

New, Free DVD puts you front row and center stage at a live 2 1/2-day Target-Focus™ Training workshop...

“How To Survive The Most Critical 5 Seconds Of Your Life”



“For me, a veteran of the martial arts and a medical professional [Target-Focus Training] was just as spectacular. I heard explanations that would befit a trauma specialist and learned principles that most martial arts masters save for their advanced black belts. Without cloaking techniques in mysticism, without diluting the realities of combat in a sporting format and without sacrificing safety for realism, Larkin and his men delivered an uncompromising course on the intelligent and responsible use of violence.”

Mark Cheng, L.Ac.
Columnist & Contributing Editor, Black Belt Magazine
Director/Sifu: Chung Hua Institute, Los Angeles, CA

Imagine yourself face to face with:

- 3 hoodlums circling your car,
- A 6-inch blade of steel pressed against your throat,
- A gun barrel to your head, or
- 2 guys who’ve just broken into your home...

If you can’t handle any of these situations...

- Without freezing,
- Without needing to “get ready,”
- Without mentally sorting through your prior training to pick out the one thing you must do in each

specific situation,
...and do it all within 5 seconds, then...

You Could Easily Wind Up As Toast!

That’s because 5 seconds is about all you’ve got. It’s how long a ‘real’ fight lasts. If you haven’t taken out some thug by then, the odds go dramatically against you.

Right now, I’m betting you’ve got a pretty good gut feel as to whether your current training would instantly kick in and bail you out of a violent confrontation... or leave you hesitating and unsure. Understand... there’s no room for error.

If you’re confident... then turn the page. If not, you now have a unique opportunity

to gain a rare inside look at a live **Target-Focus Training** workshop and see exactly how the the #1 self-defense system in the world gives you the tools to handle this type of violence... **regardless** of your size, speed, strength, athletic ability or conditioning.

What makes **TFT** different from all other “me too” programs is the fact it’s **the only system ever modeled on asocial criminal behavior**, the kind of violence you must know how to handle if you’re ever faced with it.

TFT won’t have you practicing 100’s of

“Violence Is Rarely The Answer. But When It Is... It’s The Only Answer.”

Tim Larkin, creator, Target-Focus Training

different memorized techniques. Face it, you’re smart enough to know that since violence is random you can’t begin to practice for everything that ‘might’ possibly happen to you. That’s why this system is based on a handful of easily mastered **FUNDAMENTAL PRINCIPLES** that you instantly apply to any type of violent assault.

If all this seems surprisingly simple... it is. That’s the secret to why **TFT** has worked for everyone from an 80-year-old grandmother to a Spec Op operative. And it’s why it will

work for you too... **regardless** of your background or ability.

FREE DVD Reveals Kick-Ass Fighting Secrets

Look, I know this is hard to believe. And it doesn’t help much that it’s even more difficult to explain here in words. That’s why the best thing is to **SEE it for yourself**.

Until now, that meant attending a **TFT** live seminar or ordering a full video series. But now a new DVD lets you prove to yourself why everything you’ve just read is true.

And the best part... **it’s FREE!** You risk nothing except a small shipping & handling fee.

Look, I’m not asking you to believe anything at this time. All I’m asking you to do right now is withhold your judgment until you get your hands on this new video.

One last thing: since this is only a test to see if the DVD really helps explain the **TFT** system, we’ve only created one small test batch. By the time you read this, some of those are gone. To get your copy go to **www.bbfreedvd.com** or call 888-234-2192. Or just fill out the coupon below and mail it today. If we’re out of the FREE DVDs, we’ll notify you by mail. So don’t wait around. Grab your copy now.

TFT Master Instructors demonstrate simple yet effective movements under the watchful eye of system creator, Tim Larkin.



A universal system that works for everyone. Here a totally blind student practices against a multi-person attack with a Spanish participant and a physician from Hong Kong.

Yes, send my FREE **Target-Focus Training** seminar DVD and Special Report. I pay only \$4.97 for S&H.

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