





Danny Lane has 51 years military, law enforcement and martial arts experience. He is one of the most sought after Instructors in the world today. His Dynamic and Unique integration of Martial Arts, Police, Military, Body Guarding and Personal Protection Blend of Styles makes him in high demand. His System is based on techniques that WORK in REAL LIFE Situations.

Danny Lane is a:

- *Highly Decorated US Marine Vietnam
- *Retired Decorated Police Officer & Detective
- *12 Time Martial Arts Hall of Fame Inductee
- *World & 9 Time National Champion
- *9th Degree Black Belt Master
- *Bodyguard to Movie Stars, Entertainers & VIPS
- *Expert Criminal Investigator*
- * Trained with Chuck Norris & Chuck Norris System for 39 years

As you journey through this book, you will learn techniques that are fast to learn, easy to comprehend, and effective in real combat situations. The information within these pages will help you neutralized and incapacitate an attack in just seconds.

Training Disclaimer

This book contains techniques that can cause physical injury to yourself and others. Danny Lane nor any instructors of the Danny Lane Fighting System assumes no responsibility for any injury or damages caused by the unauthorized execution of the techniques presented. Techniques are not to be used in aggression or the commission of a crime, but for self-defense purposes only.

Volume 1: Introduction to the Danny Lane Fighting System

The Danny Lane Fighting System (DLFS) teaches techniques based on proven scientific principles of attacks against the neurological, circulatory, respiratory and energy pressure points of the human body. Techniques applied correctly to the soft targets of the human body can neutralize and incapacitate an attacker in seconds.

In my 8 volume video series you will learn techniques that are Fast to learn, Easy to comprehend and Effective in life saving situations. The DLFS Tactics are Real techniques for Real People with Real Life Situations.

The great news is you don't have to be in great shape or a trained martial artist to learn these principles and apply them. These techniques are designed for the average man, woman, teenagers and even kids.

The foundation of any system are strong fundamentals. Spy Combat Tactics scientifically lays out every facet of the Mental, Physical, Emotional, Psychological and Spiritual training it takes to survive. There are 5 Stages of Training:

1. Mental -
2. Physical -
3. Psychological -
4. Emotional -
5. Spiritual -

Before you engage in combat you must understand the rules of combat and are you able to follow them. The mindset is the number #1 weapon you have to have to survive any attack and live with the consequences.

Mindset! How do we train to create the mind set needed to possibly take another person's life? And, how do we create a mindset that, if necessary, to suffer the loss of one's own life?

First, proper physical and mental training is essential since it arms you with the tools and knowledge needed to carry out and survive a combat situation.

That combative mind set can be developed through well disciplined, training and by gaining confidence in these abilities and skills.

In many ways, a battle has a life of its own. You cannot know if you will be successful. You can only prepare for battle and it must be done with all of your heart and with all of your consciousness. In that manner you will have the edge. Being

unprepared will bring about sure defeat unless you are truly exceptional, and there are very few who fit that description.

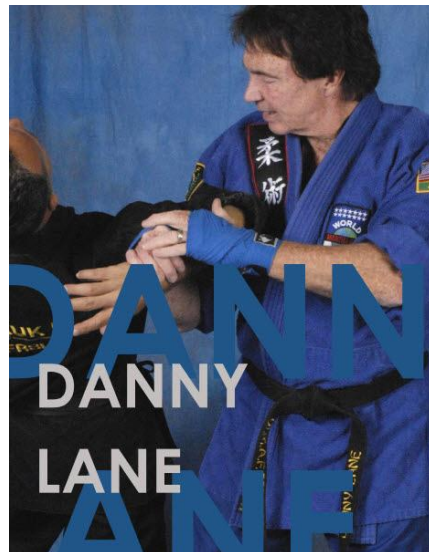
It is foolish to fight a battle that you cannot win, and you cannot win unless you have properly prepared and planned to win.

It's time to get started learning techniques that can save you and your loved ones lives FAST!

I hope you enjoy this training compilation of the "Best of the Best" Tactics from the *Danny Lane Fighting System Video Series*. Please review the videos for more detailed instruction and applications of all of the techniques.

Before we can get into the actual self-defense applications of the *Danny Lane Fighting System* I want to teach you the **FUNDAMENTALS** which is the **FOUNDATION** of all Fighting Systems.

