

How To Start And WIN Any Fight!

by

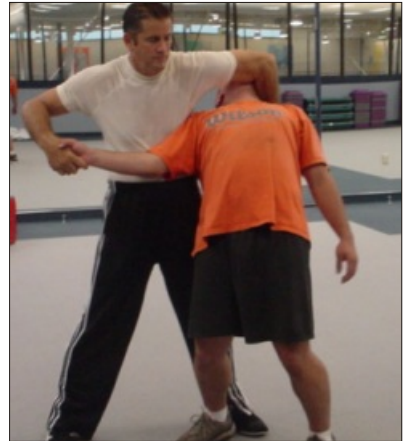
Grandmaster Dr. Ted Gambor del la

First Punches That Never Fail



Everything You Need To Know
To Win Every Fight.... You Ever Start!

Neck Breaking



Kicks That End It Period!



Ground Finishes

Chokes & Throws



How To Start And WIN Any Fight!

PUNCHES THAT END IT ALL...PERIOD



Left, hair, neck
break



Start with a left to
block the arm. Up to
grab the hair and then
a hard shuto to the
back of the neck.

How To Start And WIN Any Fight!

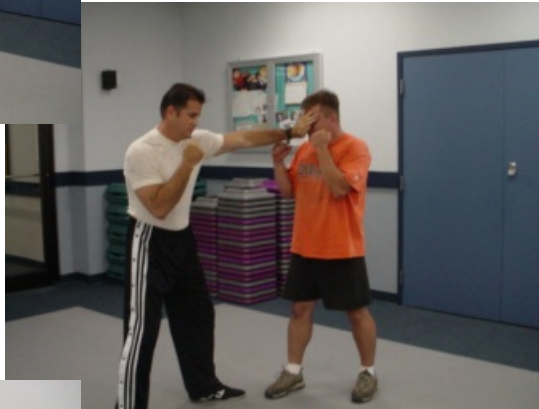
PUNCHES THAT END IT ALL...PERIOD



The straight left
with a power right

Start with a straight left to
the nose

Now before the left
hand comes back you
immediately follow with
a devastating straight
right to the nose.



This straight right will
end his desire to continue



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PUNCHES THAT END IT ALL...PERIOD



**Left fake
Right Cross**



Throw a left fake. He will block up. Grab his left arm, pull down across his body, follow with a right cross



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PUNCHES THAT END IT ALL...PERIOD



left hook
right temple

Left jab into the jab
bone



Step in with a right
hook to temple.

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PUNCHES THAT END IT ALL...PERIOD

Double throat strike



Start with a straight left to the throat, and immediately follow with a straight right.



WARNING. This technique will KILL or seriously injure the other man.

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PUNCHES THAT END IT ALL...PERIOD



Double Palm
Heel with
Groing Punch

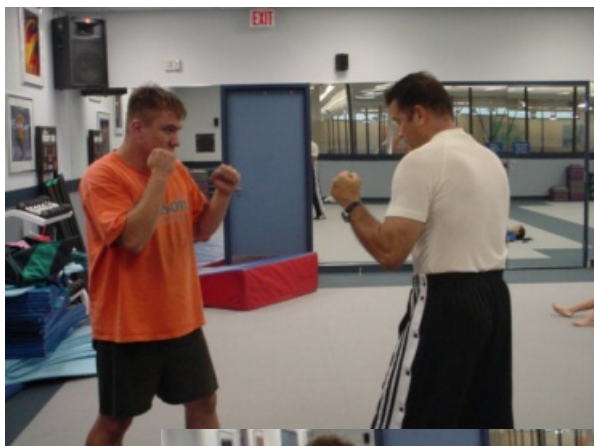
Stick a straight left
palm heel into the
gut, then follow
with a hard right
palm heel into the
face.



Finish with a
straight right to
the groin.

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PUNCHES THAT END IT ALL...PERIOD



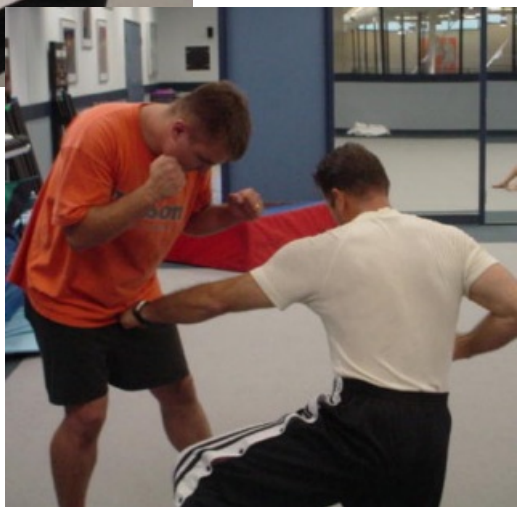
Double Groin Punch



Start by dropping to your left knee and punching him straight in the groin with the right.

Finish with a straight left to the groin.

Warning. This technique will cause serious injury.



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PUNCHES THAT END IT ALL...PERIOD



Left, hair, neck
break

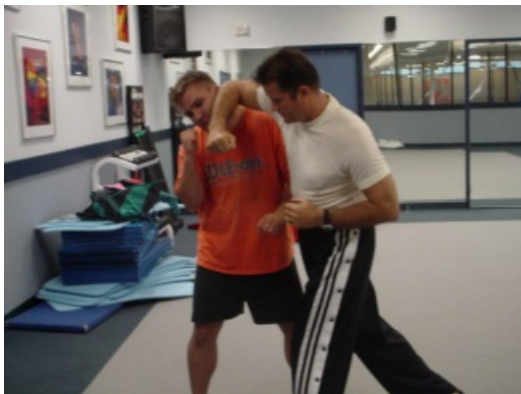


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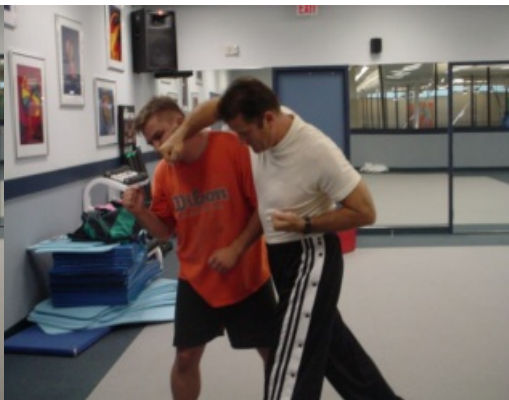
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Double Elbows



