

*When the gun barrel jammed into his ribs,  
the first thing he thought of was...*

## **“How To Survive The Next 5 Seconds Of My Life!”**

**1:17AM. Bill’s just ended a grueling, 19-hour marathon day with his boss. Walking to his car is a blur. His only thought is staying awake long enough to get home.**

**Fumbling with the keys in a darkened parking lot, he’s jolted from his trance as he feels the searing pain of a gun barrel jabbed deeply into his ribs and hears the gun cock.**

**"Gimme your wallet and don’t turn around!"**

**What Bill Does In The NEXT 5 SECONDS  
Determines Life OR Death...  
And Whether His Wife Becomes a Widow  
And His Children, Orphans!**

**In just 10 minutes I can show you how to eliminate that sudden panic during a violent criminal assault... and harness your inner power so you can walk away scot-free and with your attacker lying maimed on the ground.**

**Hi.**

My name is Tim Larkin.

And it’s true.

Most violent crime IS over in a heartbeat. The bullet travels faster than you can blink.

And someone’s living... and someone’s dead! And I’m gonna show you how to make sure it’s not you.

**It’s Easier Than You Think.**

It’s not surprising people worry about being attacked by someone who’s bigger, faster or stronger than them. Maybe even someone who’s highly trained. Yet after you hear stories of a grandmother beating off a couple brutal thugs you just know you could do it, too.

(please go to next page)

You might even imagine facing the gun... and wonder if you'd freeze. But as you think about what it would be like to react instinctively instead of in panic, you realize how great it would feel with you in control.

Worrying about how long it can take to learn everything may seem daunting. But when you realize some creep hasn't spent any time practicing to attack you, you begin to sense there's no reason for you to either, that there's a way to quickly & easily get it after all.

And there is.

Because stopping some ruthless punk, even when faced with paralyzing fear, can be **surprisingly simple**.

By striking targets as they naturally appear you focus with laser-like precision and quickly stop an attacker dead in his tracks by inflicting crippling pain from injury to easily damaged parts of his body using simple, instinctive movements anyone can instantaneous do.

*Even if you're non-athletic, overweight, small or out-of-shape.* And it's causing injury that puts YOU in control! After only a few hours or sometimes even just minutes of training, your actions are immediate, swift and decisive even in the face of fear.

In a moment I'll reveal why it's surprisingly easy to do and something you can quickly master, regardless of your previous experience or physical ability.

First, if you haven't heard of me and my personal-protection system called **Target-Focus Training**, take a look at a few of the raving customer comments we've received:

---

**Escalated my skills to a whole new level...**

*"...I was doubtful as to whether or not someone could take this training and be able to apply it effectively and especially in a lethal way, which he is talking about in all the advertising. Well, surprise of all surprises -- simplicity is the key. And what he has to teach is so simple that I'm literally telling you a person with no training and whatnot, going up against a street thug or somebody trying to intimidate or take you out on the street, has the tools within his grasp to immediately end that situation -- and fast. What I've learned has definitely **escalated my skills to a whole new level and I didn't expect that**. Again I was scrupulous and doubtful but I'm very, very confident in what I've learned in the material and it's **moved me to another level**. So I really highly recommend Tim Larkin's TFT training -- it kicks ass!"*

**Matt Furey**  
**World Kung Fu Champion and Combat Conditioning Expert**  
**Tampa, FL**

**An uncompromising course on the intelligent and responsible use of violence!**

*"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**

---

**Most simple and straight forward information you can get to save your life...**

*"Unquestionably the **most simple and straight forward information you can get to save your life.** If you can see through the Hollywood violence of the movies and really wrap your mind around the idea and brutality of ending your killer's life or at least forever changing the physical characteristics of it, then sign up now. **What you learn will change forever how you approach nearly every situation. It IS life changing!**"*

**Chris Stoddard  
LaGrange, WY**

---

**Shattered my dependence on trying to remember techniques...**

*"I thought I had a [pretty good] handle on the principles but found out I didn't know squat. **The DVDs have truly been a life changing experience** for both my son and me. Needless to say, they exceeded my expectations, **far beyond anything I imagined.** It completely **shattered my dependence on trying to remember techniques.** I can't remember one technique **BUT I** now know how to hit combinations of targets in ways that **WILL** cause injury. I can't tell you what a **FREEING** feeling that is to me. Get this course! Don't even consider anything else. It's light years beyond anything out there."*

**David Mullins  
Bakersfield, CA**

---

For nearly 20 years I've been well known in the close-combat training world but '*under-the-radar*' to ordinary folks. I'm one of the guys operations like the US Navy SEALs, Army Special Forces and the Border Patrol call in to teach them to "*kill or be killed.*"

You may be wondering why these high profile clients seek me out.

The answer is simple...

### **I Get Results... *In Under 5 Seconds!***

These guys face imminent and life threatening danger daily. What they do must work **every time**, for **every one** of their guys, regardless of the threat. And their **training often must be completed in just days.**

**What's this got to do with you? PLENTY!**

For the past 4 years I've pushed hard to get this same training out to folks like you who often have no access to the **secrets that save lives in mind-numbing, life-threatening criminal attacks.**

That's why I created a new DVD-based Program, "***How To Survive The Most Critical 5 Seconds Of Your Life***". It's an "insider's guide" that arms you with the very same tools used by some of the most deadly, most knowledgeable, and most respected military hand-to-hand combat fighters on earth.