Stay Safe,



Contents

VOLUME 1: The Fundamentals

Warrior Stance
Distances of Combat Engagement
8 Angles of Attack and Defense
Footwork: The Key to Fighting
Vital and Vulnerable Targets of the Body
Zone Blocking
Soft and Hard Blocks

VOLUME 2: Weapons

Palm Heel
Back Fist
Knife Hand Strikes
Web Hand
Hammer fist
Claw Hand
Ridge hand
Eye Gouge
Snap Front Kick
Cut Kick
Side Kick
Back Kick
Stomping Kick
Elbow Strikes & Knee Attacks

VOLUME 3: Two Second Survival

Palm Heel to Chin Takedown
Palm Heel to Jaw into Triangle
Palm to Nose
Bull Dog Takedown
Defend Hooking Punch
Defend Knife Slash
Knife Chop-Reverse Chop
3 Second Defense – Windpipe/Ears/Groin
Bear Hug Defense – Arms/ Outside/ Front
Bear Hug Defense – Arms/ Outside/ Rear
Bear Hug Defense – Arms/ Inside /Rear
Two Hand Choke to Neck
Clothes Grab
Cross Wrist Defense
Straight Wrist Grab
Double Wrist Grab
Wrist Grab from Behind
All Wrist Grabs Review
Stomp Kick with Palm Heel

VOLUME 4: Close Quarter Combat

Outside Wrist Lock & Throw
Inside Wrist Lock and Shoulder Lock
Upward Wrist Lock
Downward Wrist Lock
Windmill Block with Counter
Defense against Hair Grabs
Defense against Side Head Lock
Front Choke Guillotine
Chokes Rear Naked/Rear Naked/Sleeper
Full Nelson Defense
Side Blade Kick/Ridge hand/Elbow
Windmill Block/Kick/Elbows/Behind Takedown
Cross Elbow –Spinning Elbow – Chop -
Takedown
Standing Triangle Submission
Rapid Fire 3 Count Hand Attack
Rapid Fire 8 Count Hand Attack
Rear Defense Grab/Double Leg Takedown
Judo Break Falls & Roll
Judo Sweeps – Inside & Outside
Against the Shoot Take Down
Defense against a Street Fighter

VOLUME 5: Surviving on the Ground

Posturing & Positioning
Blocking a Sucker Punch
Attacking from the Mount Position
Surviving on the Ground
Passing the Guard
Judo Hip Throw (2)
Shoulder Throw
Neck Throw – Body Drop
Cartwheel Throw
Outside Major Sweep
Neck Throw
Judo Falls Review – Judo Sweeps Review

VOLUME 6: Boxing & Kickboxing

Boxing Jab

Boxing Cross

Left Hook – Jab/Cross/Hook with Pads

Upper Cuts

6 Count Combination on Pads

Overhand Right – 4 Count Knockout Drill

Spinning Back-Fist – with Pads

Blocking a Power Kick with Counter

Round Kick – Cut Kick – Round Knee

Defending the Cut Kick & Rear Leg Kick

Maximizing Power with Angles

Blocking a Side Kick

Switch Step Front Kick with Combo

Defending the Clinch with Leg Sweep

Inside Cut Kick

Ground & Pound with Training Bag

Danny Lane training with BOB

VOLUME 7: Surviving a Knife Attack

Knife Fighting Explanation

Knife Fighting Stance

Offensive Knife Fighting – 9 Points of Knife Cuts

Knife Speed Drills

Zone Blocking – 8 Angels

Blocking a Slash Attack & Reverse Slash

Danny Lane on Real Combat Situations

Straight Stab Defense

Knife Defense – Knife to Neck from Behind

Knife to Back Option #1

Knife to Back Option #2

Knife to Throat Front

Knife to Throat Reverse Grip

Knife Stab to Lower Gut

Downward Attack to Head

Return to Sender

Knife to Throat on Ground

Hostage Situation Knife to Throat

VOLUME 8: Surviving a Gun Attack

Danny Lane on Survival in Combat

12 Body Points of Disarms

Disarm to Head

Disarm to Chest

Disarm to Lower Stomach

Disarm to Middle Front

Handgun to Neck or Head by Mugger

Gun Disarm from Behind to Neck Tight

Gun Disarm to Side of Head

Gun Disarm to Lower Back

Gun Disarm to Upper Back

Gun Disarm to Side

Gun Disarm to Side of Head

Gun Disarm to Ribs (2)

Gun Disarm to Upper Back (Lower)

