house. You bring the leg up and snap it out. It is almost all a leg kick and has not "hip power".

In a power round house. You bring the leg straight up like a front snap, and at the end you turn it over and make it a round house. This kick allows you to use your hips and legs and all your body weight to smash into the target. It is much more powerful and very hard to block.



Do not lift the leg and snap out the roundhouse. This has not real power.



Lift the leg like you are doing a front snap and at the end turn the leg over for full power.

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TOUGHENING THE KNUCKLES WITH PUNCHING

It is important to have tough knuckles in the Martial Arts, and the old way to do that was to punch the Makawara Board for hundreds of hours to build up a callous. This is quite painful and causes arthritis when one gets older.

The reason that your knuckles hurt when you punch something hard is that there is a big tendon on the back of the knuckle that gets hurt when you hit something hard. Punching the Makawara gradually flattens this tendon, but there is a better, easier way.

SIT ON THE KNUCKLES. All you have to do is to sit on your knuckles for about 5 minutes a day, and gradually you will move the tendon on the knuckle over and make the knuckle very tough.

Sit in a cross legged meditation stance and place the first two knuckles of the hand on the floor and lift your body off the floor. Control your mind and breathing for as long as you can and then sit back down.



You must flatten the tendon on top of the knuckle



Sit directly on the first 2 knuckles

YOU MAY SIT IN A MEDITATIVE STANCE OF YOU MAY EXTEND YOUR LEGS OUT FRONT



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When you are thru sitting, your knuckles will be very flat and feel like they need to be rubbed.

DO NOT RUB THE KNUCKLES. This destroys the effects of the exercise.

Take the hands and place them together like you are praying. Then push the fingers straight up for a stretch, then straight down out in front a stretch. Do this until the knuckles feel better.



Do not rub the knuckles



Stretch out the knuckle by putting the hands into a pray stance, and stretching straight up and stretching straight out.

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BREAK A BOARD WITH SHUTO NO EFFORT

To break a board using a shuto from one inch. You must use a lot of snap and you must hit with the heel of your shuto. Do not hit with a flat shuto, or the board will not break. You must “pop” your wrist at the end of the strike and hit with the heel of the hand.

It is very similar to hitting a board with a hammer. If you keep the hammer straight thru the entire blow, it is not very powerful. But if you snap the hammer at the end of the blow. The speed increased dramatically and the force 10 fold.



Do not hit with a flat hand. This has no power and hurts the fingers and hand.



Snap the wrist down at the point of impact
and hit with the heel of the hand.
The board will snap easily.

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ONE INCH KNOCKOUT PUNCH

To Knock someone out with a One Inch Punch is quite easy to do but is DANGEROUS and should not be done for fun or just to practice.

You use the same snap and hip pop as the punch you use to break a board from 1 inch. It is important to hit with the heel of the hand directly on the temple.

Place the fingers of the hand over the temple area

Now with a quick snap and a hip pop. Smash the heel of the hand into the temple area

Make sure to follow thru with your punch



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KNOCK ANYONE DOWN WITH ONE FINGER

To knock anyone down with one finger is really quite easy to do. It is a nerve strike and does not require a lot of strength or speed. All you have to do is press on the nerve. The person will definitely fall to the ground.

Take your index finger and dig it into the collarbone right where the neck meets the collarbone. It is important that you push back and down. Do not just push down.

When you push back, you expose the nerve and when you push down you paralyze the nerve, knocking the person down.

You can use a Yawara (or hard pen or pencil) and get even a better effect.



Hold the index finger very tightly



Press into the open area where the neck meets the collarbone



Be sure to press back first and then down



The person will fall directly in front of you



You can use a yawara for more pressing power

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THE POLICE HOLD DOWN

I like to call this technique the “police hold down”. It is simply a way to hold anyone on the ground, with absolutely no effort for any amount of time, until the police come to arrest them, or you decide to let them do.

