

# ***ADVANCED SELF-DEFENSE COMBAT TACTICS!***

**Using Strategic-Thinking to Go Beyond Basic  
Step-By-Step Techniques and Learn to  
Control Your Attacker and the Outcome of  
Any Street Fight or Attack Situation  
Like a True Self-Defense Expert**

by

**Jeffrey M. Miller *SPS, DTI***

Creator of the unique

**“Emotion-based Defensive Response” (EDR)**

Non-Martial Arts Self Defense Training System™

***ADVANCED SELF-DEFENSE COMBAT TACTICS!***

By Jeffrey M. Miller SPS, DTI

Founder & Director  
Warrior Concepts Int'l, Inc.

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For a limited time only, I'm giving away a free copy of my extremely popular safety DVD called "Danger Prevention Tactics: Protecting Yourself Like a Pro!"

All I ask is that you pay a small fee to get it to your door. And... if you order your free copy of the DPT video right now, you can also order my complete Foundations of Self-Defense Home Training Program at a HUGE discount! [Click here to take action now](#)

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How much do you know about protecting yourself? Honestly.

Do you know what types of attacks and dangers you're most likely to encounter in YOUR life? Do you know who your most probable attacker is?

Regardless of whether or not you've ever taken a martial arts or self defense class, do you truly believe in your heart-of-hearts that you could survive an all-out attack from a blood-thirsty attacker? Can you do what's necessary, under stress and fear of injury or even death, to successfully deal with a brutal assailant who wants to beat, break, or kill you?

Can you?

Contrary to popular belief, self defense is not an easy subject to master. Regardless of how much your local karate instructor tries to convince you otherwise – regardless of all the ads for the books, video courses, and “magic-bullet” programs being offered on the internet by so-called gurus that promise that you can stop any attacker with one punch or “secret self defense move” - the fact is that there is more to learning how to defend yourself than merely picking up a couple of tricky moves.

Much more!

How do I know?

That's a good question. And one that you should be asking, not just of me but, of every so-called self defense expert out there who says that he or she can teach you something.

It's a good question because, whether you've ever thought about it or not...

You are placing your very life into the hands of anyone you listen to about how to protect yourself against an angry, violent, and potentially murderous attacker!

Never forget that. Because, whether or not you've ever thought about that – whether or not any other self defense instructor or martial arts teacher acknowledges it...

This is something that I take very seriously.

So... who am I? And why am I qualified to teach you how to not die at the hands of another human being who will be coming at you with more hatred, rage, or indignation than you have ever experienced or imagined in your life?

Why should you listen to what I have to say?

Quite simply because...

I have been where you are right now.

There was a time when I was the victim of bullies and abuse when I was a child. Growing up in the inner city, I saw the violence and brutality of my fellow human beings against others.

I witnessed, and experienced, brutality, anger, and hatred that was manifested as physical violence. And, I didn't know what to do about it.

In Junior High School, I disobeyed my abusive step-father and joined a karate club that was offered after school. I didn't get it then, but it worried him – not because I was doing something other than coming straight home after school but – because I was learning something that could neutralize his violent and inexcusable behavior against my mother, myself, and my siblings.

Then, as a next step in my self-determined crusade to stop the violence and/or punish the aggressors...

I became a cop.

And, you know what?

None of it helped!

The more I was forced to deal with on the street as a cop, the more I realized that most of what I was learning in the conventional martial arts programs that I enrolled myself into – the more I read about in books and magazines about self defense – the more I realized that there was a huge disconnect between what people were being taught...

...and what I and every other victim of assault, rape, robbery, and even murder, were dealing with in the moment that the attack was taking place!

And, this included the so-called “defensive tactics training” that I received as a part of my training to become a law enforcement officer!

So...

I embarked on a journey to find real world self defense training which was based on dealing with, not a 16<sup>th</sup> century Japanese, Chinese, or Korean warrior – not a dojo or self defense classroom attacker but...

The real thing!

And, after doing what you're doing right now – after pouring over countless articles, reading book after book on the subject, and after training in practically every style of self defense and martial arts that I could find...

I found teachers who could give me the keys to effective self protection.

But, that wasn't the end of my journey. Not by a long shot.

Because the next phase that was necessary in my progress and development was in “proving” that these lessons – these principles and concepts – really worked! No blind belief here. I set out to literally make these lessons fail where it counted most...

ON THE STREET...