Gun Disarm when Hostage

Rifle Defense to Front

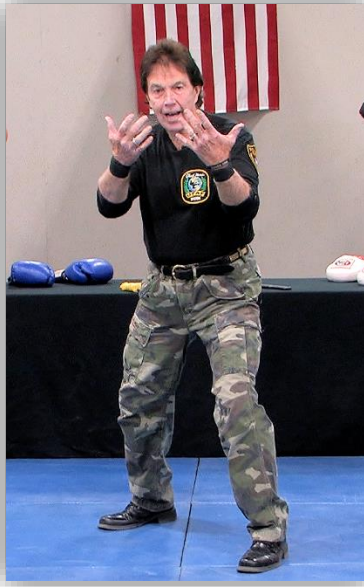
Hand Gun Retention

Rifle Disarm to Back

Chapter 1: The Fundamentals

WARRIOR STANCE

The very first thing I'm going to teach you is the "Warrior Stance." This is the stance used by the Marine Corps and Law Enforcement. While walking around during our day to day activity most people walk comfortably with their feet shoulder distance apart. Their shoulders are squared with their hips, everything is centered and natural. This makes dropping into the Warrior Stance fast and easy.



To drop to a Warrior Stance, all you have to do is bend your knees and put your hands up palms open. Fingers are at eye level. Your feet are at a 45-degree angle to the right and your shoulders are at a 45-degree angle to the left. What we want to do with this stance is to invite any oncoming attack towards the center of our body. We invite the attack to come down the center so we have both arms ready to defend ourselves.

Your fingertips should be eye level. With your hands open you are more relaxed and also offers you more coverage. Your forearms and elbows help protect your rib cage.

Practice this stance standing and walking. Image a sudden attack coming at you. Quickly bend your knees and place your hands to block the attack. Prepare for spontaneous attacks from all angles and train your body to naturally react.

5 DISTANCES OF COMBAT ENGAGEMENT

1. CONTACT grappling range, body to body, sweeps, throws, head butt, ridge hand groin, back of neck
2. CLOSE open hand strikes, elbows, knees, hooks, cross, uppercuts.
3. INTERMEDIATE, long range punches, short range kicks, front snap, cut kick
4. LONG, kicks, side, front thrust, stepping into other ranges
5. OUTSIDE, flee or close for attack with your footwork.

1. Contact Range. You are in physical contact with your attacker body to body.



2. Close Range. Attack with short range weapons like knees & elbows.



3. Intermediate. Uses long range punches and short range kicks.



4. Long Range. Use long range techniques, such as a front kick.



5. Outside Range. Requires a step forward to close the gap or a turn for retreat.



From this range you can retreat and flea if needed.
Your footwork will dictate closing or creating distances and angles.

8 ANGLES OF ATTACK AND DEFENSE



In the Marine Corps I learned to defend and attack against eight different angles.

An attack most times will happen fast and without warning.

A combat engagement can cover many angles and distances in fractions of seconds.

Knowing these angles and distances and learning to instantly identify them is crucial for your defense.

I am going to train you with simulations encountering real attacks coming from any angle. Your footwork to evade and defend the attack is crucial for survival.

Imagine your attacker is straight ahead of you. You are standing at a distance but centered in the middle of his body.

You now can move 8 different angles to engage or evade an attack.

This position offers you eight different possibilities to defend and attack.

1. Straight Forward Front

Smother the attack, close the gap and strike first.

2. 45 Degree to Right Front

Moving to the side slightly to avoid attack and punch or hit your opponent with close range weapons.

3. 90 Degrees to Right Side.

Stepping 90 degrees to right leaves you farther away from their attack. You have to counter attack with your intermediate weapons.