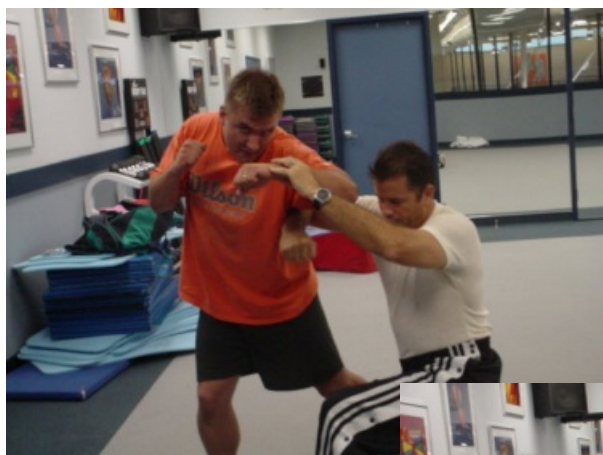
Start by holding the left with your left, and then immediately come across the head with a right elbow.



Follow up with a left elbow, then a hard right to finish.

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PUNCHES THAT END IT ALL...PERIOD



Double rib
elbow, knee
break

Start by dropping to
your right knee and
smashing an elbow
into the floating
ribs.



Finish with a left
elbow to the front
ribs, and a right to
break the knee

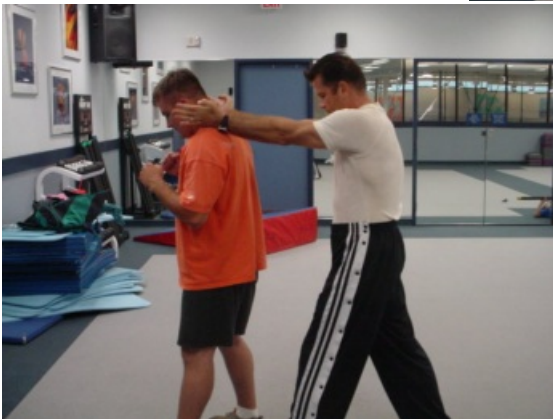
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PUNCHES THAT END IT ALL...PERIOD



Ear smash,
elbow, neck
break

Start with a
double ear smash,
follow with an
elbow



Finish with a
double shuto to the
neck.

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PUNCHES THAT END IT ALL...PERIOD

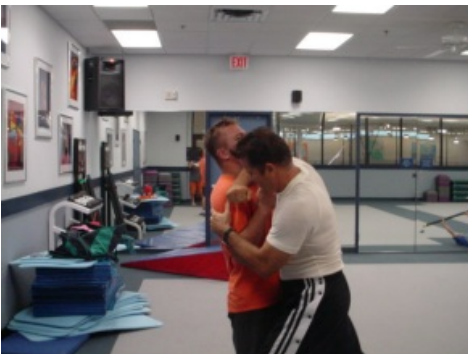
Eye Strike, Double Eye, Elbows



This is a particularly devastating combination. You start with a single eye strike, then go to a double eye thumb gouge.



You follow up with a double ear smash, and then a left elbow to the face.

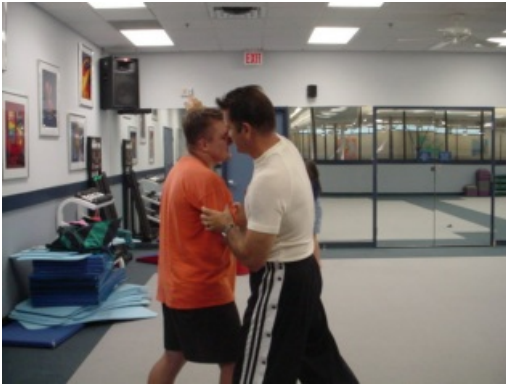


Finish him with a right elbow across the throat.

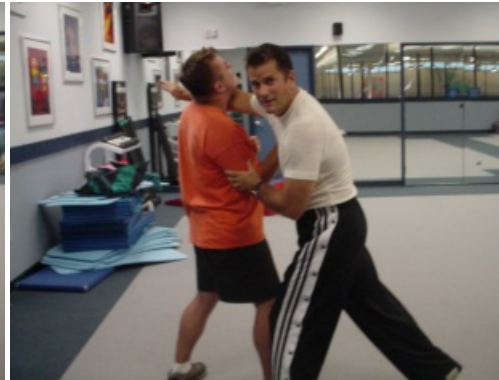
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chokes and throws

Start by slipping his left arm and stepping in for a right neck forearm



Hold his left down as you smash your right forearm across his neck, locking his neck up.



How To Start And WIN Any Fight!

chokes and throws

elbow smash, back break



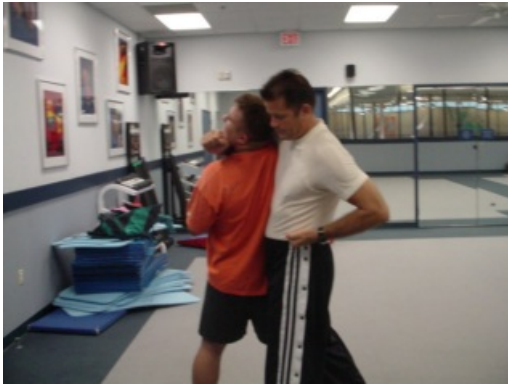
Start with a down block of his left, come in with a hard elbow across his throat. Lock the elbow around his neck.



Finish by lifting him off the ground and breaking him across your back.



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Lock your arm around his neck, step to the back and throw him to the ground.



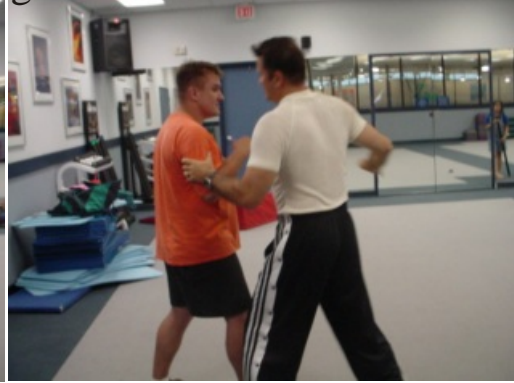
When he hits the ground you immediately finish him with a double left right to the face and throat.