AGAINST REAL, VIOLENT ATTACKERS – who weren't going to knowingly and willingly let me use these new techniques and strategies on them!

Over the subsequent years working as a uniformed police officer, undercover investigator, private investigator, and bodyguard – I made sure that this stuff really worked. Not that I thought or “believed” that it would – I know that it does.

Because I have been through the fire of life-tempering experience, and am here to teach others just like you the most important lessons for surviving the kind of violence and danger that this world can throw at you.

And that is why I'm qualified to teach you anything about self defense.

I'm qualified because I have much more than knowledge about this or that technique – I'm qualified because I have more than a black belt around my waist...

Because I have faced knife-wielding attackers, criminals who were bent on doing anything to me to not go to jail, and even narrowly escaping having my brains blown out by a gun that was held a finger's width from my skull!

What makes me qualified to teach you or anyone else anything?

**The combination of KNOWLEDGE and EXPERIENCE.**

I can not only teach you some very effective moves designed to stop a human being from doing the same to you, but I have the real-world experience using these same techniques, strategies and tactics against real attackers, throwing real attacks... for more than a belt or trophy in a game or contest.

But, I don't want you to take my word for it.

You can't afford that luxury, any more than I could all those years ago. Your life depends on you taking what I give you and checking it out, testing it, and making damned well sure that it works!

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If you want to get more information about the critical topics that most martial arts and self defense practitioners never learn about surviving a real attack, go here: <http://www.warrior-concepts-online.com/self-defense-karatemyth.html>

The purpose of this ebook is give you a system that, when you understand it, will allow you to literally control every phase of a physical confrontation. In fact, the core lesson contained within this book is so powerful that it will give you the ability to, not only know where you are at any given point in an attack situation but, know what you should be doing – what action or technique to apply to your attacker's body to completely dominate and control the fight in your favor.

Could you use something like that? Would knowing the phases that a fight or attack situation goes through help you to take your training and abilities to the next level of skill proficiency?

That may sound silly. It may sound like a stupid question but, I know that there are countless students and teachers out there who think that all they need to learn are the skills – the physical “moves” - of their particular martial art style or self defense system. And, for these people, what I'm about to give you is completely useless.

To them, once you learn the step-by-step moves, the kata “forms” of their system, you'll be indestructible.

Sorry. Just isn't so.

And, if you don't believe me, just open up any martial arts magazine and find the “Letters to the Editor” section. What you'll find in just about every issue is a contribution from someone who says, “*My friend has been studying the martial arts for \_\_\_\_ years. But, when he was jumped by a street fighter last month, he got his ass handed to him on a platter. How could this happen?*”

But, again, if this is you – if you believe that all I (or any self defense teacher) should be giving you is a bunch of cool techniques, and you'll be ready to take on someone who doesn't care how much you know, or even that you will try to defend yourself – then you can stop reading now. Because the rest of this book will be completely useless to you.

However, if the ability to do just the right thing at just the right time - to know what you need to control each “phase” of a fight – is important to your development, then read on. I'm about to open up a completely different realm of self defense mastery to you.

But remember that, just because you read these lessons – just because you mentally and intellectually understand what I'm teaching you here – does not mean that you'll be able to run out and use it against a real attacker. What I mean is that, you are going to have to work these lessons into your training.

You are going to have to create training drills that will help you to develop the ability to recognize where you are in the moment-to-moment flow of a fight. And, you are going to need to develop the physical skill that will allow your body to do the technique that is the perfect fit for what's going on.

No short cuts. No inflated ego because you think you know something that other people don't. No running out and professing to be a “Master” in your own right because you can sound like you know what you're talking about to others who don't have a clue.

Here's the link to the information page that describes my unique, “*EDR: Non-Martial Arts Defensive Training Program*”: <http://www.warrior-concepts-online.com/self-defense.html>

The EDR Level 1 course has many of the training drills that I was discussing to get you started. In fact, here's the course outline for the Level 1 Program: <http://www.warrior-concepts-online.com/self-defense-edr-course-outline.html>



It's not until your body can “cash the check that your mind is writing” that you can say that you “know” this stuff. Until then, it's just information. You have to make it your own through some seriously hard work.

In fact, as one of my teachers used to remind me all the time...

*“Everything I'm about to teach you is crap!”*

What that means is that, until you work this out for yourself – until you train with these lessons to the point that you “own” the knowledge and ability – it's just information on your computer screen, on your hard drive, and in your head!