And it blows away the hogwash that says it **takes a long time** before someone learns to protect themselves or loved ones from becoming maimed or killed in a ruthless attack, that they've got to be **bigger, faster or stronger**, or that they need to **memorize techniques** to survive.

As you watch this Series you begin to understand why it's mastering a "system," not some rag-tag collection of tips and tricks, that levels the playing field against a hardened criminal.

Naturally, you'll get the **tools needed to build a bomb-proof personal protection system** that lets you quickly & easily defeat some thug who today won't think twice about murdering someone... just to grab the few bucks in their wallet.

### **Who is Tim Larkin?**

During more than 20 years "Insiders" know me either through **articles** in Black Belt, Soldier of Fortune and other publications or **seminars I've given in more than 42 countries** like Australia, China, India, Thailand, Philippines, Taiwan, UK, Singapore, and New Zealand, to name just a few.

As a SpecOps intelligence officer on Admiral Lemoyne's staff I discovered a Vietnam vet with a brutal approach to close combat training, introduced him and his concepts first to the US Navy SEAL command, then afterwards to the US/NATO Spec Ops community as a whole.

By 1992, as a civilian contractor I co-developed 3 combat fighting courses, each certified initially for Chief of Naval Education and Training for US Special Ops, and ultimately for the Joint US Military SpecOps Community. What it means is that this was **the first time any outside civilian company had courses credentialed in the military close combat/hand-to-hand combat arena.**

During my almost 20-year career I've instructed thousands of military, law enforcement and security personnel from US Navy SEAL Teams, US Army Special Forces, USAF Spec Ops, USMC Force Recon to the FBI, Secret Service, DOE, DEA, BATF and the US Border Patrol. Plus numerous SWAT teams, Fortune 500 private military contractors, VIP Security details and celebrities (most requiring their names or organization be kept confidential).

(please go to next page)

You begin with the principles of basic **hand-to-hand close combat, targeting, leverage and reactions**, then move beyond to fighting against (and with) **weapons, multiple attackers** and more.

It's a system designed, tested and proven from the ground up to handle life-or-death applications because...

**...If It Failed Lives WILL Be Lost!**

### **But Can People Really Learn This 5-Second Defense From a Video?**

When you attend a live session, I control the learning sequence. It's why I guarantee your success right to the last minute of class!

It's also why people in **more than 38 major international cities** including London, Prague, Stockholm, Sydney, Shanghai, Beijing, Hong Kong, Tokyo and Montreal, plus a host of US cities flock to my **3-hour seminars on "Social vs Asocial Violence."**

**Here's the problem:** with an investment of \$1,497 (private training sessions are more, running \$2,500, while large group classes cost \$20,000-\$40,000) for just a handful of dates at facilities in Las Vegas, New York, Dallas, Seattle, San Diego & Miami, and internationally in London, Hong Kong, & Sydney, live training may not be the right fit for you at this time.

**But here's the good news:** Because *Target-Focus Training* is "**knowledge-based**" (this means you get **Principles** and **Concepts** that work against any random violence rather than wasting time on useless memorized techniques)...

### **This Material Is Highly Transferable... And Easily Mastered... Even By Simply Just Watching It On Video.**

You may be surprised to discover **you can immediately apply much of what you see, even without any practice**, just like Ian Westcott of Mount Eliza in Victoria, Australia did:

"I unfortunately had the unpleasant occasion to put [your principles] into practice last night...**Utilising the principles you espouse**, I moved in and "deactivated" him without injury, other than to his ego, **in about 2 seconds flat**. As a **52 year old**...and not a "trained" fighter, it was amazing the degree of calm and confidence I had **thanks to the principles gleaned from your DVDs**.

"My wife asked me what happened to my food during the scuffle. It was only then that I fully realised that I'd held it carefully in my dominant hand and handled the

(please go to next page)

situation with just my non-dominant arm and hand. It also surprised me how clear my course of action was and it seemed to take place in slowed motion. I even had time to make choices between splattering him on the pavement and taking him down gently to the submission position -- which I did. Thanks for your program which even, **after just two viewings so far**, gave me a structure to handle a situation that I have rarely encountered."

This material naturally goes straight to your non-conscious mind. And people are amazed as they realize there's no need to spend years practicing as you must with martial arts or other athletic skill-based programs.

Gone is the nagging fear of wondering if you could really handle a life-or-death struggle with a savage thug intent on harming you. And with my new live-training-in-a-box DVD Series you **get it all for a fraction of the cost of attending a live training session.**

### **3 Reasons Why This 5-Second Program Keeps People Alive Where Others Have Failed.**

Now, before we look at what you get with this new series, here are 3 reasons this Program **guarantees YOU the advantage** when others may have failed you before.

#### **1: It's Designed Around Your Abilities.**

Many guys tell you it doesn't take size, speed or athletic ability to defeat some bad-ass. And they're right.