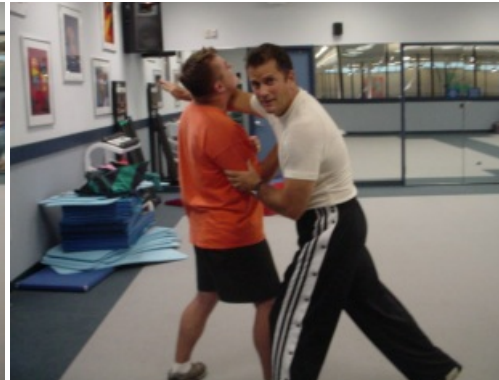
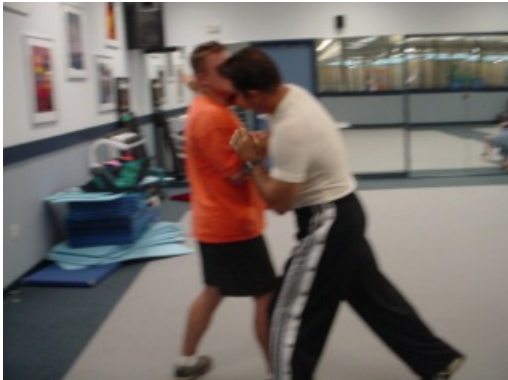
How To Start And WIN Any Fight!

chokes and throws

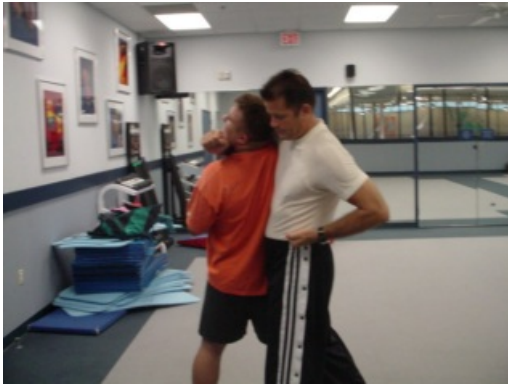
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How To Start And WIN Any Fight!



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chokes and throws



Head Lock
Throw
Choke out

Start with a push down of his left, and circle to his back for a front head lock.

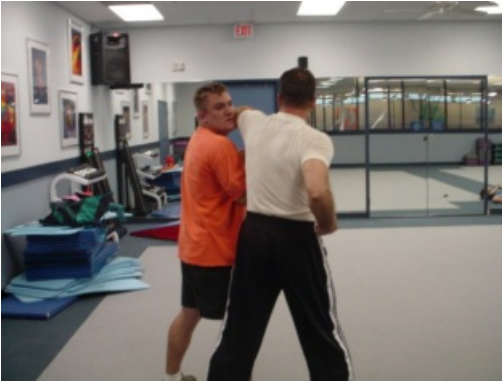


Throw him to the ground and finish him with a choke out.

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chokes and throws

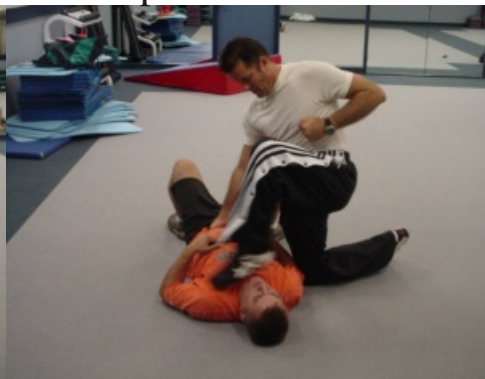
Reverse arm choke throw



Start with an elbow smash across the face with your left. Then lock the left arm across his neck.



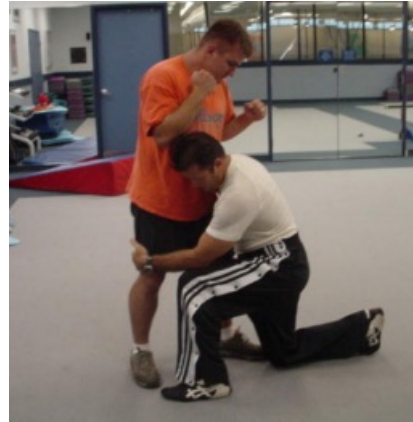
Finish him by throwing him to the ground across your knee. Strike his groin, then step on his throat.



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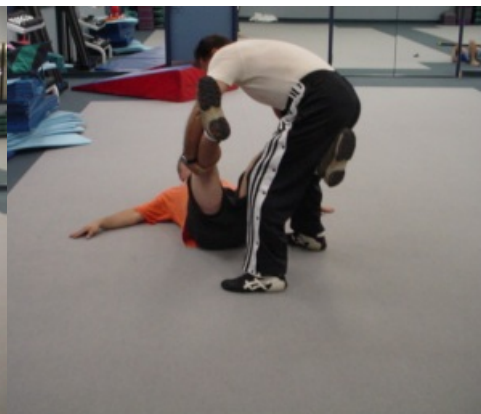
chokes and throws

Single leg and double leg takedown



The first move shown is a single leg take down.

Drop to your left knee and grab his left leg.
Straighten up , step to the right and throw him to
the ground.



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In the double leg, you step in and grab both his knees and lift him off the ground throwing him directly in front of you.



Finish him with a knee to the groin, a punch to the groin and then a stomp on his groin.

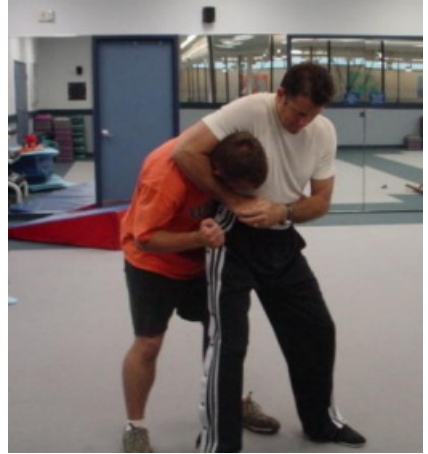


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chokes and throws



Head lock throw and finishes.



Start by wrapping your right arm around his neck into a head lock.