Here is a free gift for you if you're really serious about mastering self protection. I've put together a series of 20 videos that answer, not only the most common questions that people have about self defense but also, questions you didn't even know you should be asking! Click here to get your 1<sup>st</sup> video lesson right now.

## **Controlling The Chaos Inside A Dangerous Attack**

I once had a student ask me, “*How can anyone believe that the preset kata (“forms”), or step-by-step techniques taught in most martial arts and self defense systems, will give you the ability to make sense and do the right things in the chaos of a fight?*”

And, he was right. But, contrary to the belief of those who take the opposite view or approach – the mixed martial artists and those who believe that technique examples are a waist of time – not having any structure to help us can either make the learning curve longer, or it can make it impossible for some well-meaning students to learn anything at all.

No, the answer to this age-old argument is not in whether you should be training in the kata or no-kata method, but in understanding that your development will progress through three levels of skill proficiency on the way toward self defense mastery. The answer is in understanding how to make the best use out of both of these approaches so that you get the full benefit of each – without the disadvantages of either.

**In general, the three levels of skill development include what I call:**

**Mechanical** – Learning the step-by-step, physical skills that you can use to avoid, counter, redirect, or apply against your opponent's body and attempts to get at you. This is the stage of “*techniques.*”

**Dynamics** – Developing the “invisible” skills that allow you to apply the mechanical “moves” at the right time, with the right force and intention, and in the right direction. This is the stage of “*adaptation of technique*” to fit the situation. And...

**Staging/Intention** – Developing a deep-level understanding of “attacker-logic” so that you will know where he will be when he gets where his is going in his move. This is also the ability to go beyond the conventional idea of “self defense” to the point where you can have a planned result in mind, and then control his options and perceptions in a way where the attacker ends up exactly where you wanted him.

This is the stage of “*Mastery.*”



As you can see, I tend to avoid the whole “beginner,” “intermediate,” and “advanced,” designations. The reason for that is because, for most people, all of their skills are not equal in proficiency – regardless of how long they've been training. And, because the preceding designations outline your ability to control a fight situation – not, as in most programs, simply a reference to your belt color or how long you've been training.

As a part of the “dynamics” stage of skill development, you can begin to go beyond mere step-by-step self defense techniques, and begin to understand that there is more going on than just a flurry of punches, grabs, kicks, or weapon attacks. In addition to developing and using the concepts of timing, distancing, angling, and balance-control (yours and his), you can also begin to explore the idea that there are “phases” within the overall situation.

And, when you can recognize these distinct phases, or strategic moments, you will be able to focus your training on developing the specific skills, techniques, and strategic thinking that will allow you to become a master of each one!

In my studies and eventual work to document and map out the core concepts and principles that will allow you to progress from beginner to expert in the shortest time possible, I have identified 5 phases that you can control within an attack situation. These 5 phases of effective and strategic self defense that are contained within both my *Warrior Concepts' Black Belt Life Mastery Program*, and my unique *EDR: Non-Martial Arts Defensive Training Program*<sup>™</sup>, can be laid out in a way as to reflect the logical flow of the control that will take you from “defender” to being in total control of your attacker and the situation as a whole.

**The 5 Phases of Effective and Scientific Self Defense, include:**

- 1) Observation and Assessment**
- 2) Avoid and Neutralize**
- 3) Disrupt and Unbalance**
- 4) Initiate and Counter-attack**
- 5) Observation and Assessment**

Please note that numbers 1 and 5 are neither a mistake nor a duplication. As you will see in the next section, they are both necessary phases within the overall context of the strategic control that you'll be applying, and the reality that you are observing and assessing each and everything that you and your attacker are doing throughout each and every phase.

Another way to look at these phases, and one that I give to my beginning students who train with me, either in my academy, or as members of my long distance *“Ultimate Self Defense Coaching and Training Program,”* uses the simple words:

- 1) Discern**
- 2) Defend**
- 3) Disrupt**
- 4) Deliver**
- 5) Discern**

In the next section, I'll go more deeply into each of these phases. But, what's important for you to understand right now is that this is not another “step-by-step” technique or formula that you are supposed to memorize. This list of the 5 phases is an outline of each significant phase, or stage, of a fight.

In fact, this isn't about any set techniques at all. On the contrary. This is about the strategic thinking and logical, moment-to-moment, decision-making that goes on and causes you to choose a given self defense move, skill, or technique.

