

DO YOU KNOW THE

#1 Reason Why The Majority Of All Self-Defense Courses Are A Waste Of Time?

It's a **LACK OF REALITY**. Most martial arts have **EMERGED INTO SPORTS**.

In **real-life** emergency situations, defending yourself is not a sport. There will be no rules, no referee, no time-frame. Your attacker will not be fair like your training partner. His intent is to seriously hurt you or worse if the situation is not resolved quickly. You cannot realistically hope for compassion or moderation, aggressors generally do not have ethics they stand by.

ATTACKERS CHOOSE VICTIMS NOT OPPONENTS! Avoid becoming a victim and discover between these covers specific self-defense strategies and tactics.

If you and your loved ones want to be **SAFE**, Ralph Haenel's guidelines will help you achieve it.

This treasury of practical advice includes easy-to-implement Action Steps that will significantly improve your confidence, dramatically improve the quality of protection of your life and solidly enrich your ability to enjoy your very own lifestyle.

Here is a sample of what you will learn. How to:

- Mentally prepare for applying few techniques under extreme stress in real-life situations.
- Develop "implanted" reflexes to control violent attacks.
- Familiarize yourself with de-escalation techniques to defuse a potentially dangerous scenario.
- Recognize and deal confidently with mind games and intimidation tactics of aggressors.

"I will always remember my first meeting with **Ralph Haenel**, thinking to myself that he did not at first look too impressive (sorry Ralph), but after the first contact with his arms, and the first punch that he very easily got through my meager defenses, I was not only impressed, but to say the least, terrified at the amazing control and power that he displayed without any effort, while maintaining a little smile and twinkle in his eye."

Stacy Bruce, Karate Instructor, Tokyo/Japan

The understanding of the life-saving difference between a realistic self-defense system like Wing Tsun Kung Fu and sport-oriented martial arts will determine the safety of your family's future.

Rediscover Your World Now – SAFE!

Available for interview. Please contact the Self-Defense Expert Ralph Haenel by calling 604.436.4001 or via e-mail Ralph@selfdefenseexpertformedia.com.

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Ralph Haenel,
dubbed 'Anthony Robbins of Self-Defense Instruction'

- Author, Publisher
- Personal Trainer for Realistic Self-Defense
- Wing Tsun Kung Fu Instructor, learning and teaching since 1984.
- Training in various martial arts since 1977.

Ralph Haenel, former East German Political Prisoner turned Martial Arts Expert offers Free, Practical Tips for Self-Defense for Ordinary Family Members of All Ages and Abilities.

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of information and newsworthy
angles, helpful information
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