

Rapid Fire Striking & Multiple Target Hitting

“How To Hit Like a Hammer & Do it Before Your Opponent Ever Blinks and Eye“

Rapid Fire Striking & Multiple Target Hitting

Whenever we mention **Rapid Fire Striking & Multiple Target Hitting** this conjures up all kinds of images and concepts of how this works. What is Rapid Fire Striking & Multiple Target Hitting, and how can you use it in your martial arts or fighting arsenal?

It is the skill of learning how to use multiple strikes in fighting, while at the same time using precision striking to specific targets. This allows a practitioner to be able to train with a specific intent in mind with regards to increasing their speed and hitting power.

Knowing how to hit hard is just as important as how to hit hard and fast. As most martial artists know there is a lot of study into how to deliver power. The Japanese deliver power by chambering the arm at the hip and using a full rotation....Although this may constitute power, when it comes to speed, this is a very slow delivery when you compare it to a boxer or JKD fighter...

Why do Karate guys very rarely win in boxing or MMA? The reason is that their method does not relate to that type of fighting....However, in the street, a Karate man, if properly trained can use his skills to the utmost.

Where Do You Strike?

Knowing where to hit is as important as how to hit hard and fast. When we created our Dim Mak course several years ago, it literally set the Dim Mak and Pressure Points crowd on their ear....Why?

Because our training methods very simply taught individuals how to get good at hitting pressure points....There is a difference between learning

about pressure points, and it is a totally different game when you are in a real situation with using them...

So the bottom line is you need to know where to strike in order to be the most effective striker out there. In our program, we will show you in detailed instruction where, how and why to hit certain spots....

We then teach you how to hit them fast and hard, so you get extremely good results.

Rapid Fire Striking and Multiple Target Hitting

Because of other information out there, we always get the question, how many times can you hit a man in 2 seconds? I guess I could put a specific routine together to come up with a fabricated striking sequence that exaggerates the number of hits, but how does that help you get better?

It doesn't and it also leads you to believe in pre-arranged techniques that may never even come up in a real fighting situation....

Our motto has been and will always be....

"HIT FIRST, HIT FAST, AND KEEP HITTING".

What techniques and strikes you use is up to...

Have you ever seen a boxing match or a MMA fight? Maybe the UFC or other fighting event? How many strikes does it take to knock someone out? 5, 10, 15, 20, 30?

The answer is, it depends on several factors.....

The Factors That Count

1. Who gets off first- Usually the guy that gets his punch or strike off first wins in a street fight...Providing he does step 2
2. Keep Hitting- If you hit someone once, and then wait for them to regain their senses, you give them the chance to make a comeback. That is why we say Hit First, Hit Fast and Keep Hitting.

3. Can you Close Shop- Can you seal the deal? Once you hit them, follow up and keep hitting, can you put them out?

How many times in an MMA fight have you seen one person strike the other, and then hesitate? What happens? The other fighter regains his senses in that split 1-2 seconds, and mounts a defense or buys himself some more time.

On the other hand, how many times have you seen a fighter clock a good fist in someone's face, knock them off balance and then follow up with a series of blows that ends the fight (Usually by ref stoppage). By the way, in the street, this fight becomes a deadly assault as the guy laying prone on the ground is getting his face beat in....This is reality...

Does Speed Equal Power?

Have you ever wondered how a little bullet of only a couple of inches could do so much damage? It is the speed and velocity with which it travels to the target....You punches can have so much more power, if you can increase the amount of speed going to and through a target....

This takes specific training, that will allow your natural and un-natural speed to develop even further....This type of training, even some of the top martial artists out there don't even know. Hint: It has nothing to do with a speed bag.

The bottom line, is **THE MORE SPEED YOU GENERATE THE MORE POWER YOU GENERATE...**

Can A Smaller Man Defeat the Larger Man?

This is one of the reasons why most people start doing the martial arts, is to protect themselves against bullies. Most of the time, bullies are bigger and stronger than those they are bullying...

