

From fast at fastdefense.com Sat Apr 2 18:05:01 2005
From: fast at fastdefense.com (fast@fastdefense.com)
Date: Sat Apr 2 18:11:45 2005
Subject: [Fast-defense] April Newsletter
Message-ID: <424F251D.2040301@fastdefense.com>

FAST Times Newsletter April 05

In This Newsletter:

- * Hello from Bill Kipp
- * FAST Myth Spiritual Warriors: Self Defense and physical conditioning
- * Continuing Education: Gates Of Fire
- * FAST Success Story
- * Upcoming Events

Hi from Bill:

Hello FAST Defense friends!

A very warm Happy April and I hope your winters are receding and that Spring has sprung wherever you are! April is National Sexual Assault month here in the states. Sexual assault is no April fools! It is one the most pervasive and damaging problems in any society, and this month is about making a massive statement that we must work together to stop this problem. It is mostly a curse of children and women, and mostly perpetrated by men. Thus, I would encourage all of you terrific guys out there to take on a "Men against Rape" mindset starting this month and continuing for the rest of your days. Let's endeavor to help stop this horrible crime that affects people for their entire lives!

I have been very busy of late working on getting the word out about this powerful adrenal stress response self defense that FAST is the tip of the spear of. So much disinformation exists and it's time to really inform the masses of this unparalleled resource. My book Fighting Fear is at the publisher and due for release in November. I just shot new footage for a NAPMA DVD on the adrenal stress drills that can be done without the full Bulletman suits. And every month I am certifying new groups to teach these programs to more students, and on we grow.

I encourage you all to NOT KEEP FAST A SECRET and pass on the website and newsletter link to anyone you know. And if you haven't yet taken a course, search one out and do it! A single 3.5 hour course can change your life!

Finally, if you haven't checked out the www.UltimateBlackBelttest.com <<http://www.ultimateblackbelttest.com/>> site yet, I recommend you do so! I am a proud Team II member and am very impressed with the caliber of people and what they are attaining! Look for some very powerful innovations this year in the world of self defense that will change the martial arts and self defense world forever!

Be well and stay safe my friends,

Bill Kipp

FAST Myth Spiritual Warriors: Street fights go on for a long time, so one must be in tip top shape!

As I sit here writing, an old issue of Black Belt magazine rests on my desk. Known and respected for objectively covering the world of martial arts, Black Belt diligently reports on a wide range of styles and subjects. One of the articles is on a 2 day Real Life Self Defense ?Battle School.? I have no doubt as to the reputation or skill of the gentleman teaching this program, nor in its ability to adequately train effective self defense for the street.

But one line in particular catches my eye; ?The average street fight lasts an average of three minutes, so students must develop their cardio respiratory and muscular endurance.? In truth physical conditioning, although helpful, is not at all the major factor in people?s ability to defend themselves.

I also have to question the statement that a real fight actually does last three minutes. In my experience of having been in dozens of fights, and the many dozens more I have witnessed, only one lasted as long as two or three minutes. That was a gang attack where a fellow Recon Marine and I were set on by a group of five or six ?fellow? marines from another unit. It took place at a small outdoor restaurant in the middle of a large field on our military base in Hawaii. We were eating a sandwich and having a beer when I was suddenly cold cocked from behind. The ensuing fight lasted probably a couple of minutes (though it seemed like hours!) and believe it or not no one was hurt very badly.

In my experience this altercation lasted ridiculously long. Virtually all of my other fights were over after the first few blows were thrown. Real situations simply do not go on for very long before one person is hurt or loses heart and gives up. Long fights typically are the realm of movies or the ring, not in the real world.

I have had somewhere around 35,000 fights in the Bulletman suit. The suit allows me to cheat like crazy and take multiple shots that are harder than ones I have successfully used in real fights, and yet in the suit I keep on fighting. We want our students to go into oxygen debt so they can experience how adrenaline keeps you going when the mind is screaming to quit. A brutally long fight where we fight back hard and sustain up to a dozen solid knockout blows can last as long as thirty seconds. By the end, the student and Bulletman collapse in absolute exhaustion (although we still make our students get up and move to safety).