Knock the person to the ground and roll them over



Pull their arm across their body and up
Grab the elbow to start bending the arm

Step over the arm
hold the wrist



Sit on his back, and pull the arm across
Lock the arm against your body



You can sit here comfortably as long as you wish
He will not be able to move at all.

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BREAKING THE COLLARBONE

AND THE NECK KNOCKOUT

To break the collarbone all you have to do is use the same techniques as the 1 inch punch. You will strike with the heel of the hand and snap down hard and fast on the collarbone. It is only about 2 inches thick and takes about 75 pounds of pressure to break.

1. Snap the hips very hard back
 2. The harder you punch with the opposite hand the harder you will strike with the striking hand
 3. At the end of the strike “pop” the wrist and hit with the heel of the hand
- It is important to “pop” or extend the wrist so that you do not hit with a flat hand, but with the bone at the heel of the hand



Strike with a shuto directly on the collarbone



Snap the wrist at the end to hit with the heel of the hand



The same strike to the side of the neck will knock him out. Remember to snap the wrist at the end to hit with the heel of the hand



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Holding someone down with no hands

You can hold anyone on the floor with **NO HANDS** by simply using your knee to apply pressure to the large nerve that runs behind the triceps in the upper arm.

The first thing you must do is to place the mans hand directly on the floor, straight out to the side, with the Palm Facing Down. The Back of the hand must be showing. The arm can not be bent.

Now take your knee and place it in the middle of the arm, and gently roll forward. The pressure is immense so be careful not to push down to hard. Your body weight is all you need as you roll the arm forward.

If you want to do permanent damage. You can bounce or stomp the arm.



Make sure the palms is down

Place your knee in the middle of the arm

Gently roll forward



He can not move



You can stomp for permanent damage

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NOT HAVE YOUR ARM PULLED OFF YOUR HEAD

To not have your arm pulled off your head all you have to do is put your arm on top of your head. It simply can not be pulled off.

If the person trying to pull the arm off pulls you down, you lean over with the pull. If they try to lift you up, they simply can not pick up your body weight straight up and so the arm stays on your head.



If they pull down you simply lean over.



They can not lift you up, so the arm stays

This techniques has great self defense use. If you are being punched in the head. You can put both arms up on the sides of your head and protect the head, the temples, the eyes, the jaw.



You can block your head this way, until you recover for a counter attack.

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HOW NOT TO BE PUSHED OVER OR LIFTED OFF THE GROUND

These are two very effective and dramatic techniques for a demonstration or street use.

The first involves not being able to be pushed over. You can bet anyone that you can sit on a stool, or on the ground and that the biggest person in the group can not push you over.

The second technique involves not being able to be lifted off the ground, even by the strongest person.



Start the demo by sitting on your knees on the ground and having the man push on your shoulders. It will be very easy for him to push you over.



Now place your hands with the palms facing away from your body, and touch the mans arms just below the elbows. With the slightest of pressure you push up on his arms. Do not do it hard enough for him to feel. He will not be able to push you over, because you have redirected his force to cause him to actually be pushing you down into the ground, rather than backwards and over.



It is just as easy to do sitting in a chair or on a stool

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How not to be lifted off the ground.



First take a deep breath and ask the man to hold you under the arms and using his legs, not by bending his back, to lift you off the ground. He should be able to do this easily.



Now all you have to do to not be able to be picked up is to touch him gently right on top of his forearms. This redirects the force and he will not be able to pick you up.

Remember he must use his legs, not bend his back or he will be able to pick you up.

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How to block any kick with one hand

To block any kick with one hand you must use your forearm and a snapping motion to the front.

The forearm must be held close to the body and the wrist turned out toward the kick with a flicking motion. At the point of impact you must “pop” the arm out for power.

You must keep the arm tight, and not loose or the kick will knock the arm into the body.



The forearm should be close to the body



Twist the forearm at the point of impact

This technique is so effective that you don't actually have to look at the kick. You can keep your eyes focused on the attacker and still do the block.