**BUT...** pick any self-defense program at random and you'll find most people can't execute some (and often most) of what they're shown. I'm wondering if you may have experienced this yourself... where even your best efforts didn't succeed.

Like a diet that works for its creator and others like him, these programs work only for the "Master" who created them because it's designed to fit HIS genetic strengths. It just doesn't work for everyone... and certainly not in every situation. And I wonder if anyone has considered what happens if it doesn't work the one time you need it?

Here's what you need to understand: **If the diet fails... people end up fat.**

**But when a system folks are counting on to save their butt in a life-threatening encounter craps out... people end up dead!**

If it won't work in every situation, it's not a system. It's playing Russian roulette... with your own life!

It's why **TFT** is designed using simple, basic movement patterns and motor skills **anyone** can execute... even someone with severe limitations like Dirk Van Til of Traverse City, MI, who notes:

(please go to next page)

“...As someone who has a significant physical weakness due to injury, surgery and an artificial hip, I was still able to do **TFT** and will be able to use it because it is simple.”

And in case you're wondering if what you'll see on these new videos are just dumbed-down versions of what we presently teach the military or spec ops... they're NOT! If these guys are injured, sick or waist-deep in water, they can't execute some fancy move any better than you.

**Everyone learns the same, repeatable Principles and Concepts.** They work... regardless of the situation.

## **2: It De-stigmatizes Violence**

During a ruthless criminal attack, you must use violence just to survive. Yet we're all taught violence is bad.

But that's **WRONG!**

Because just like a hammer, ice pick, screwdriver, gun or knife -- **violence is neither good nor bad.** It's **JUST** a tool anyone can use.

HOW it's used determines if it's legal (self defense) or illegal (violent criminal assault).

**The dirty little secret most people in the combat sport & martial arts world refuse to admit** is that you can't step from the world of competition into street violence and expect to survive against a hardened criminal. It won't happen. Only after you learn to use violence can you survive against it!

It's why **TFT is the only self-protection system in the world modeled on actual criminal behavior...** including using violence.

And I'm wondering if you realize that even though a criminal...

- Has little, if any, formal training in a martial art or combat sport,
- Probably has zero military experience or special combat training,
- Has athletic skills that are equally rare or totally nonexistent,
- Is usually in downright lousy physical condition, and
- Often is just plain 'dumber than dirt'...

...it's this **untrained**, non-athletic, out of shape, mentally-constrained misfit who thinks nothing of using violence on **anyone** -- to get whatever he wants.

That's why we don't shy from addressing violence head on. For many, it's controversial but it's this radically-different, **revolutionary concept in self-defense** that is so highly effective and **proven** to keep you alive. Because while...

## **Violence Is Rarely The Answer, But When It Is... It's The Only Answer!**

### **3: It Arms You With Principles... The ONLY Thing You Can Count On To Defeat Random Acts of Violence**

When some thug attacks, it's impossible to predict how he'll do it.

#### **Violence IS random.**

Yet people spend years practicing technique after technique hoping they'll be 'ready' when violence strikes. But when it does, it's invariably **the ONE THING they never practiced for!**

And it's why *TFT* gives you **PRINCIPLES** that work in any situation. There's no wasted practice of "If/then" scenarios (If he does this, I'd better do that). As you begin, you'll practice techniques (we call 'em "coordination sets") but we're quick to point out they're NOT what we expect will happen if violence strikes. Just a way for you to practice applying system principles!

Where before your brain would pause, searching for the right response, after you have the Principles, you instinctively apply them universally to any of the infinite number of situations you might find yourself in. And it happens instantaneously.

And there's something else you should be aware of: after you own these Principles, you don't need constant practice to maintain even basic proficiency (unlike the martial arts or combat sports which demand continual work just to stay sharp)!

It's just like swimming.

While you can always improve your stroke, **once you know the Principles of swimming... you never forget how to swim!** And it's the same with *TFT*. You'll have instant recall even if it's been 10 years since you trained in this material!

As you consider what you've just read I'm guessing you're beginning to understand how this simple system has quickly & effectively trained everyone from Navy SEALs to an 80-year-old grandmother.

So, let's move on and see what you'll find when you get this new Program.

Initially, we had planned to just videotape one of our live classes. But since we can't go back and re-shoot sections of an ongoing live training, videotaping these doesn't come out exactly as planned. So we **videotaped 3 complete 2½-day live events**, then distilled the more than 52 hours of footage into one 17-hour, **"best of *TFT* live training"** DVD Series!

And it includes the two major instructional changes we've made to our live training format during the past 10 months. People who have experienced this new training format find it has

ramped the speed at which they learn and retain this material more than 300% versus the old format!

## The Seminar Series...

**Surviving the Most Critical 5 Seconds of Your Life.**



It's a lot of material. And to make sure you leave with just what you need, I've split this massive new Program into 3 separate parts:

### **The First Option, I call "The Essentials"**

Here you get nearly 8 hours of information critical to your understanding *How To Survive The Most Critical 5 Seconds Of Your Life*. Things like...

