

ONE SIMPLE MOVE

**That Will Stop Someone From Punching
You In The Face, Stomping On Your Head
Or Choking You Unconscious!**

Learning This Could Save Your Life One Day!

Using Your Natural Instincts

We are all hardwired to protect our heads. Just watch some kids play dodge ball and you'll see many instances where the hands come up to protect the face. This is due to our bodies natural protective "flinch response." It's one of the fastest movements we can make, so instead of trying to de-condition this, as many other arts try to do, we choose to utilize it (since it's likely we are going to do it anyway). We take this response one step further by continuing to move the hands up to fully cover the head, making a 360 degree protective roll cage.



It Just Makes Sense, Cover Your "OFF BUTTON"

We can take strikes to the body, legs, and arms and still escape an assault, but not a solid hit to the jaw. One good shot there and the result is a knock out, because that's our "OFF BUTTON." As long as we are conscious we can fight the fight and escape, so covering the jaw line and head is our first priority.



How To: The "Supported Spearing Elbow"

Place one arm so that your hand grabs the back of your neck and your elbow points forward. Use your other hand to grab your wrist (keep thumb in tight with other fingers) so that the arm covers your jaw line and face, then shrug your shoulders. This position will stop strikes and even chokes! Now move *into the target*, not away. "Crashing in" makes you a ballistic wrecking ball! We use this movement in extreme close quarters positions as it does not require your eyes, so it's functional even in the dark.



Understanding VS. Doing

If you just had one of those "of course" moments while reading this, that's because this *is instinctual* and your brain realizes it. That said, you still need to train it to learn to apply this concept under stress and realize the protective abilities it offers you. Once you couple this with a few other basic concepts the results will allow you to deal with anyone, anywhere, anytime, even in the dark...who else can say that? Not many, that's for sure!

Try It For Free!

Want to try our self defense system for yourself? Give us a call at: **469-939-2462** and talk to A.C.W.A. Founder Justin J. Everman personally or visit us at: **www.ACWACombatives.com**.