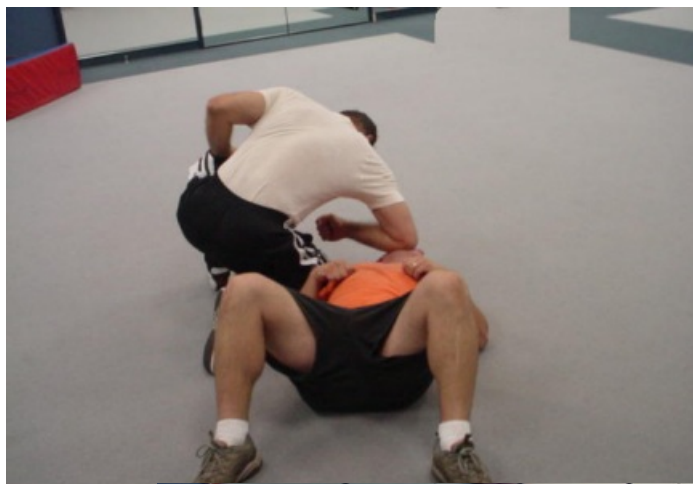


Throw him over your hip to the ground.

You may do one finish as a choke out.



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You can also finish with an elbow to the face, a punch to the throat, and a knee to the throat.



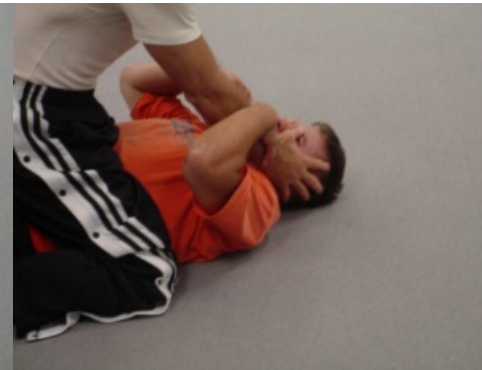
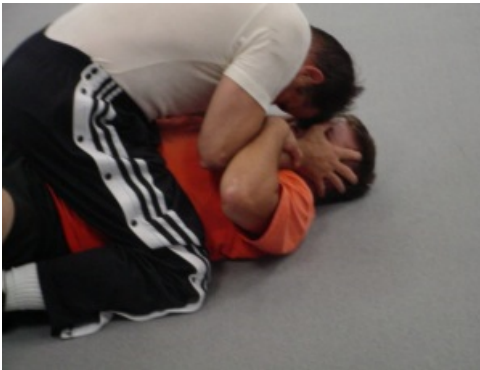
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chokes and throws

Finishes from the top



After you mount you can hold the head and smash an elbow across the face.



You may head butt, ear smash, elbow the throat and smash the nose with a palm heel.



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You can elbow the jaw, lift up on the arm and break the fingers



You can palm heel the nose, then drop down for a neck breaking stretch out.

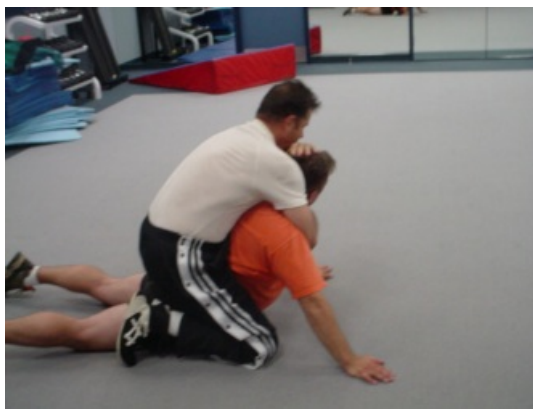
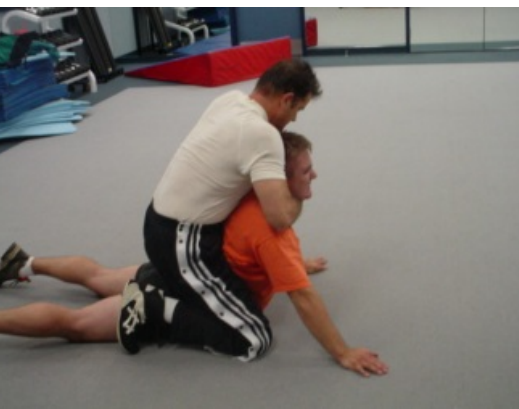


You can lift up the arm and drop across the neck for a leg choke and arm bar.

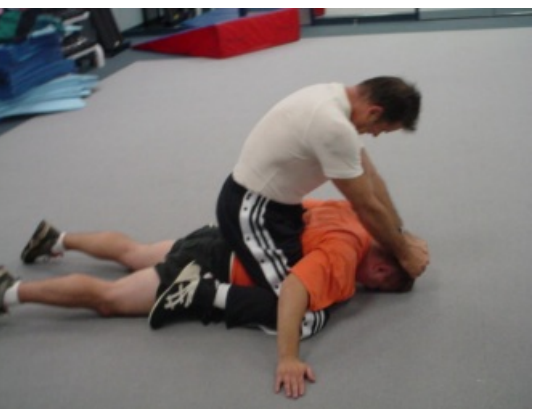
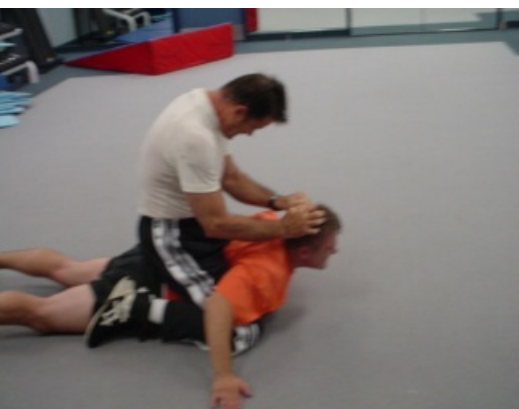


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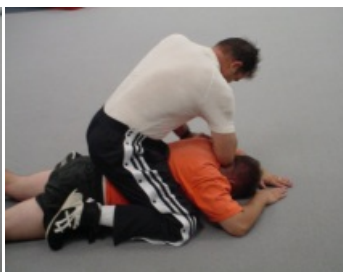
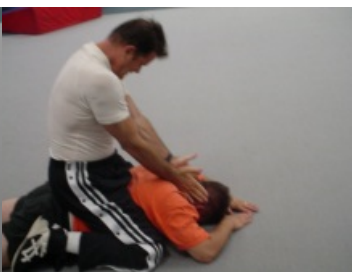
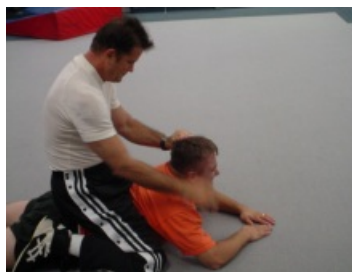
From the back you can reach under and do a rear arm bar choke out.