- **The difference between Social, Anti-Social and Asocial Violence... and why you must learn to walk away from two of the three!**
- Utilizing Human Reactions to cause a "cascade of harm."
- **Understanding Leverage... and what it is that makes it work!**
- An introduction to Edged Weapons and Firearms -- why learning to use them is the key to not "freezing" if you must go against them for real.
- **The Basics of Target Assembly**
- Free-fighting like you've never seen it... the #1 battle-proven way of putting it all together!

As you watch some of the DVD's you're right there on the mats as we instruct participants on principles and coordination sets. Other times, you're a fly-on-the-wall, listening to "...explanations that would befit a trauma specialist...", as **Mark Cheng, Columnist & Contributing Editor for Black Belt Magazine and Director/Sifu for the Chung Hua**

(please go to next page)

**Institute in Los Angeles** noted after attending a live TFT training.

Unless you've been through it you've not heard or seen anything like what's on these disks, and even if you have, I'll be surprised if you're not amazed at how much slipped right past you.

Here's a small peek at some of the things you'll find:

- **What ALL violent acts have in common... and why it's the key to your success in effectively using violence AGAINST some asocial criminal thug!**
- Is "giving up" ever an advantage? **The surprising "Yes-and-No" answer... and how to know the difference!**
- The truth about protecting your kids from predators. *Most people won't like the answer (but it explains why you can protect yours when others can't help theirs).*
- **The "Triad Of Violence:"** after you understand this... the rest is easy.
- A simple optical illusion most fighters fall for... *that saps up to 75% of their striking power like letting air out of a balloon!* But not you.
- **How to predict where your attacker will next move... with more accuracy than the pool shark who stops his cue ball on a dime!**
- Why using this common martial arts kick GUARANTEES you'll bust your knee (effectively leaving you a sitting duck). And **totally idiotic... after you see the simple adjustment you'll make that turns the same kick into a devastating weapon.**
- **The 4 responses to violence.** 1 is incredibly dangerous... *yet it's the first thing everyone wants to try!*
- The REAL reason a criminal is so often successful in getting what he wants. **Focus on this one concept and you take away his advantage.** Following this series, you'll know how.
- **How to instantly ensure YOU control any violent encounter.**
- Why people unknowingly give away their greatest advantage in any confrontation... **and how to make sure it NEVER happens to you!**
- The **huge advantage women have in a real life-or-death situation** (It's why your wife, girlfriend or daughter MUST see this information)! *They have far more power than they realize... IF... they know what they're doing.*
- The **simple reason people always seem to be on the defensive** in a life-threatening attack. But do this one thing... *and everything instantly changes in your favor!*
- Why you never need to "get ready" to fight... regardless of your starting position. You'll understand why after seeing the **Free-fighting** video.
- How simple high school math helps you control "complicated" multi-person attacks. And *don't worry... it works even if you can't balance a checkbook!*
- When you correctly train your workout partner... **YOU become a master at delivering trauma to the human body!**
- What you can learn from the death of a world champion fighter. *After seeing these videos you'll never make the mistake that cost him his life!*
- We spill the beans on **the dirty little secret about martial arts and combat sport training aids** that no one wants you to know. (If everyone knew this, it could kill a mega-million-dollar industry).
- **How a small change in focus amazingly puts YOU in the driver's seat in a multi-person attack!**

(please go to next page)

- The unique *TFT* tool that lets you "*fight for your life without ever risking it.*"

After watching these videos, you'll have a solid grounding in *TFT* and know **immediately** how to **apply what you learn.**

And in case you're wondering about questions you might have, you can stop because we've got that covered too. Since we can't be there watching your every move, I've added as a BONUS a FREE Teleconference Certificate where you'll eavesdrop as my Instructors and I discuss critical aspects of what you saw as you watched the DVDs... and answer all your questions... live.

Details on how this teleconference call will work are included with your package. It's a \$47.00 value... but when you chose this option, it won't cost you a cent.

Now, if you thought that option was something, then I'll be surprised if you're not blown away by this one.

### **It's Option #2, And I Call It.. "The Works"**

As before, you get everything in "The Essentials" **plus 9 riveting hours** of additional instruction!

**If you truly want to walk away every bit as effective as someone attending a live class (but at a fraction of the price), this is the option you want.**

As you dig through the DVDs the first thing you'll find is 4 more hours of Weapons instruction including Edged, Impact and Firearms.

Even if you've got the old Nuclear Weapons series, you'll find this new one ratchets your skills to a whole new level.

That's because it's live & interactive. And throughout you repeatedly spend time disabling **weapon attacks where you have only your own body weapons** to work with.

And you'll be introduced to more **Target Assembly**, the new material that has clients proficiently free-fighting (that's where you apply everything you learn) after just hours rather than days, as before!

Beside these, here's a taste of what else you'll find in "**The Works**":

- **The crucial difference between hand-to-hand and hand-to-weapon fighting... and why what everyone else is teaching is dead wrong!**
- The *revolutionary concept that totally eradicates everyone's fear of firearms... and leaves you free to focus on the real threat at hand!*
- Why you **must never have a 'favorite' technique** ... even though practically every fighter not trained in my system does!