The fact is that the bigger man often times has the advantage in terms of size, and strength, but in most cases is not as fast as the smaller man. There are weight divisions in every form of combat, such as boxing, wrestling and

Mixed Martial Arts. The reason, is that two individuals equally trained, the larger and stronger man has the advantage.

This is a fact.....

So how does the smaller man defeat the larger one? It comes down to timing and learning how to control the fear factor of facing a larger, stronger, nastier opponent...

The Keys To Taking Out The Big Man:

1. Hitting First
2. Hitting Fast
3. Keep Hitting
4. Knowing Where to Hit
5. Controlling Fear

So, Who Are The Fast Strikers?

No matter what Martial discipline you study, you can become the fastest and most powerful striker that you can, but there are some arts that lend to striking in a Rapid Fire method.

Boxers & Mixed Martial Artists

Boxers are the known “Speed Kings” when it comes to striking. When you think of speed, you think of a boxer, with their lightening quick jabs, and smoking body shots. They work on speed through a set of drills and methods, which many martial artists never train for.

Those participating in Mixed Martial Arts, can also be very fast and effective at the striking game. Most traditional Karate or Martial Arts practitioners, do not practice the multiple striking, therefore, they don’t have the necessary speed factors....

“IF A MARTIAL ARTIST IS TO BE SUCCESSFUL, THEY WILL HAVE TO MODIFY THEIR ART TO INCREASE THE SPEED FACTOR”

Kenpo

The art of Kenpo is an art that teaches very good multiple striking and flowing from one technique to another....Kenpo was my first martial art and I learned how to use the body to strike at different angles and how to contour with an opponent's body.

I understand Kenpo Techniques as Tools or Drills on how to react to certain situations. I never looked at the techniques as "The Only Way" All techniques teach concepts that you can use on the fly no matter what the art.

Kenpo is great for Self-Defense, but it is not an art you would use in the ring. The reason is that most of the training is built around what to do against a specific attack....

Wing Chun

Wing Chun is a linear Kung Fu Style that lends to fast and powerful striking. It really epitomizes what Rapid Fire Striking is all about. Combine this with other elements and you have what the Late Bruce Lee created as Jeet Kune Do, which is the updated more combat focused Wing Chun.

These 3 examples are just that, examples of 3 arts that lend well to creating fast and powerful striking. We have always believe that there are some arts that are better, but that we would rather teach people how to get Rapid Fire Striking to work for their own art, than trying to teach them a new one...

Natural Speed Vs. Developed Speed & Natural Power Vs. Developed Power

There will always be those are naturally fast and powerful...That is a given. But how do you become more fast and powerful....They solution is correct training and understanding that you can become faster and more effective in your striking methods...

The key is putting in "smart training" and understanding what techniques are going to work better for you and which ones are going to hold you back...

It is also learning the concept of Muscle Memory Training.

Muscle Memory Training

Muscle Memory Training is when you teach a skill to your mind that allows you to recall it another time, with ease and very little thought. It is an automatic reaction to an event or stimulus....

We teach people how to use the Muscle Memory Training to their advantage so they are getting the most out of the training...This is imperative.

Using Chi Power for Striking

We teach methods on how you can become a faster striker, but our training would not be complete if we did not teach the more esoteric concepts of using Chi Power in order to increase your speed and power. Adding Chi Power to the training is equivalent to adding steroids to your weight lifting regimen.

The Chi Power Training builds up your nerve fibers and creates an energetic sensitivity that allow you to increase your natural speed at an alarming rate. This however, is dedication that requires daily and diligent training.

This course of study will enable anyone who is willing to put in the flight time to become proficient at becoming a Rapid Fire Striker and Multiple Target Hitter. The components of this course of study were put together with anyone who has the need, desire and ability to learn at a high level....

“Hit Like a Hammer & Rapid Fire Striking”

To order our Dim Mak Secrets Training System, Click on The Link Below

<http://dim-mak-secrets.com>