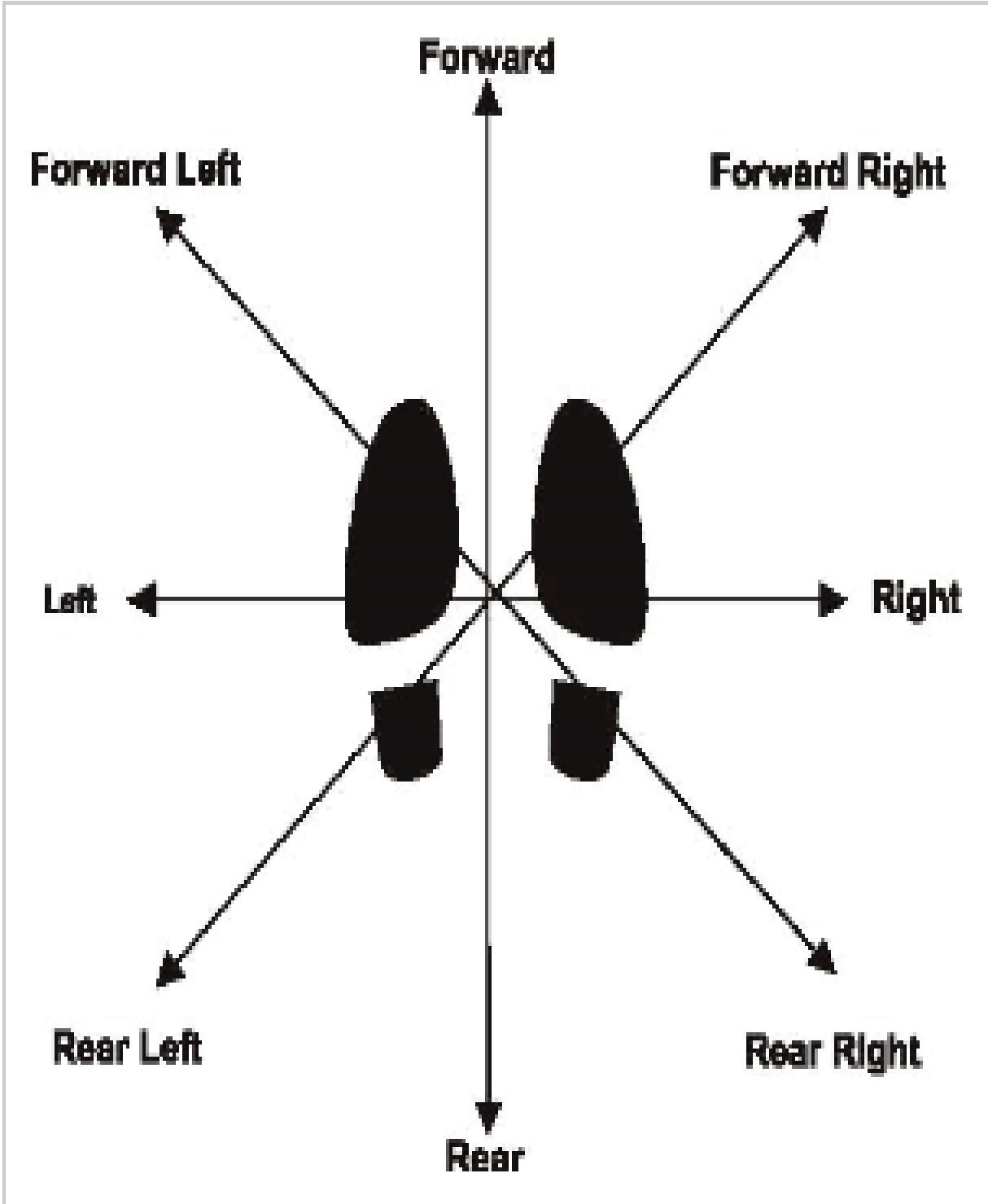
4. 45 Degrees to right rear

Makes them have to move their feet to get to you and gives you more time to plan your defense. You have to use long range weapons from this angle and distance.

5. Lunging straight back 90 Degrees

Creates distance between you and the attacker and leaves you an option to retreat or engage the attacker if they approach towards you.

Practice the same angles starting with your left foot forward and working the 45 degree left, 90 degree left, 45 degree rear and straight back 90 degrees.



FOOTWORK: THE KEY TO FIGHTING

*FOOT WORK IS THE KEY TO FIGHTING AND THE KEY TO WINNING!

YOU HAVE TO BE ABLE TO CLOSE OR RETREAT INSTANTLY ALWAYS CONTROLLING THE RANGE AND PROTECTING YOURSELF.

I teach footwork separately so you can focus totally on what your feet are doing. I will later put the techniques with them.

In this section, you are going to use your footwork to close or alleviate distance between you and your opponent.

The first footwork is called a SLIDE-STEP. It is a lot like dancing. Start in the Warrior Stance and slide your back foot forward and step out with your front foot. This this will bring you one step closer to your opponent. By bringing your back foot forward first, you can use your front foot to kick or you can step forward and punch.



During a fight, you don't want too much distance between your legs. Shoulder distance is recommended. Too much space between your feet will affect your balance and your opponent will have opportunity to attack you when you're off balance. Alternate your feet and practice moving forward and backward. Slide back to create space between you and your opponent slide forward to close distance.

The next footwork is the STEP-SLIDE. Instead of sliding the back foot first take a step forward with the front foot then slide the back foot forward. From here you can kick or push off to lunge and strike. This will help you cover two fighting stances forward giving you speed and distance. Make sure to practice with your right and left stance forward.