(please go to next page)

- Why it's critical you ignore the gun, knife, or club wielded by your attacker... ***even if you have no weapon of your own!***
- The one thing you quickly master that keeps any attacker from defending himself. This **explains why it's silly to "strike someone 10 times in a second"** (even though you see courses advertising this all the time).
- The misguided, mind-numbing belief, which no amount of training can cure, that often guarantees victims end up maimed, crippled or killed! After watching this series, you'll have learned how to let it go!
- **What a criminal knows and always uses against his prey in a life-or-death fight.** Turning it around on him is easily done after you know how... and puts you totally in control.
- The MISSING principle that COULD make most other disarms actually work (*even the stupid ones shown in the movies!*)
- **The ONE and only way to break a joint... and the 6 simple methods to get you there.** That's all there is to dismembering any joint or gaining instant compliance (*forget the 1,000's of complex techniques you've been led to believe*).
- Without this critical ingredient... **even a perfect strike to an intended target by a skilled fighter is useless!** *But with it, even a determined grandmother is 3 times more effective than the fighter!*
- The amazingly **simple "feedback loop" that removes chaos from a violent encounter...** *giving you a clear mind... and complete control of the situation.*
- Some people think **Target-Focus Training** won't work when someone is on drugs. It's just ignorance. *As you watch, you'll discover the simple secret... that makes it work every time ON ANYONE!*
- TWO critical things every martial art or fighting system does that adds needless complexity to the violence equation... *and practically guarantees people lose when the chips are down.* You'll see how to get rid of them NOW!
- **Striking targets is critical... but NEVER in this manner!**
- How to quickly and easily engage your own secret "**GRAVITY WELL**" to generate far more force than your own muscular strength alone can create!
- The surprising reason criminals are highly effective... **against even the best trained martial artists and combat sport fighters!** Now you'll use it on them.
- The **startling discovery** that lets first-time attendees generate 200%-400% improvements in learning and retention of this material in live training environments. *These DVDs are the only place it's available outside a live training session!*
- **How to increase your striking accuracy by an incredible 83%!**
- How you can easily avoid being stabbed with a knife or shot with a gun ... *even if you're surprised with both hands in your pockets!*
- The simple "**vector**" **solution** that handles guns, knives, clubs and multiple attackers. **It's so effective at instantly showing you what to do, you'll be furious no one's ever explained it before.**
- How to take advantage of the fact that muscle tissue suddenly stretched beyond normal will "grab" to effectively **execute that troublesome joint manipulation that no one else can ever make work!**
- **How to quickly train your brain to NEVER hesitate... even when everyone else around you losing their head!**

- The universal concept that allows you to kill some thug trying to take a gun from you in a life-or-death struggle. It's *ridiculously simple*... yet almost *NEVER* shown. Watch as it's clearly demonstrated here.
- The surprising reality about gunshot wounds... and ***how you can use this information to dramatically increase the odds you survive an attack involving firearms!***
- Why you NEVER, EVER let your practice partner determine when you release a leverage hold. (In a real life attack... this can be the difference in living or dying!)
- Why ***speed = fear!*** How to ***s-l-o-w yourself down... even in the midst of panic!***
- The critical misconception almost everyone has about using a club or baton (*it takes their advantage and turns it against them!*)! But **make this small tweak and you're in total control**... regardless of your size... or his!
- **The one mistake almost EVERYONE continues to make it when facing a knife-wielding attacker ...** and why this mistake will always get them cut -- and likely killed!
- The astonishing reason why STRIKING is **directly related** to the ripping and tearing of joints... ***and why a 'perfect' striking motion results in a perfect joint break!!***
- The reason the PR-24 and other side-handled batons fail most of the time in life-or-death fights... ***and what you must do to overcome this!***
- Why **focusing on an aggressive or offensive mindset is an utter and complete waste of time**... *even though everyone does it ANYWAY.*
- Why **every self-defense technique is disposable**... *even though you're taught to think they aren't.* When you own this, you come out alive.
- The ***simple yet critical movement pattern*** that guarantees you take his firearm away... *without getting shot!* (Ignoring this is the #1 reason most people are shot attempting to 'disarm' an attacker).
- The little known and almost always overlooked factor that puts you on an even playing field with ANY criminal threatening you. Ignore it... and you must always be bigger, faster, and stronger than him!

Beside all this, you'll also want to **pay special attention to the Instructor Debriefs.**

These are points during class where participants recover from their latest Free-Fight session and listen as instructors recap and answer questions.

We learned long ago to ALWAYS have a video camera rolling during these debriefs because of the insights generated.

As an example, at a recent Las Vegas training, a guy from California asked how he could better recognize the exact moment he truly needed to take action.

And what began as a routine question... didn't end until 90 riveting minutes had passed! Even our TFT Mastery class came over just to listen in.

Now you'll hear it too since the entire thing is included as part of **The Works!**

But there's even more that makes this 16-DVD juggernaut truly...

**A "Best Of" Collection...  
And More.**

That's because while everyone leaves with the skills to destroy some ruthless attacker, **each class is different**. I'm customizing every one based on participant interaction from the first hour!