And, if you train to instinctively and naturally “know” where you are at any given moment, and where the attacker's energy, balance, and ability lies...

...then you will be able to make sense out of what other people see as total chaos!



Long Distance Coaching in self-defense used to be extremely difficult. But now, you can combine the convenience of video, with the power of the internet, and even add the benefit of seminar intensives, to become a certified instructor of my EDR program in your own area. For more information about this one-of-a-kind program, and receive a free coaching call with me, just send an email with the words “Call Request” in the subject block to [warriorc@warrior-concepts-online.com](mailto:warriorc@warrior-concepts-online.com)

## Recognizing Each of the 5 Phases in Real Time

What you and I are going to do now is to take a look at each of the five phases that outlined in the previous section. You must know, and I have to be very clear here that, there is a lot going on in each phase – regardless of how “simple” it appears to be.

Remember, it's one thing to look at one of the previous lists and assume that the stage called “disrupt” is about unbalancing your attacker; and something altogether different to be able to create or recognize when your opponent is actually “unbalanced.” And...

...be able to act on that knowledge and recognition right then and there!

That being said, follow me as I go through and explain each phase, and some of what is going on at that part of the fight.

- I. Observe and Assess (*Discern*)** – This occurs from the moment that you sense impending danger and the movements and actions of your intended assailant.

At this stage, “*nothing doesn't matter.*” Or, said another way, “*no THING doesn't matter.*” Here, we soften our focus and pay more attention to our peripheral vision – which is better suited to picking up motion. We also want to pay close attention to:

- a) **How our attacker is positioning himself** for initiating the fight.
- b) **Where we are in our environment** (relative to entry/exit points, barriers and impediments, and other people).
- c) **Possible aids and tools** – items which could be pressed into use in our defense.
- d) **Our attacker's size, build, clothing style and pieces** (which might be able to be used against him).
- e) **etc.**

The more study and research that we have done to identify fighting styles, attacker logic, and such; and, the more training we have under our belts (pun intended!) with which to use our environment, items found laying around, as well as using the attacker's size, strength, clothing, and any potential weapons to our own advantage, the more we will notice. And...

The more able we will be to begin to control the situation – including the attacker's perceptions, decisions, and options – and tip the odds significantly in our favor.

2. **Avoid and Neutralize (*Defend*)** – Unfortunately, the average person, including most martial artists and self defense practitioners want to just start throwing things at the opponent at this point. And, while this is possible, you must first make sure that you aren't right in the path of an incoming punch, grab, or kick which needs to be dealt with first.

This phase is about avoiding, evading, or riding off the force of an intended strike or grabbing attack from your assailant. Your ability to “go with the flow,” and be where the danger isn't is a critical skill that will keep you in the fight much, much longer.

Remember, this isn't a fight, it's a self defense situation.

That means that you're not supposed to want to be here. If you do want to be here, that's fine. Just remember that “choice” determines one from the other.

As I said, at this phase, you are moving to defensively protect yourself from his incoming attacks. This is not the time for “getting him.” It is the time for “neutralizing” the effect and effectiveness of his weapons.

And, unlike the clean and sterile kata and preset techniques that most people fixate on way too much, you won't know how many of these attacks you will have to deal with. The point to remember is that, as long as he has the initiative, you are in this phase – and you must respond appropriately.

- 3) **Disrupt and Unbalance (*Disrupt*)** – This stage begins the mili-second that he provides an opening - the moment that he stalls, over-swings, misses his target, trips, or in any way gives you the time to catch him! But, this stage is not limited to the physical unbalancing of his body.

This stage is about doing something, or taking advantage of his own mistake in a way that “prevents him from going on as he intended.”

Do you get that?

He is tied up, fighting anything BUT you!

So, this stage also includes the use of:

- a) **Psychological distractions**
- b) **Emotional “breaking” of his spirit and intent to fight**
- c) **Mental confusion**
- d) **etc.**

In fact, anything that causes your attacker to be in a position of unbalance – *a position where he cannot do one of these 3 things:*

- a) **attack you**
- b) **defend against your attack, or...**
- c) **stand up and maintain a strong posture...**

Your attacker is off-balance, and you are clear to...

- 4) **Initiate and Counter-attack (*Deliver*)** – This is the stage where you can take the fight to him. Here, you can do everything from being the “opportunist” and hitting or grabbing whatever is available to you at that moment, or...