The third footwork will be the STEP-THROUGH. This is where the rear leg surpasses the front leg and comes forward. With this step you can kick with the rear leg or explode forward with full bodyweight to strike or grapple.



The next footwork is the LUNGE. Pick up your front foot and push off from the rear foot at the same time. With a proper lunge, you can cover distance quickly and deliver a surprise attack. Once you disorient your opponent with a lunge you can follow up with a kick or punch, and we'll cover more attack moves in later chapters. For now, use the lunge to cover more distance and practice lunging forward and back until you know how much distance you can cover or create.



Practice lunging backward by picking up your rear leg and exploding backward to avoid an attack.

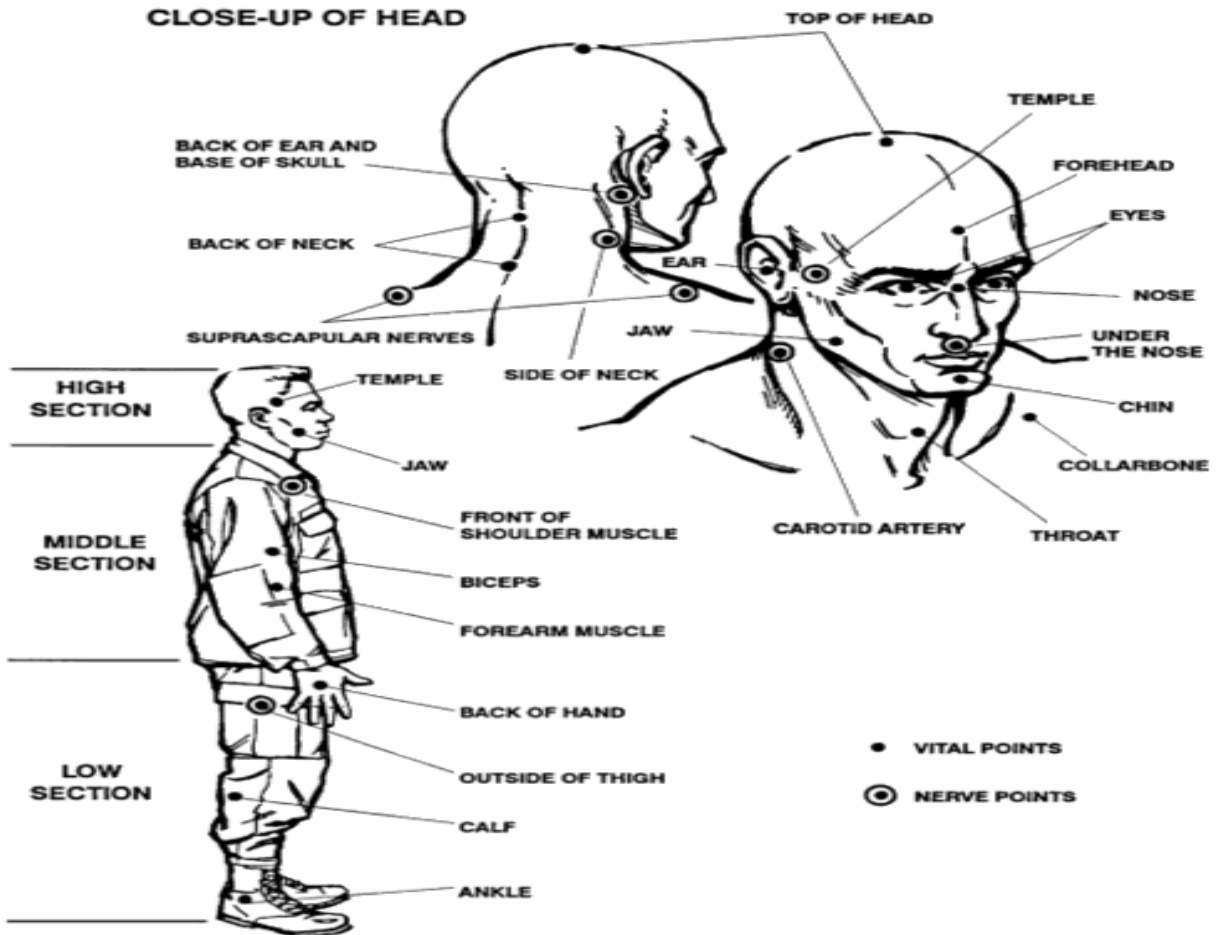


After you master each footwork do combinations with them to cover even more distance. Practice using these movements together, forwards and backwards to train your mind and body proper footwork technique. Take the time to learn the footwork and make it second nature to you. In a fight, you must be focused on your attacker not on what your feet are doing.