Physical conditioning helps. But I have seen many a pencil pushing out of shape office worker use adrenaline to crank up and knock out bigger stronger opponents. I have seen short timid women go Mama Bear on guys twice their weight and size. I have seen the proverbial ?sand kicked in

his face? skinny weakling go medieval on a big macho good ole boy and knock him out cold. The ability to use the emotional and biochemical effects of stress and fear as power far override physical strength or lack there of.

So why did my gang attack go on for so long? First off I don't really know how long the fight lasted. The adrenal fear rush distorts accurate sense of time. It could have been 1 ? minutes or could have been as long as three. Truth is I really don't know. And neither do most people who get in fights. The part of the brain that continues to function under duress is not capable of determining time. Therefore I would submit that many fighters and victims think their fights went much longer than they actually did. In FAST Defense, we show our students the video of their fights against the Bulletmen. Without fail, they say that the fight seemed much longer than it actually was on the video.

Another factor in a fight going long is simply that the combatants often don't know how to fight. The marines that attacked my buddy and I had enough time to kill us if they had any fighting sense. Though he and I were both trained martial artists and Special Forces Marines, we had never taken any adrenal stress response training. We did the most common thing, freeze and flail. At one point I did break through the paralysis. But my point here is that if a fight goes on for very long it is almost always because the people in it are not connecting good solid blows.

Real fights are wild and crazy and people get hurt. Typically one or two good shots take the fight out of someone. And typically it's the person who gets the first good strike in that prevails. But because of the propensity to freeze or flail under duress, many combatants never get a good shot in other than lucky haymakers or the like.

Adrenal Stress Response Training is really very simple. We teach folks how to break the freeze effects of adrenaline and fear by focusing all that power into simple strikes to vulnerable areas on an attacker. Just as a person can be quickly conditioned to freeze for many years by a single unsuccessful defense, we can train a person to use the adrenal fear state as their greatest ally in just three and a half hours of training. So go ahead and hit the gym if you wish, and don't forget to drink a double cappucino if there is no time for a FAST Defense class!

Continuing Education: The Gates of Fire!

I don't usually promote novels but I can say beyond doubt, this book is the best I have ever read. Steven Pressfields account of the Spartan Battle of Thermopylae is the most inspiring story of warriorship that you could imagine. If you are interested in the potential of the human spirit, this book is a must read!

Bantam Books.

FAST Success Story ?

March 13, 2005

Hello Mr. Bill Kipp,

My name is Megan Luecke and I am senior this year at DePauw University and I will be graduating in May. In the fall of 2004, I took the FAST Defense class that was offered by the University. I really learned a lot in the class, and think that everyone should take a class like it. It is so beneficial, and you never know if or when you might need the skills and information that you acquire during the course.

During the first couple of the classes we did a "woofing exercise," and of course had a coach right behind us. At the time, it was very uncomfortable and I did not really know or think I would ever be put in a situation like that. Although, the way that the instructor and the coach acted made it seem real, and of course I took it seriously. It was a very interesting part of the class, but now, a part that I am really glad I had.

During the beginning of February 2005, I was placed in a very uncomfortable position. I was walking home from delivering some fundraising papers across campus one night, after dark, by myself when these two guys, that I did not know, in a truck approached me. They started saying all these things that made me very uncomfortable. They said things like, "Hey girl, what are you doing tonight" and "Where are you going?" As well as saying things, that made me uncomfortable, like "Look at her, man." They kept going on and they actually turned around, because when they first approached me they were driving towards me. I was very scared, because I could not believe that this was happening to me, and I actually froze for a moment because I did not know what to do.

Then all of a sudden, it was like I was back in the mat room during the class, and I could hear the coach's voice telling me what I needed to do. It was really amazing to hear her tell me to put my hands up in red alert and have her tell me to say "back off" and then tell me to get out of there. Which is exactly what I did. I thought enough to realize that this was a situation that was not going to be good if I stayed any longer. I had reached the CCM when this happened, so I bolted up the steps and into the building. While I was walking up the steps and into the building, the passenger of the car got out, and they just watched and waited for several minutes while I was in the building. It was pretty scary having them watch your every move for a while, it made me afraid to leave the building and finish my walk home, but they eventually left. I know that I did the right thing that night, it was scary and not something I ever want to be in again, but I know that I did the right thing, and that is all that I can ask of myself. I never thought anything would ever happen to me, but now I realize even more that you are not always as safe and protected as you think you are.

