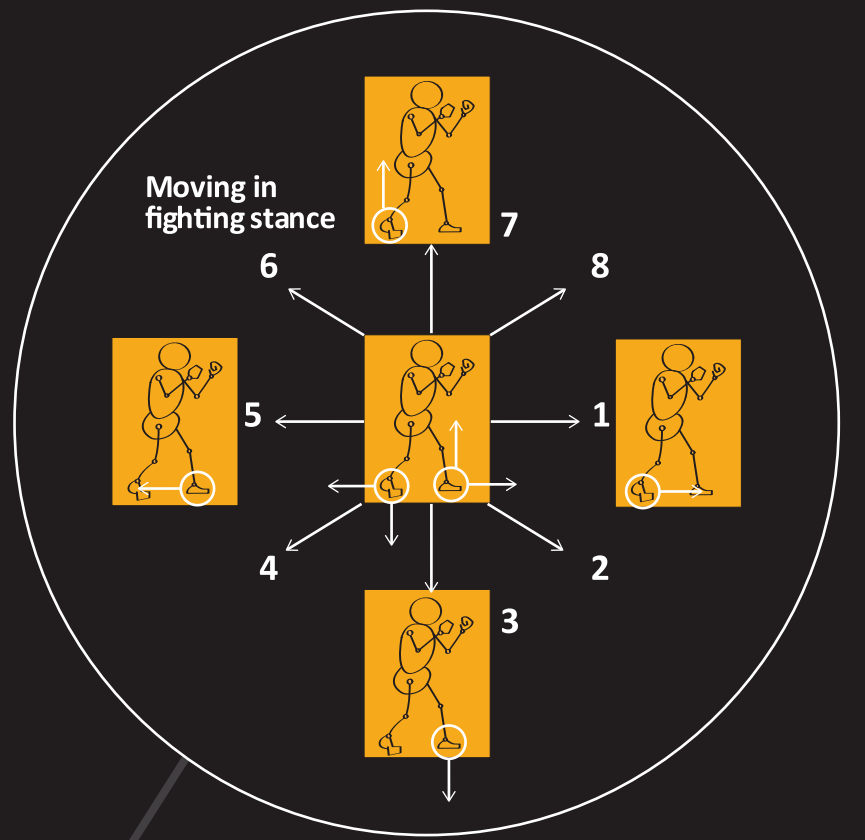


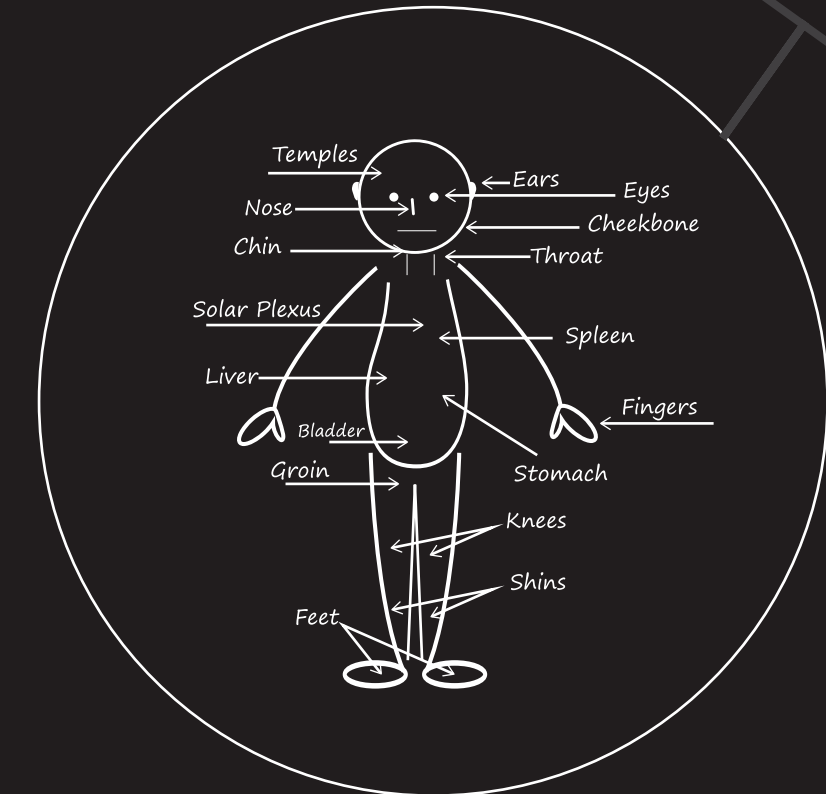
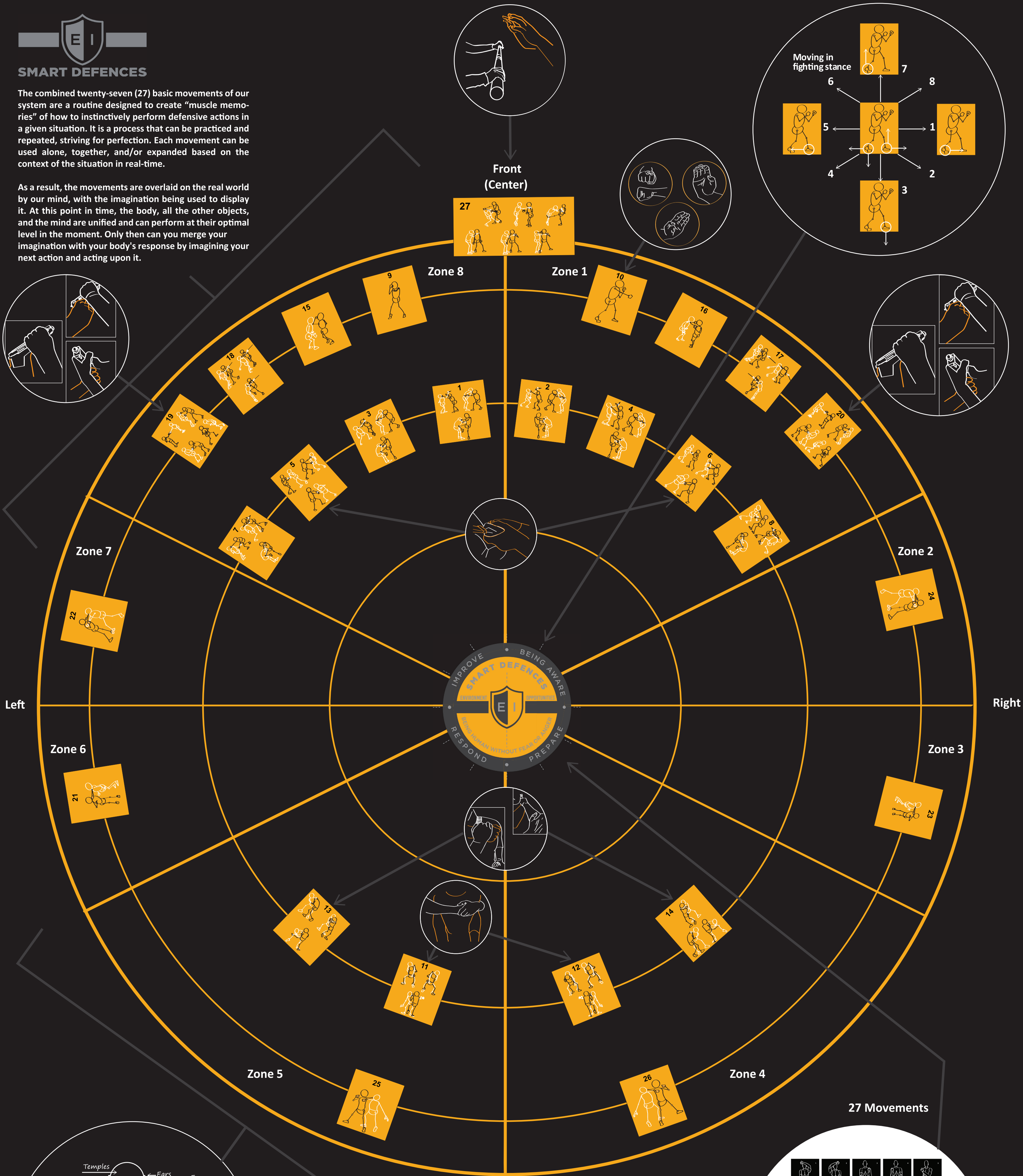
The combined twenty-seven (27) basic movements of our system are a routine designed to create "muscle memories" of how to instinctively perform defensive actions in a given situation. It is a process that can be practiced and repeated, striving for perfection. Each movement can be used alone, together, and/or expanded based on the context of the situation in real-time.

As a result, the movements are overlaid on the real world by our mind, with the imagination being used to display it. At this point in time, the body, all the other objects, and the mind are unified and can perform at their optimal level in the moment. Only then can you merge your imagination with your body's response by imagining your next action and acting upon it.



Left

Right



Your intent, objective, or goal is to justify the use of force to repel an attack and allow you to escape safely. In-depth knowledge of the following targets will help you to achieve this.

