

BE REAL SELF DEFENSE “Street Technique Series”

Review by Sensei John Enger

Here is another well produced set of DVD's by Master Peter Brusso covering self defense for *anyone* no matter their size. This is simple stuff! And yes, you do need to practice them – not because they are difficult by any means, but to build the necessary muscle memory to be able to recall these techniques in any situation you may face. As Master Brusso stated so very well this series teaches not so much “a set of techniques as much as a philosophy” – although you will not find a shortage of sound street self defense techniques in this set.

So you ask – “What does the series cover that would be worth spending my money on?”

Disk One:

Master Brusso shares an interesting insight in which he believes all martial arts philosophy are boiled down to two things.

1. *“If you stay in the volume where the technique started to work on you, chances are the technique will win.”*
 - a. *“We need to get out of the way and we need to change our volume.”*
 - b. *“Volume can be both physical and mental in nature”.*

If you are not sure what Master Brusso means by these statements, you will certainly want to see what he means by actual demonstration of this philosophy throughout the series.

2. *“If you allow your attacker to execute their program, then whatever they plan on doing to you has a chance of working. We have to make sure we don't allow them to execute their program. We must interrupt their patterns and then we are in control of the confrontation, not them.”*

15 specific techniques are given to you to practice. These cover grabs, chokes, knife disarms and handgun disarms.

Like Master Brusso's other DVD's, the techniques (in both Disks one and two) are shown from many angles and speeds. The technique is discussed in its entirety and points out the specific reason(s) as to why it works. This type of presentation is not found in the majority of self defense and martial arts DVD's on the market. The student will not walk away saying that they could not get a clear picture as to how the technique works for three reasons – the simplicity of the technique, the many angles at various speeds and the detailed explanation given throughout the technique demonstration. An add plus to the discussion at times, Master Brusso mentions what specific injuries may very well occur by the use of the technique.

Disk Two:

20 very good techniques are covered here.

This disk jumps right into a very necessary self defense component often overlooked by others – and that is **“Carjacking”**.

The student gets four very good self defense strategies involving guns and knives used as weapons in the carjacking. What was very nice to see was the discussion of the use of the vehicle itself as a weapon – again often overlooked.

Now, I have to stop here for just a moment and be honest..... while first reviewing the carjacking self defense techniques I began to fantasize a little (no, a lot!) about what it would be like to have a taser sitting with me in my front seat of the vehicle as the idiot puts his hand through my driver's side window with a gun or knife only to find himself with two electric probes sticking out of the center of his forehead. New twist to frontal lobotomy! Oh well, just a thought!



Back to “Be Real”

The student of this disk is going to find some very simple and interesting covered in this disk. I have been a practitioner of self defense and the martial arts for many years, yet I was able to pick up some new things here. Master Brusso covers Knife Hand Chops and how to use simple strikes, how to

Block and Counter, the Boshiken Strike and its many uses, Eye Gouges, Ear Attacks, Combinations, Floating Rib Attacks and Front Door Attacks.

The how to defend yourself at the “Front Door” against attacks (you will see several techniques presented) is a nice addition as in the Carjacking techniques, you will not find these types of real life scenarios presented in most of the DVD’s on self defense being marked today.

With this all said, do these techniques really work? As I always do, I put them to my own litmus test so to speak (*litmus: Sometimes also used out of context to describe a test, or a taxing situation considered to bring out or expose the true qualities of something*) by spending an entire day practicing all 35 of the self defense techniques shown.

I got together some adults (male and female) and youth (young teenagers – male and female) and began going through each of the techniques that were presented in the “**Be Real**” series. And to answer the question “Do these techniques really work?” – a resounding YES THEY DO! None of the students who participated were versed whatsoever in self defense, yet after practicing each of the techniques several times they were successful in demonstrating them very easily. This was not to say that each of them “mastered” every technique, but they did find them easy to perform and believed with more practice that they would be able to remember them if needed in a “real” situation.

NOTE: Youth that did not have a driver’s license did not participate in the “carjacking” exercises – however, they did observe.

Quite honestly, I’m IMPRESSED with the material!

It’s well worth the time and investment for those wanting to learn REAL self defense techniques this is the material to learn.

For martial arts instructors who want a prepackaged self defense course to market to the public --- you have it available to you in the

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