So to maximize your take-away in *"How To Survive The Most Critical 5 Seconds Of Your Life"* we distilled the best from 3 separate classes into 16 hours of unique instructional material.

As you watch these DVDs it's like you're 'attending' 3 different live sessions at once. Occasionally you'll find we even pick up the same subject from 2 separate classes... just because it gives you such a profoundly different perspective!

It's a powerful learning aide you'll experience that **participants in these classes couldn't!**

**This Is THE SERIES My Instructors And I  
Would Have *Killed* To Have At Our Disposal  
When We First Began...**

The accelerated teaching methodologies, the unique insights from different instructors, having it available on-call, 24-7... we had none of this 10-15 years ago.

There's not an ounce of fat in this training. It's nothing but pure meat. You won't waste a second "figuring" anything out. It's all laid out step-by-step so **you can be BETTER than my best trainer was... at each stage of your training!**

*"I realized very quickly that this was truly new and original thinking about fighting – about dealing with violence. This hit me like a ton of bricks certainly within the first hour of bootcamp... your advertisement was true. It was the experience of a lifetime!"*

**Will Carano  
Cortlandt Manor , NY**

But that's not all.

As you're probably beginning to understand by now everyone who's seen this Series feels like they've just finished a real live training. But I'm not done. I've pulled out all the stops just to make sure there's NO reason for you not to try this new Program by shamelessly bribing you with...

(please go to next page)

## **4 Irresistible Bonuses That Push The Value Of "The Works" Right Off The Charts...**

Let's look at each.

### **Bonus #1: A Special 90-minute collection of extra video segments.**

As we reviewed the 52-hours of footage we found many stunning short segments that didn't fit anywhere.

So after we finished editing we crammed this entire collection of random clips onto one, massive 90-minute DVD... and included it as your first bonus.

Look at just some of the 14 sections included:

- How to apply devastating "combination" strikes.
- *Attacking the eyes.*
- Rotation and biomechanics... *making you unstoppable.*
- *Hip takedowns.*
- Neck breaks (remember, nothing's off limits if when your life is on the line).
- *Attacking his mandible.*
- The devastating power of T-leverage... what is it and how do make it work.
- *"Intent" versus "results"* -- and why everyone gets this wrong!

This DVD lets you see *Target-Focus Training* applied in a variety of situations. People who've seen say it's worth at least \$57. But after seeing it, you'll realize its true value is in helping you better understanding "principles versus techniques"... and there's no way to put a price tag on that!

### **Bonus #2: Three teleconference certificates that let you talk directly with me and my Master Instructors.**

My time is tight and I guard it jealously.

But when you choose "**The Works**," I'll throw in 2 more (total of 3) private teleconference certificates just like the one described in "The Essentials" above.

**One thing you'll want to know about these calls:** we never evade your questions. You get spot-on, straightforward answers.

You may be wondering if we can really accomplish much over the phone since this is a highly visual medium. Listen to this.

Once a police officer called me, ranting about how my system didn't work. After patiently listening, it took me maybe 90 seconds to graphically walk him through what he'd done wrong.

(please go to next page)

While he was embarrassed, far better for it to happen on air than in the midst of a life-or-death confrontation. Today he's one of my best clients.

These teleconference certificates alone are worth a cool \$345.00 -- minimum.

But there's more.

**Bonus #3: A certificate redeemable for \$200.00 off any live training class.**

After watching this powerful new program I'm betting you'll find yourself reaching for a registration form to attend a live event. It happens a lot.

And to help make it a reality for you, I'm throwing in a **certificate worth \$200.00 off any future live training**. No time limit or expiration. Use it when you're ready.

And yes, there's still one more...

**Bonus #4: Retrain your body to move as smooth & pain-free as it did when you were a child!**

Many people think I've saved the best for last. And they may be right.

Because when you get your copy of The Works you also receive a brand new DVD which demonstrates a unique system of movement patterns that can effectively retrain your body's nervous system and let you once again move as freely, easily and pain-free as you did as a kid.

Seriously.

I'd seen this material before and felt it had so much potential to help my students execute their movements better, I invited the creator, Dr. Eric Cobb (his company is Z-Health Performance Solutions) to demonstrate it to one of my live classes.

We videotaped the entire hour demonstration.

Listen to me now.

Dr. Cobb's system works unlike anything you've seen.

Hiroshi Allen watched the demonstration that day. Hiroshi was a world-class martial artist who'd retired several years before because injuries kept him from competing at the international level.

After listening to Dr. Cobb and spending 30 minutes with him after class, Hiroshi (in only 3 weeks) UN-retired and last called from Japan where he was kicking butt on the international scene again. In talking with him, he still can't believe how he moves now.

One of our TFT Mastery members, Dr. Viatcheslav Popovsky, former Associate Professor at the Lesgaft State Physical Culture Academy in St. Petersburg, Russia, also heard Dr. Cobb at that session and commented:

*"...I have seen material similar to this unique and innovative exercise system back in Russia but it was very much mystical Eastern stuff with no one who could explain how or even why it worked. Dr. Cobb not only demonstrates it, he explains the science behind why this works."*

I personally use parts of the routines on this DVD every day! Others perform the entire sequence daily (it takes 12 minutes, tops). After you've seen this material you'll find yourself moving smoother, easier, even pain-free -- very quickly.