VITAL AND VULNERABLE TARGETS OF THE BODY



Knowing where to attack on the human body can neutralize an attacker quick. It takes skill and practice to master the angle and direction of each strike and what type of strikes to use on each vital and vulnerable target. This will come through practice and experience when you learn all the weapons. My favorites are the eyes, ears, throat and neck. (Review Spy Combat Tactics Video Volume #1 for all vital & vulnerable targets with applications).



ZONE BLOCKING



Most people naturally react to a punch by throwing their hands up to block. That's exactly what we want you to do. We want you to use your natural instincts. Using your hands and arms to cover specific areas of the body is called ZONE BLOCKING.

To Zone Block, keep both hands wide and directly towards the attack. Sometimes you will cross your arms to reinforce your blocks and sometimes you will have one up and one down in what we call a general block.

Let's say someone is attacking you with a punch towards the left side of your face. You would lift both wide hands up to meet the attack. Practice blocking with a partner. There are **nine zones** we want you to learn to defend:

1. Left High
2. Left Middle
3. Left Low
4. Underneath
5. Right High
6. Right Middle
7. Right Low
8. Overhead
9. Straight Stab or Strike to mid-section.

SOFT BLOCKS AND HARD BLOCKS DEFINED



This chapter will teach you the difference between soft blocking and hard blocking. Let's say your attacker is a strong male. If he throws a hard punch at your face, some people will teach you to try and counter with a hard block. That method is only effective if you are stronger than your opponent.

The Spy Combat philosophy is to use a soft block to redirect the attack. If your attacker punches with his right arm, you should step right and use soft hands to move the punch away from you.

It can be as simple as moving his arm a few inches off course to make him miss.

Use **HARD BLOCKS** against a grab or a push. You have to be aggressive to knock their hands off of you. You have to become the aggressor at that that point.



Chapter 2: Danny Lane Fighting System Weapons

TURN EVERY PART OF YOUR BODY & MIND INTO A WEAPON



As I think back on all the combat situations I've been in since I was nineteen years old, I wonder why I am still alive. I've been in combat in the jungles of Vietnam as a Marine, sometimes fighting the enemy hand-to-hand in kill or be killed situations. I've been shoot and wounded with shrapnel from rockets. I made it through hundreds of fire fights when others fell. I took my training seriously and I knew my life depended on it. I believe by the Grace of God is the reason I am still here. So many of my fellow Marines died answering the call to duty for our country but it wasn't my time.

As a police officer on the streets of America there were dangerous situations almost nightly. On every call you could encounter bad guys with guns, knives, bad guys on drugs, bad guys that don't like cops, bad guys that don't want to go to jail and bad guys that just want to fight. I was injured more as a cop than I was in Vietnam. Being a Police Officer is a dangerous job and the world is full of violent people.

Being prepared mentally and physically, and training for the unexpected helped keep me alive.

Enjoy my training manual and remember, any one thing I teach you could save your life someday. Now it's time to teach you how to make every part of your body a weapon.

Stay Safe,

Danny

BACK FIST



The weapons, or attacks, in this chapter are like tools in a tool box. There are multiple purposes for each one of the tools. I will teach you how to use *your* tools in many different ways.

The first offensive weapon I'm going to teach you the back fist. I will teach you the back fist first because punching incorrectly can break your wrist very easily.

It takes a little bit of time to learn how to punch and keep your wrist straight without breaking either your wrist bones or some of your hand bones. I will teach you how to punch like a boxer correctly later on in your training.

Remember, you must *relax* in order to have speed. If you're tense and rigid you can't move fast. The only time you need to have any tension or muscle tension is at point of contact. The back of the fist is very effective at any range. The temple, jaw, or side of the neck are excellent points of attack. Please review my videos for more self-defense applications of the back fist.



PALM HEEL

The next technique I'm going to teach you is the Palm Heel. The Palm Heel has numerous applications. The primary targets are the chin, nose, jaw and used to attack the solar plexus, groin and spine from behind. Please review my videos for more self-defense applications.



KNIFE HAND STRIKES



The next technique is the Knife Hand. Karate means 'the art of the empty hand' and the knife hand is the most used open hand weapon. Instead of using the delicate muscle on my hand I use the bone that is just behind the wrist. By doing that, it leaves your hand available to trap the attacker's neck or his arms and causes more damage to the target. There are numerous applications for the knife hand, below are just a few.