You can grab the hair, lift the head and smash his face into the ground.



You can clap smash the ear, double shuto the neck and elbow the back of the neck



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kicks

FRONT KICKS

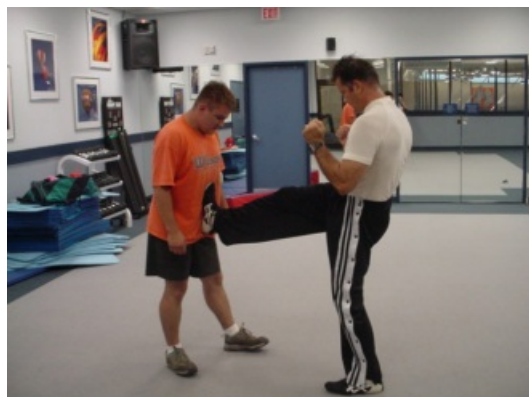
Front kicks are devastating, fast, powerful and totally effective. They are also the hardest kick to block. You must make sure to pull your toes back so you don't break them, and snap your hips.



You can snap a front roundhouse to the jaw. You can snap a front kick to the throat, and to the heart.



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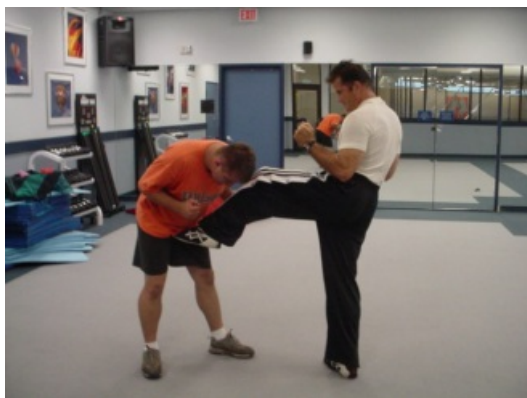


You can front thrust to the solar plexus with the heel of the foot.

You can snap to the groin



You can snap to the lower stomach with the toes



How To Start And WIN Any Fight!

kicks

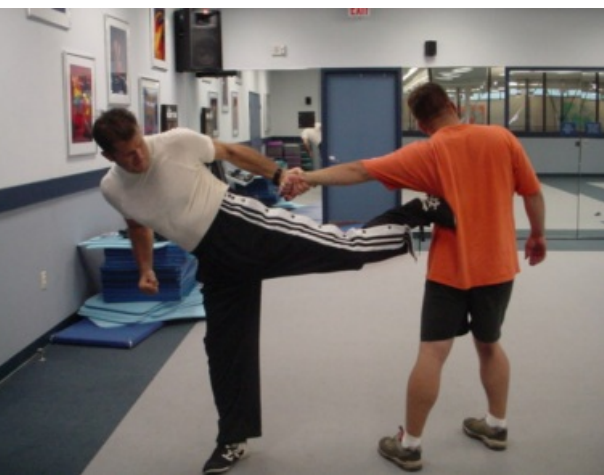
Side kicks and heel kicks



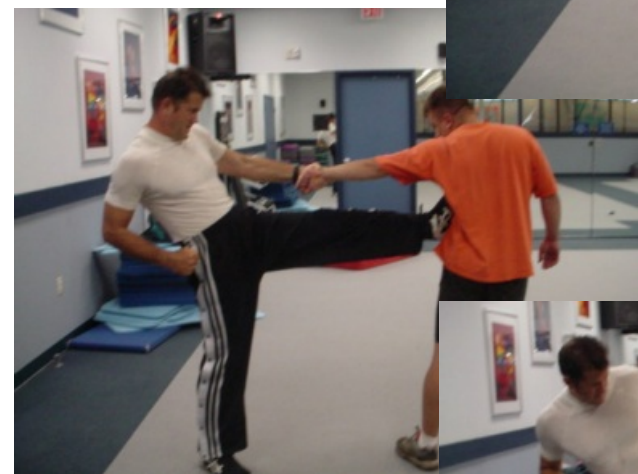
You can side kick into the throat,
heel kick the back of the head, and
heel kick the front of the jaw.



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Side kick the
ribs, knee the
ribs



Front thrust the ribs,
and side kick the
knee for a break



How To Start And WIN Any Fight!

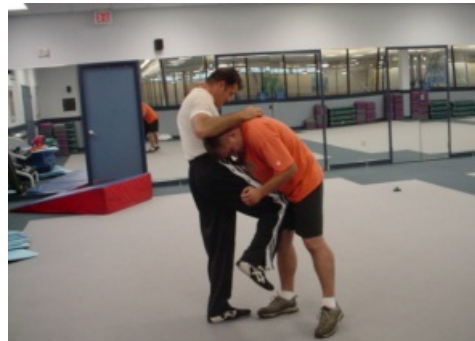
kicks



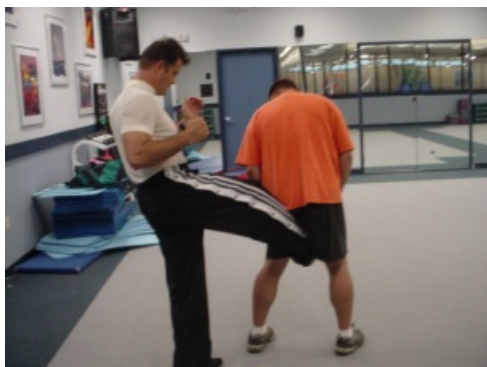
You can front snap the knee and the side of the knee.
Spin and side thrust the stomach and side kick the jaw.