"Z" **works fast** because it targets your **nervous system**, the **fastest system** in your body.

The material on this DVD can have a huge effect on how easily you move through this class. And I'm wondering if you can imagine the impact it will have on your movements outside the class as well.

**Here's the thing:** other than the 23 folks who attended that special class and those attending 1-day workshops, very few have seen the DVD. I'm planning to include it in a special fitness package we'll offer sometime later but you will get your own personal copy -- now -- when you grab a copy of *The Works!*

**Finally... There's A Way  
You Can Have Direct Access To Me And  
Get My Personal Evaluations, Too.**

OK, those are your first two options. But I've got one more. It's one I've never offered anywhere before and frankly, it's not for everyone. But for those who are dead serious about learning the *TFT* system, it's the one you'll want to consider getting.

**I Call This 3rd Option...  
My "Seminar Inner Circle"**

After becoming a member of my Inner Circle, you'll get:

- All 16 DVDs included with the "The Works,"
- **Plus** the 3 **teleconference** certificates,
- **Plus** the certificate redeemable for **\$200.00 off** any live training class,
- **Plus** DVD #17 containing over 90 minutes of additional **bonus segments**,
  
- **Plus:** I've created your own "Inner Circle" private account here at the TFT Group, and **preloaded it with \$450** same-as-cash dollars you can **spend on any future TFT product or training!**

(please go to next page)

- **Plus:** you get **direct email access to me** for the next full year!

My staff works hard at insulating me from daily interruptions. Especially email.

But after joining my Seminar Inner Circle I make one special exception. I'll set you up with your own private email account that gives you **DIRECT** access to me. Beyond time we me on the teleconference calls, you're free to ask any questions or bring up subjects you'd like addressed without getting sliced off at the knees by one of my assistants. In fact, **NO** one except the two of us even knows you've emailed me.

**Two things, though:** One, I'm on the road a lot and frequently in live training sessions. In these situations it can take a few days, sometimes longer to get back with you.

Two, **I'm not looking for email buddies or pen pals.** As this goes way beyond other access to me, I trust you not to abuse this special privilege.

I've never tried anything like this before and I'll take it down if after a while I find I'm getting overwhelmed with questions. But once you're in, you're in. And if I do cut it off, I won't reopen this feature for at least another year. By now I'm sure you're beginning to see the immense value here. So if it interests you, jump on it now before it disappears.

- **Plus:** -- and this is another "first time ever" -- you get...

### **Two Personal Video Evaluations That Guarantee You Get The 5-Second TFT Principles Down Cold.**

While thousands of people around the world have proven you can and will learn the **TFT** system from DVD, there are many subtle nuances that are easy to miss as you proceed. Let's face it... sometimes even your best efforts didn't succeed.

As you're aware, one of the advantages when you attend a live session, and one of the reasons it costs what it does, is **instant feedback**.

While I've never offered video evaluations before, this **Inner Circle** seems like the perfect place to test it out.

**Here's how it will work:** First, before anything else, review the video material in this Program. Then during the next 6 months or so (there's no rush) have someone videotape up to 10 minutes of you working out using the **TFT** system principles you learned after watching this Program.

After it's shot, send the video footage to me and I'll evaluate your performance, dictate my comments onto audiotape just as if I were critiquing one of my own Mastery Program members (Mastery events are the only other place I do live evaluations). We'll mail you

(please go to next page)

the audiotape so you'll know what areas you're doing better in... and which ones need work.

When you become a member of the *Seminar Inner Circle*, you'll receive a short guide on preparing for and creating this video.

Understand -- I don't pull any punches on these evaluations. I never belittle anyone but I am blunt. If you've got things to work on, I'll let you know.

This isn't make-believe.

It's a **one-time opportunity to get my direct input and feedback WITHOUT investing \$1,497.00 to attend a live training class, then another \$2,497.00 to join my Mastery Program.** That's your only other way to get this kind of individualized critique.

But I'm not done yet!

After I've given you my evaluation and you've had a chance to implement those suggestions, we'll go back through the entire process once again.

This **second evaluation** must be at least 1 month after the first. You need time to assimilate my comments and apply them to your training.

Since I'm guessing you've probably thought about just how much an evaluation like this can mean to you for some time now, here's your chance to grab the brass ring and go for it.

**Okay, those are your three options.**

**Now stop and imagine for just a moment what it means to have me and my staff walking you step-by-step throughout each part of the *Target-Focus Training* system in this new Program, taking you by the hand and guiding you as you literally work side-by-side with actual class participants.**

**"*How To Survive The Most Critical 5 Seconds Of Your Life*"** captures the best from not just 1 or 2 but 3 live training sessions, then gives you even more instructional material by including extra footage from each class. It skyrockets your ability to quickly and easily internalize this material, making it instantly available should you ever need it on the street.