Apply just the right technique to control him and direct the fight in the direction that you need it to go!

This is typically the stage commonly thought of when people think of self defense. But, as you can see, once you understand the logical flow and the natural phases within a fight situation, there is much more to control than merely trying to remember and execute some textbook technique or ancient kata from a dusty, old scroll.

And, though this sounds easy, everything hinges on your ability to execute your skills and techniques in a way that:

- a) *allows you to attack directly* (with no wind-up)
- b) *allows you to choose the best skill quickly*, and...
- c) *does not “telegraph” your intention* (doesn't tell him what you're going to do before you do it!)



You can learn more about these 5 Phases in my book called, “*Controlling The Fight!*” It's free as a bonus, along with several other reports, when you order your copy of my life-saving book that's titled: “*The Karate-Myth.*” This book will show you why most martial arts and self defense programs are wrong, and how to really be safe in Today's often unsafe world! It is the basis for, and provides a foundation for understanding my “*Emotion-based Defensive Response*” *Training Program*.™

Go here for more info, and order your copy of “*The Karate-Myth*”: <http://www.warrior-concepts-online.com/self-defense-karatemyth.html>

5. Observe and Assess – Again, this appears to be redundant, as it is at the beginning of the encounter. But, it is much more than just paying attention – again, or still.

At this critical phase we are doing what we might call a “status check.” Where, in the first phase, our observation and assessment took in the assailant's approach and preparation, here we are reviewing what effect our technique had on him. And, the extent of that effect.

Here, we want to know, if he is:

- a) Down and out for the count?*
- b) Running off and escaping from you? Or, is he...*
- c) Preparing to retaliate and come at you again?*

In the case of the first 2 options, we can take leave of the situation. While he might be a problem in the future, for the moment at least, he has been neutralized as a threat.

However, if he is preparing to come back at us, then this phase naturally becomes the first phase of a new cycle through, what I call “**The 5 D's**” (*Discern, Defend, Disrupt, Deliver, & Discern).*

## **SUMMARY...**

As you can see, and as I pointed out before, the science of self defense is very deep. It involves much more than simply learning a few fancy moves.

And, there's one more thing that you should remember. Are you ready for this, because this could very well be THE MOST important thing that you ever learn about defending yourself?

This final lesson is simple, but very profound. So much so that, when I discovered this truth, everything about the way that I trained changed.

The lesson is this...

**NO ONE**, and I mean no one, with the exception of your training partner in class, is going to **ALLOW** you to do any of your techniques on them. **NO ONE!**

Your attacker is not stupid. And, remembering that will save your ass from getting caught up in your own, ego-centered focus on your rank, over-confidence, and/or feelings of superiority.

In fact, it's quite likely that your attacker will not only be more intent on beating, breaking or killing you than anyone you've ever trained with, competed against, or whatever...

...it's quite likely that he also has MUCH more experience and willingness at damaging other human beings than you do.

What this means, quite simply, is that *you are going to have to EARN every single one of your strikes, holds, locks, and techniques that you want to do.* He will make certain that you have to earn it.

Never forget that you are studying to stop another human being from hurting you. And, with that, never forget that he will try to stop you from hurting him.

So, stay focused and make sure that you are training with the right techniques, strategies, tactics, and lessons. Because...

You can bet that he will be doing his job to the best of his ability (trying to damage you), and...

*...you had better damn well be doing yours!*

### ***In Conclusion...***

Remember that, if I can help you to get a handle on this thing called “Self-Protection,” regardless of your skill level right now, feel free to contact me to discuss your next level. It doesn't matter if your goal is to begin training, take your skills to the next level, or to add firearms training, or any other weapon to your arsenal of self defense skills, I am here and ready to share my 30 plus years of study, practice, and more importantly, my real-world experience on the street with these lessons, with you.

I can be reached by email at [warriorc@warrior-concepts-online.com](mailto:warriorc@warrior-concepts-online.com). Or, you can make an appointment to speak with me directly by calling my international office in the U.S., at (570) 988-2228.

But remember... I only work with serious students who want to get this part of their lives handled. I don't offer cheap training, and I do not accept students who are looking for a “free ride.” I am serious about what I do and what I teach. And that is...

***“Real Training for Real People in a Real World!”***

**Peace, Happiness & Safety!**

***Jeffrey M. Miller SPS, DTI***