I do not know what would have happened had I not heard her voice telling me what to do; I was so scared that I probably would have not even seen anything coming. But, thanks to her coaching during the class and the class itself, I knew what to do, and although I did get the "deer in headlights" affect, it was not for long. Hearing her voice in my mind telling me what I needed to do, is what kept me thinking things through and using my head.

About a month after that situation, I took your multiples class at DePauw, so now I am even better prepared to handle a situation if

anything like this happens again. Everyone should take a FAST Defense course so that in case anything happens you know what to do, because you never know if it will happen to you or when. I am so glad that I took both of the classes, and hearing the coach's voice really saved me that night on my way home.

Thanks so much,
Megan Luecke

Upcoming Events:

April 15 ? Womens Basics Boulder Co. with Bill Kipp Billkipp@aol.com
<mailto:Billkipp@aol.com>

April 17 ? FAST CATS Boulder Co. with Bill Kipp Billkipp@aol.com
<mailto:Billkipp@aol.com>

April 20 ? Law Enforcement Class Fort Collins Co. with Bill Kipp
Billkipp@aol.com <mailto:Billkipp@aol.com>

April 29 ? Womens Basics in Ft Collins Co with Bill Kipp
Billkipp@aol.com <mailto:Billkipp@aol.com>

APRIL

1st: Basics FAST San Jose, CA www.amaaok.com

8th FAST Basics for Kids- St. Petersburg, Florida Elite Training Center
727-576-2100

9th FAST Basics -St. Petersburg, Florida Elite Training Center 727-576-2100

9th FAST CATs Professional Self Defense Cambridge Cambridge, Ontario
519-651-3316

10th FAST Ground Fighting - St. Petersburg, Florida Elite Training
Center 727-576-2100

15th Adult Basic Northwest Martial Arts

16th Kids Basics Northwest Martial Arts

16th Children's FAST Noon-2:30 P.M. for Selinsgrove, PA Cub Scouts
570-374-0849

17th FAST Basics Joe Palanzo's Kenpo Karate Cockeysville, MD 410-628-4994

20, 21- Weapons Defense Extravaganza at RMCAT with Bill Kipp Colorado
720-256-3898

21st, Basics Neenah High School 8:00 AM-3:30 PM www.amaaok.com

22st: FAST Basics Appleton, WI 6:00-9:30 www.amaaok.com

23rd Fast Cats - 2:00pm - 4:30pm Elite Taekwondo Edmonton Canada,
stevetkd@shaw.ca

23rd: FAST CATS: Westfield, WI 9:00-11:30 am www.amaaok.com

23rd FAST CATs Professional Self Defense Cambridge McNeil Cosumer Healthcare

24th Adult FAST Basics Professional Self Defense Cambridge McNeil
Cosumer Healthcare

24th Basic Adult Elite Taekwondo 2:00pm - 5:30pm Edmonton Canada,
stevetkd@shaw.ca

29th: FAST : Waushara County Sheriffs Department 8:30-12:30 Wautoma, WI
www.amaaok.com

30th Adult FAST Basics Professional Self Defense Cambridge Cambridge
Ontario 519-651-3316

MAY

6th Ground Defense Burns Tae Kwon Do, Inc. Selinsgrove, PA 6:00-9:00
P.M. 570-374-0849

6th Wautoma, WI Waushara County Sheriff's Department American Martial
Arts Academy www.amaaok.com

7th Multiple Assailants Level I & II courses in Brighton Mich.
russellc@eradicoservices.com <mailto:russellc@eradicoservices.com>

7th Weapons Defense 1:00-3:00 P.M Burns Tae Kwon Do, Inc. Selinsgrove,
PA 570-374-0849

13th Appleton, WI Ground Defense American Martial Arts Academy
www.amaaok.com <http://www.amaaok.com/>

22nd FAST Basics 11am Joe Palanzo's Kenpo Karate Cockeysville, MD 21030
410-628-4994

JUNE

11th FAST Cats 1pm Joe Palanzo's Kenpo Karate Cockeysville, MD
410-628-4994

26th FAST Basics noon Joe Palanzo's Kenpo Karate Cockeysville, MD
410-628-499

JULY

16th FAST Adult Basics Burns Tae Kwon Do, Inc. Selinsgrove, PA 570-374-0849