Review my videos for more self-defense applications.



WEB HAND



The next weapon is the Web Hand.

The two primary weapons on your web hand are your index finger and your thumb.

I use them to attack pressure points on the neck, trachea and all the wind pipe.

Below are just a few applications of the Web Hand. Review my videos for more self-defense applications.



HAMMERFIST



The next weapon I'm going to teach you is a Hammer Fist. You're going to use the bottom of your fist just like a hammer.

Just like you use a hammer to drive nails, you can do a multitude of things with the hammer fist. Again, my videos have multiple applications for it.



CLAW HAND



The next technique is a Claw Hand. It is just pretty much like it sounds. You are using your fingers to claw at the attacker's eyes or grab their clothing. It's a natural technique that any person can do.

I use it to give the attacker something to think about. Striking at the eyes will make the attacker turn their head away from you.

This will open up a target on the neck for you to strike. You can also use the claw for hair and clothes grabbing. You can also use the claw to pull on the back of the head and maneuver it wherever you want it. Review my videos for more tactics for the Claw Hand.



RIDGEHAND



The next technique is the Ridge Hand. The Ridge Hand primarily is the area between the thumb and the index finger. You are striking their soft targets with the bones of your hand.

I generally use that on the side of the neck, temple, groin and back of the neck. Below are just a few applications. Please review my videos for more self-defense applications.



EYE GOUGE



Next I'm going to be working on the eye gouge. In close range or contact range — you can attack with your thumbs to their eyes.

In combination with this, in close quarter combat, I smack the ear drums, then gouge the eyes and then go to the groin with a hammer fist in rapid succession. More of these tactics are taught in the 2 Second Defense.

If your attacker is aggressive, you can use these moves to disorient him and to short circuit him. Please review our videos for more self-defense applications.



FRONT SNAP KICK



Now I'm going to be teaching you how to kick. Learning kicks are the harder to do because it requires balance and leaves you standing on only one leg. I suggest very strongly to get into a stretching routine before and after each workout.

I am going to teach you low level kicks that are fast to learn and effective in a real situation.



Here as the attacker comes towards me, I lean back and snap the kick to the groin. You can then follow up with the rear leg kick. Be sure to drive the kick upward into the groin. Please review my videos for more self-defense techniques.



CUT KICK

The next kick you're going to work on is the Cut Kick. I call it the Cut Kick because your leg is going to be used like an axe. Our job is to cut his front leg of your attacker down like a tree. You will use your back leg first to use the Rear Leg Cut Kick. You will chip away with your shin at the nerves in his thigh until it paralyzes him. Make sure you turn your hips and drive straight into that nerve. Below are just a few applications. You can use your front leg with a switch step and kick to the inside of the thigh or groin.



Below I step at an angle as I throw a fake strike to his face. I now have the angle to drive my full body weight into the kick to the inner thigh.



Here I throw a strike to the face to have him lean back. I can then do an inside kick or sweep to the ankle to knock him off balance. I can now follow with a power shot to the kidneys or head.



Please review my videos for more self-defense techniques.

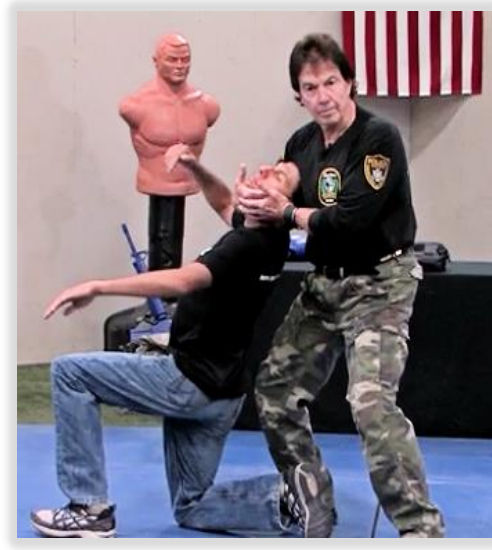
SIDE KICK

Now for the side kick. The side kick here is done with the bottom of your heel. The primary targets are the knees, thigh and body. You can slide step into this kick or spin your body and use your rear leg. Below are just a few applications. Please review our videos for more self-defense applications.



Now you will learn how to use the edge of the foot and kick into the tendon of the knee to collapse their leg. You turn your foot and use only the blade part of it. Some styles call this a knife foot.