You can front knee the face, and knee the groin

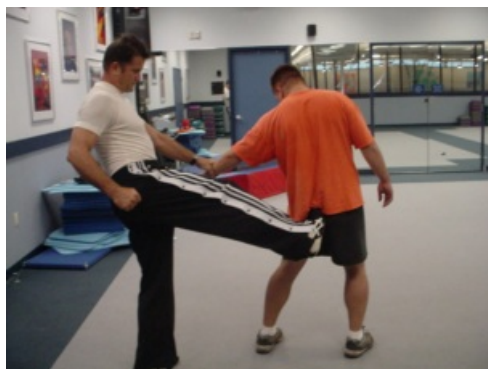


How To Start And WIN Any Fight!

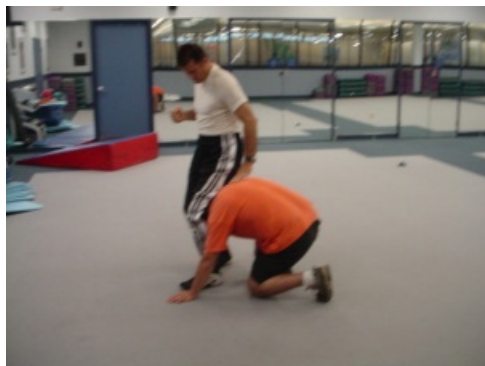
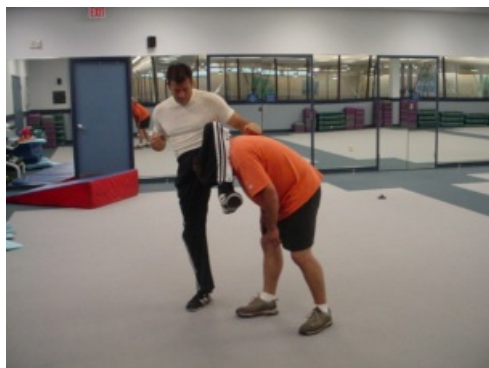


You can front snap the groin from behind

Snap kick the butt bone from behind.



If you are flexible you can hook over the head, lock the neck and smash him to the ground





You can back kick
the stomach



You can knee the
face from the side

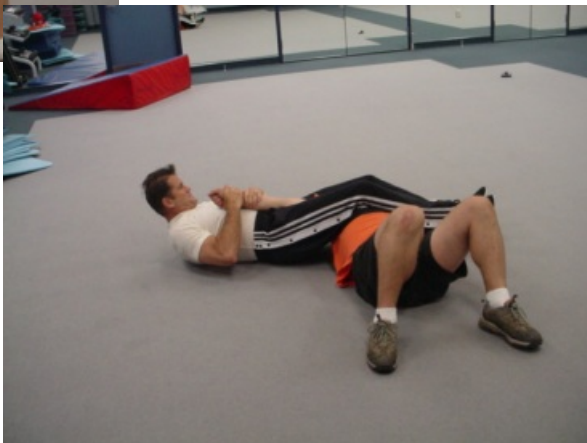




You may finish standing up with a front stomp to his floating ribs. and then a knee drop to his ribs.



You can also hold his arm up, stomp his face, then drop down for a elbow lock out.



How To Start And WIN Any Fight!

Combinations

Combinations are deadly if they are done fast and with power. You use a combination of kicks, punches, throws, and chokes to quickly finish any fight.



Start with a front snap kick to the stomach, then follow with a left to the nose.



Now come across the jaw with an elbow and then up with a knee and down with your elbow.

How To Start And WIN Any Fight!



Keep the elbow
smash going down
and then lift up
under his left arm
for a throw.



After the throw
kick him in the jaw
for a finish.



How To Start And WIN Any Fight!

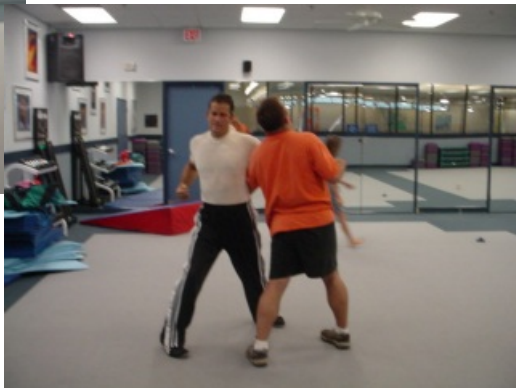
Combinations



Start with a left jab and quickly follow with a side kick to the ribs



Step up with an elbow to the back of the neck, and then back with another elbow to the face.



How To Start And WIN Any Fight!



Lock the neck and throw him to the ground over your knee.



Strike his throat, knock him to the ground, then put your knee on this stomach and finish with a smash to the throat.



How To Start And WIN Any Fight!

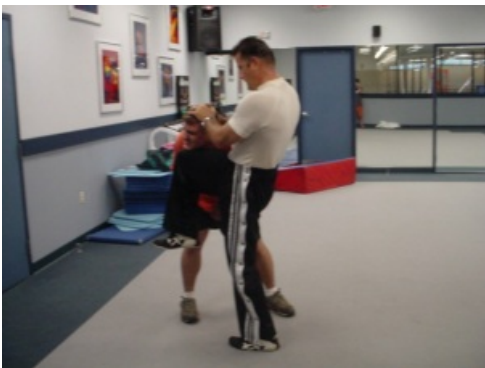
Combinations



Start with a front snap to the stomach. Follow with a right cross on the jaw.



Come up with a right knee to the face, and jump into a left knee to the face.



How To Start And WIN Any Fight!



Come down hard
with an elbow
across the back of
the neck, knocking
him to the ground.

Stomp him in
the middle of
the back.



Finish with a
stomp to the
neck.

How To Start And WIN Any Fight!

Combinations



Start with a round house to the throat, then turn for a side kick to stomach.



Now come down with the side kick to the knee, turn and up with a knee to the face, and finish with a shuto to the back of the neck.



How To Start And WIN Any Fight!

Combinations



Start with a front snap to the heart, follow with a left to the jaw.



Slide around the back and lock him in a figure 4 choke out.



How To Start And WIN Any Fight!