No one attending any one of these classes saw anywhere close to what you get in this one, value-packed Program. And it's ***guaranteed to save your life should you ever face unavoidable criminal violence!***

Take just a moment now and look at what you'd invest to even approximate what's included with just the **"The Works"** option alone:

1. Tuition for live training - class #1	\$1,497
2. Travel - class #1	\$450
3. Meals and Lodging (3 days) - class #1	\$525
4. Rental car, misc other - class #1	\$160
5. Tuition for live training - class #2 (half price to attend a second time)	\$749
6. Travel, Meals, Lodging, Other - class #2	\$1,135
7. Time away from work	???
8. Time away from family	???
<b>Total it would cost you to attend two live sessions and still not see all you're getting here for a tiny fraction of this amount...</b>	<b>\$4,516</b> and more

**Here's what important for you to realize:** I recognize this **may not be the right time** for you to take advantage of one of our live training programs.

And that's okay.

But if that's the case, then it means **now IS the right time for you to grab one of the 3 options I've just described** because random acts of violence wait for no one!

And do it now **before I'm out of the Dr. Eric Cobb bonus DVD** or decide to pull any of the other bonuses.

Each of the 3 options gives you the tools needed to defeat some thug and his friends should you accidentally run into these bozos.

And for the moment...

**You Can Get These '5-Second' Tools For A Fraction Of What It Would Cost You  
To Attend Just One Live Training Session.**

Even better, you can try them out, almost for free if you like, with...

**My Full 365 day, Bullet-Proof, No-BS,  
I-Shoulder-ALL-The-Risk,  
100% Money-Back GUARANTEE...**

Look, I'm totally committed to your success.

(please go to next page)

Attend a live training class and I guarantee you will leave with the skills embedded in your subconscious and immediately available to quickly & easily handle a violent situation should it occur.

And **I'm still the only person with the guts to guarantee these 2½-day sessions.** If you don't feel like you can walk out and disable some thug waiting at the back door of the class after attending the entire training, then I want you to ask for your investment back. We didn't do our job.

But in all the years I've taught these classes, we've only refunded two people and both were pretty unusual situations.

After viewing this new Program, **I want you to experience that same transformational feeling** that says, "I know how to handle myself should violent strike."

So, while others shorten their guarantees... we lengthened ours. The last thing people need while learning something new is the pressure of keeping one eye glued to a calendar.

So I want you to take as long as you need to check 'em out. A year is now our standard but **if you feel you still need more time, just email my assistant Vonnie at [vonnie@targetfocustraining.com](mailto:vonnie@targetfocustraining.com) to arrange additional time.** She'll see you get it.

After you open your set and start watching you'll be taken back by the feeling of power and control these video instill in you. As you continue with each disk you'll agree it was worth including all 17 of the DVDs.

But if for any reason you're unhappy then just send the set back to my attention and I'll see you receive an immediate refund of your entire purchase price.

**This is more than a guarantee. It's my personal promise to you.**

There's not even a reason required for returning the material. I trust you to do the right thing with this Program, just as I know you'd trust me. I think that's the fair thing to do.

Now, if you're smart, you'll realize you can't wait around on this one because **I've decided to let just 250 of these packages out the door**, then step back to see if this format (and all the bonuses) works.

Even if we do decided to cut back on some of the material included there are no plans to change the current pricing.

So if you can't make up your mind, you're gonna lose out on this one. And that makes no sense.

I've done everything I can to make it a risk-free proposition for you.

There's even a more-than-generous investment plan that let's you **test-drive this Program today for as little as \$49.75!**

(please go to next page)

So go ahead and **choose the option that's right for you now.**

Look. I'm not asking you to believe everything I've said. All I'm asking is that you suspend your disbelief until you've had a chance to personally evaluate this new Program. You don't risk a dime if it's not exactly what I say it is.

You know this system has worked for me and my instructors. You've seen how it's worked for many others. Now you have an opportunity to prove to yourself that it will work for you, too...

*It's late. You're in a parking lot. Your date or your family is clambering from the car.*

*Suddenly a gun is jabbed so far into your side you can actually feel the circle of the barrel in your skin as you hear, "Give me all your money!" Your wife or date screams.*

*And 5 seconds later the kids are saying, "Daddy, how did you do that?"*

It's your one chance to never again live in fear... to take back control of your life and not hand it to some retarded thug! And it's all within your grasp right now. Just go for it. My 100% money-back guarantee is your safety net.

Sincerely,

*Tim Larkin*

**Tim Larkin**

**PS.** We've got **250 sets** of this ultimate guide to **Target-Focus Training** already made up. It's the "Best of the Best" of 3 complete live training seminars rolled into one video series (and the closest thing to attending a live training without actually being there). Once they're gone, we pull back and analyze what format we'll use going forward. That may mean fewer DVDs in the package; it may mean a higher price.

So don't delay on this one. Your \$49.75 monthly investment for "The Works" comes out to just \$1.65 a day, less than half what you probably spend on an average fix at Starbucks. There's simply **no excuse for not having this information in your "self-defense toolbox."** That's why the 250 sets aren't going to hang around long. Claim yours while you can.

**PPS.** As they drag what's left of this joker into the back seat of the patrol car, imagine the police asking... **"How'd you do that? Can you show us, too?"**