SIDE BLADE KICK TO KNEE



ROUND KICK



Now we're going to work on the Round Kick. A Round Kick means we're using the top of the foot and our leg is going to kick like a pinball machine flipper. When you learn the mechanics of this technique you can use three different weapons of your leg in three different ranges. Long Range use the instep of the foot. Intermediate Range use the shin. Close Range use the knee. Round kicks are not power kicks; they're speed kicks. The knee cocks and you snap them out and recoil it back.

Below are just a few applications. Please review my videos for more self-defense applications.



Move to side and kick the groin or spin your body and kick the outer thigh.

BACK KICK

The Back Kick will come into play when your back is turned to your opponent. You won't want to turn your back to your opponent, but if you are walking away and you see your opponent approaching you, you raise your heel up and kick straight back into the stomach area. It's kind of like a horse or a donkey kicking straight back. The knee does not come up. Practice slowly at first. Please review my videos for more self-defense techniques.



STOMPING KICK

Our next kick is the Stomping Kick. It's a close range kick. Use the bottom of your heel to buckle his knee or to hyperextend it. You can kick the shin, the knee, or the stomach. If you are at intermediate range, you can still deliver a stomping kick on your opponent. Always keep your foot turned outward.



You can also use the stomping kick from behind. Kick into the bend of the knee and take him to the ground. Please review my videos for more self-defense techniques.

ELBOW STRIKES

Now we're going to work on the elbow strikes. Elbow and knee combinations go together. The elbows and knees are *devastating* techniques because they are made out of bone. Bone is stronger than wood so using them as dangerous weapons is vital. You see that a lot today in MMA, all those fighters use elbows and the knees effectively to incapacitate people. There are numerous elbow strikes I teach. I teach the cross, reverse, upward, downward, reverse center, over the top, diagonal, and spinning elbow strikes. Below are just a few applications of the elbow strikes, Please review our videos for more self-defense applications.



CROSS



DIAGONAL



REVERSE

UPWARD



DOWNWARD



REVERSE UPWARD



KNEE ATTACKS

Now I'm going to show you how to use your knees as a weapon. Knee techniques are close range weapons. Below are just a few applications. Please review our videos for more self-defense applications.



Straight Knee



Inside Knee to Ribs



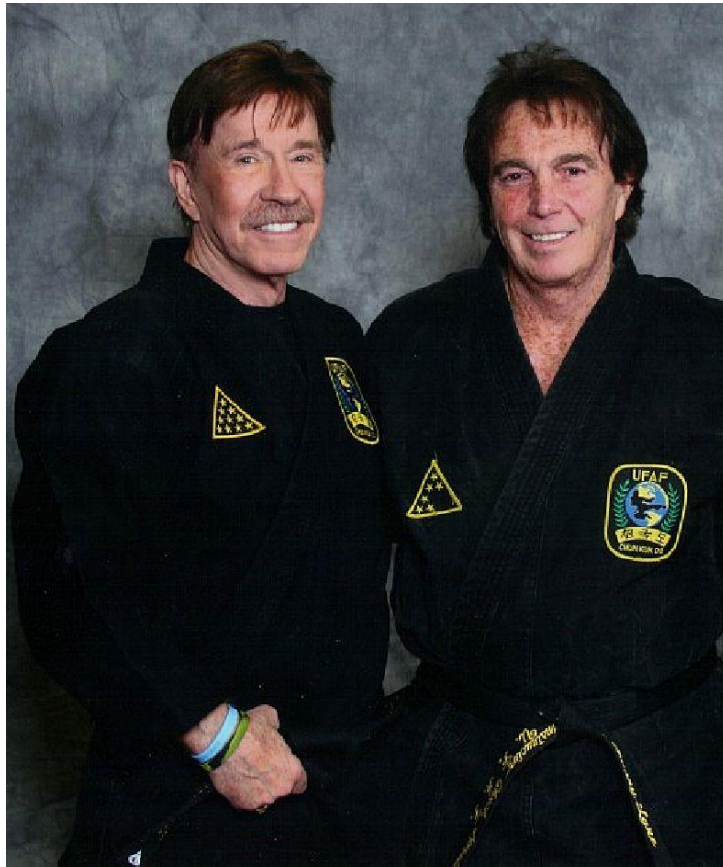
Knee to Thigh



Knee to Head

Go to DannyLane.Com for more information on The Danny Lane Fighting System, Videos, Books and Training Seminars.

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Master Instructor in the Chuck Norris System for 39 years.