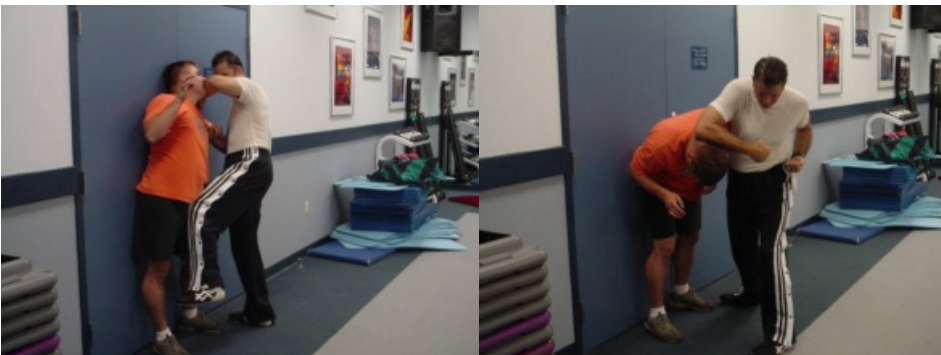
Combinations



If you find yourself against a wall. Reach up and grab him by the shoulders turning and smashing him into the wall.



As he hits the wall smash an elbow to the face and a knee to the groin. This will definitely bend him over. Finish with a elbow to the neck.



How To Start And WIN Any Fight!

Combinations



You are against the wall again, snap a front palm heel into the face and grab his head.



Now smash his head into the wall

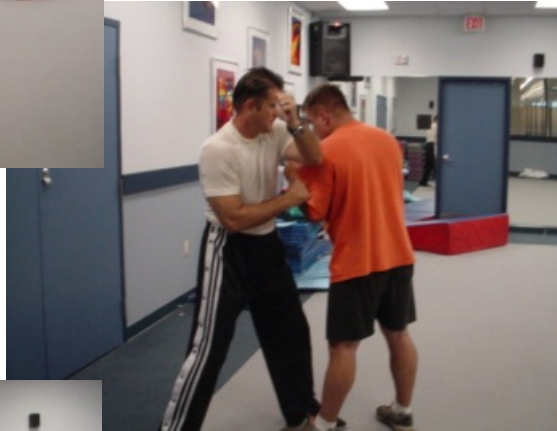


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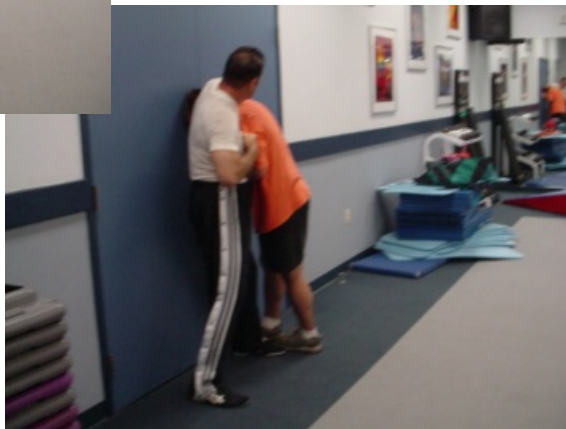
Combinations



This time you step in with a left elbow to the jaw.

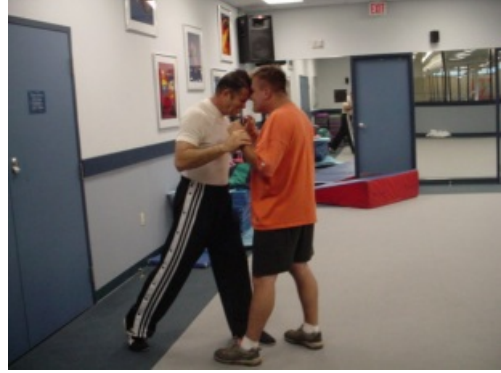


Lock the arm around his head, step back and smash his head against the wall knocking him out.

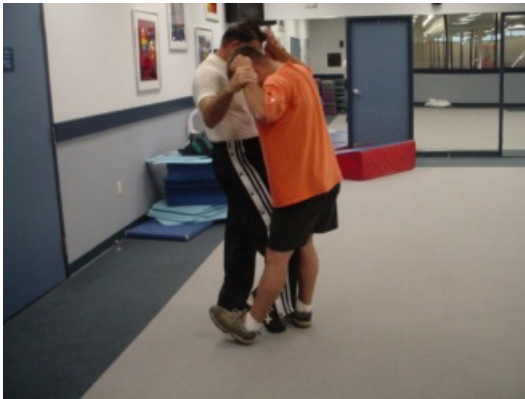


How To Start And WIN Any Fight!

Combinations



As he prepares to punch you step in and head butt him on the bridge of the nose.



Follow with a knee to the groin and then step around for a hip throw to finish.



How To Start And WIN Any Fight!

Hand Shake Combinations



Many times you can stop a fight by offering to shake hands, when you know the man intends to keep on messing with you. Once you get his hand in yours you can easily finish him.



While holding his hand firmly.. Come up with a snap kick into the stomach



Reach across his hand and grab the back of his thumb and twist it backwards towards his body, this will break the thumb or severely injure it.



How To Start And WIN Any Fight!

Continue to hold the wrist and throw him to the ground.



Lock the arm up by the side of his head by bending the wrist straight up, while keeping the elbow up.

Finish with a punch to the face or throat.



How To Start And WIN Any Fight!

Hand Shake Combinations



Hold the wrist firmly and step under the arm.



As you come around lift up on the elbow and twist the wrist towards his body to lock it.

Keep his elbow high and the wrist turned in

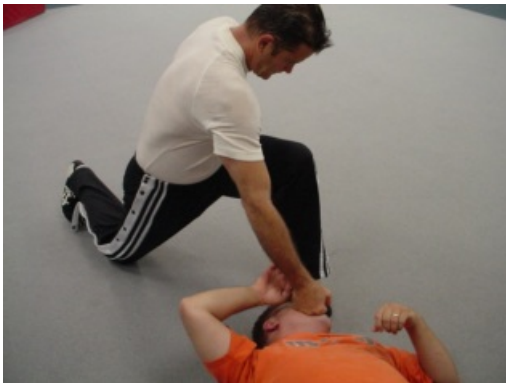


How To Start And WIN Any Fight!



Drop to your knee and throw him to the ground

Stretch his arm out and lock it down while bending the wrist.



You can finish him with a smash to the face.

How To Start And WIN Any Fight!

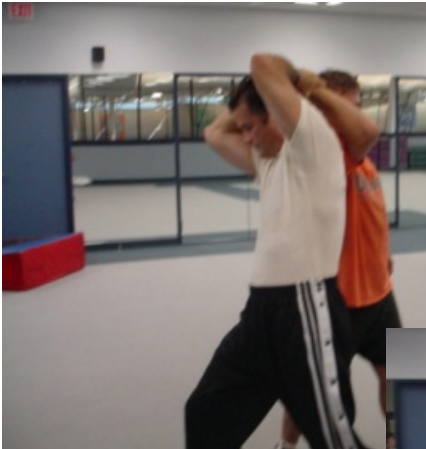
Hand Shake Combinations



Hold the wrist and turn across his body, pulling his arm in front.



Quickly turn the body in front of him, pulling the arm over the head.



Drop to your knee and throw him to the ground



How To Start And WIN Any Fight!



Continue to
hold his wrist
for pain and
control

Smash a palm heel
into his face.



Finish with a palm
heel to the groin.

How To Start And WIN Any Fight!

Hand Shake Combinations



Hold the hand and pull forward towards your body, as he leans over circle over the top of his head, grabbing his shirt to stop the turn.



Hold the shirt and pull down on the arm throwing him to the ground. Finish with a knee to the groin.



How To Start And WIN Any Fight!

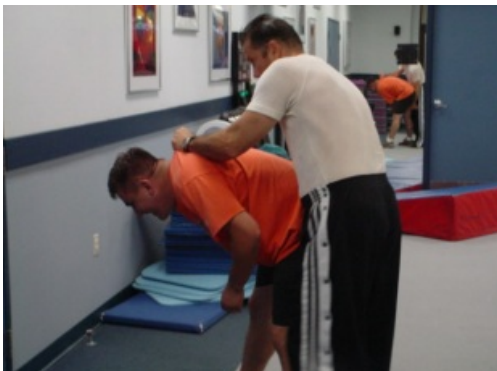
Hand Shake Combinations



Hold the wrist and step to the side while pulling the hand between the legs.



Once you get around back, you can lift up for a flip, or hold on to the shirt and walk into a wall.



How To Start And WIN Any Fight!

Hand Shake Combinations



Hold the wrist firmly and smash a palm heel to the side of the jaw to weaken him.

Step across
lift the arm,
turning the
wrist to lock
it.



Finish him with a smash to the groin and then up hard on the
locked arm to break the elbow.



How To Start And WIN Any Fight!

Hand Shake Combinations



Hold the hand firmly and smash a palm heel across the jaw.

Now reach
back over
the head
with the
arm to lock
the head



Drop to your knees to break the back, or neck and you can even add a groin punch.

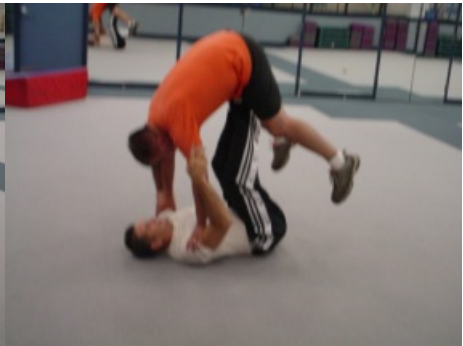


How To Start And WIN Any Fight!

Hand Shake Combinations



Hold the hand firmly with both hands and drop to the ground, pulling his hand to force him over.



As he starts to fall he will brace with his other hand, grab than and begin to flip him by using yours legs to lift.



Roll on top of him and finish with face or throat strikes.

How To Start And WIN Any Fight!

Defensive Combinations



You are pushed to start the fight. Let his push turn your body and smash his face with a palm heel, while kicking his groin.



Come down on his arm to bend it and bring his head closer. Wrap your arm under his neck and lift his arm up.



Finish by smashing his head to the ground or breaking his arm by lifting it up across his back.

How To Start And WIN Any Fight!

Defensive Combinations



Stand in a defensive position with your left arm crossed over your right facing him sideways.

When he punches block by lifting your elbow straight up.



Now flip the elbow over and smash his face.



Finish him with an elbow to the jaw.



How To Start And WIN Any Fight!

Defensive Combinations



Stand in a defensive position with your left arm crossed over your right facing him sideways.



Block with a elbow lift and grab his arm



Turn him in front of you and hit him in the kidneys.



Finish him with an elbow to the back of the neck.

How To Start And WIN Any Fight!

Defensive Combinations



Stand in a defensive position with your left arm crossed over your right facing him sideways.

The man reaches to try to grab you.



Thrust a straight armed palm heel strike into his face



Finish him with an punch in the throat.



How To Start And WIN Any Fight!

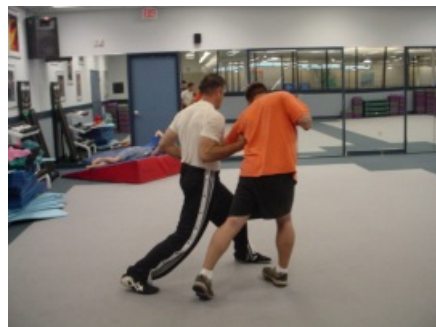
Defensive Combinations



Stand in a defensive position with your left arm crossed over your right facing him sideways. This time the man tries to kick you. Raise your front leg up.



Block his low kick with your shin and then snap out a roundhouse to the groin.



Finish with an elbow to the face and a smash to the kidneys

How To Start And WIN Any Fight!

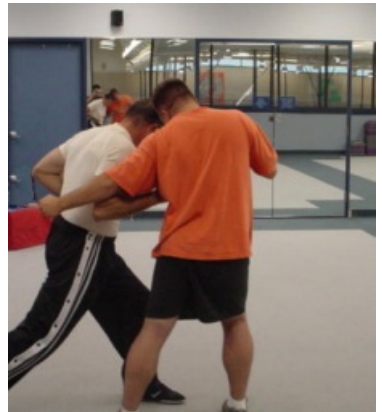
Defensive Combinations



You can flip the elbow up or down, and across the body to block most punches



Counter with kidney punches or elbows



How To Start And WIN Any Fight!



If his kick is low block
with your left arm using a
down block

Counter with a
left into the
temple



Finish with a
groin punch



How To Start And WIN Any Fight!

Defensive Combinations



**The best
defensive
stance
against any
attack**



**The best
counter**