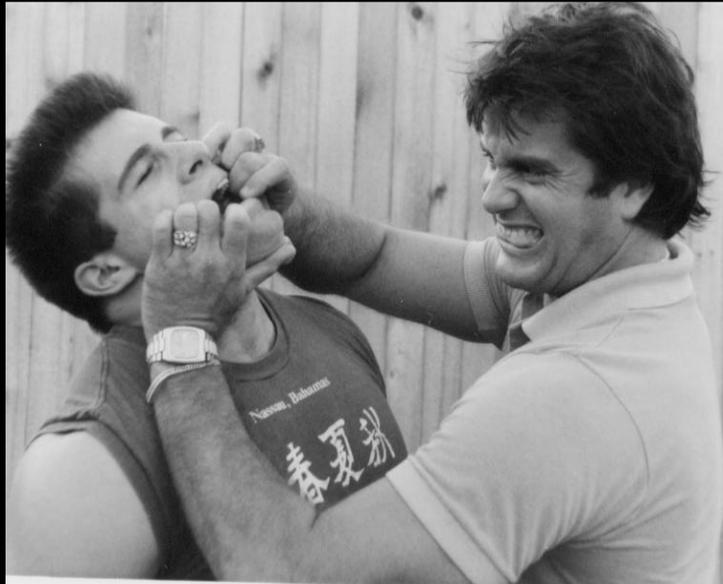


Fight Dirty

GRANDMASTER
TED GAMBORDELLA

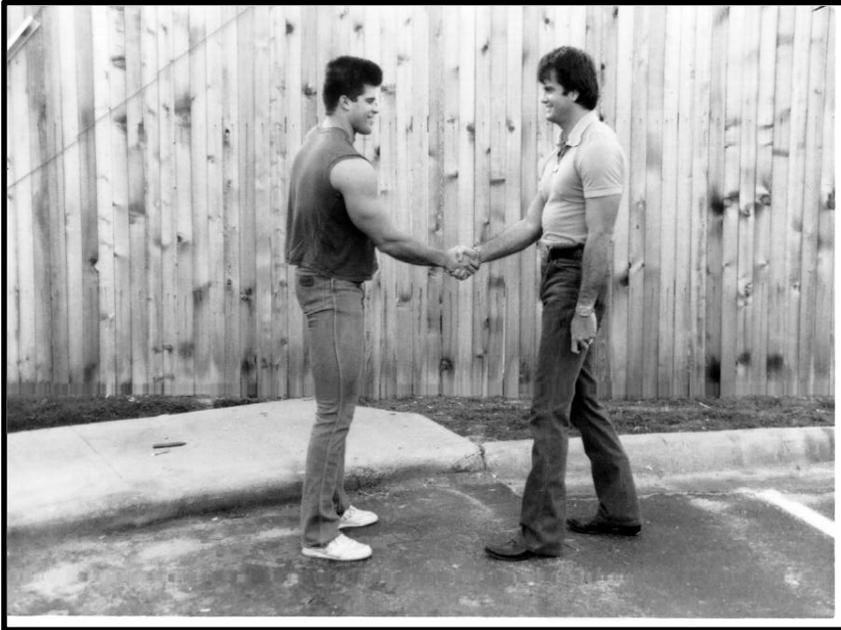


**SOMETIMES YOU JUST HAVE TO
FIGHT DIRTY**



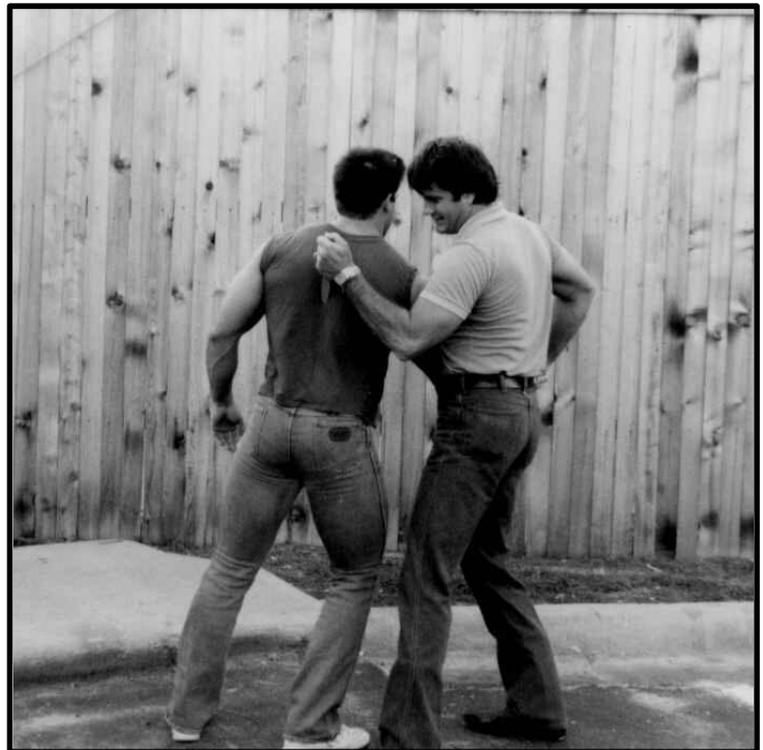
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FIGHTING DIRTY



**Sometimes you
just have to.**

***FIGHT
DIRTY***



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FIGHTING DIRTY

INTRODUCTION

I wrote this book to show some techniques that might be considered “dirty fighting” by many decent people. But I wanted to show some of the things that punks and street trash might use against you, and prepare you to defend yourself against such attacks, by actually learning the attacks yourself.

I don't condone sticking a nail in someone's eye, or breaking their neck, but I do believe that you have a right to defend yourself against the most viscous of criminals and use any and all means necessary to assure your complete survival and the survival of those you love.

If you will study the techniques found in this book and put them in the back of your mind, for use in a deadly situation, one day you might be very glad that you did.

I do not intend or desire that this book be a manual for those who harm their fellow man for any reason other than self defense.

Dr. Ted Gambordella



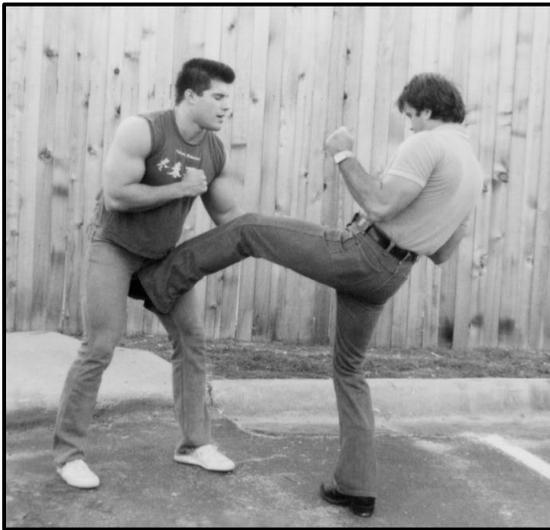
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FIGHTING DIRTY

The Nut Crackers Sweet

The most effective “dirty” technique I know is a swift kick in the groin (or privates). This will almost always stop the attacker immediately and thus prevent any further need to fighting.

This technique is designed for one purpose only, **TO END THE FIGHT**. To stop all conversation, to answer all questions, and to leave the punk on the ground severely injured.



Snap for Attention

As the attacker approaches you snap a hard front kick directly into the groin. For more power lift your kicking leg as high as possible and hit with the instep directly on the privates.



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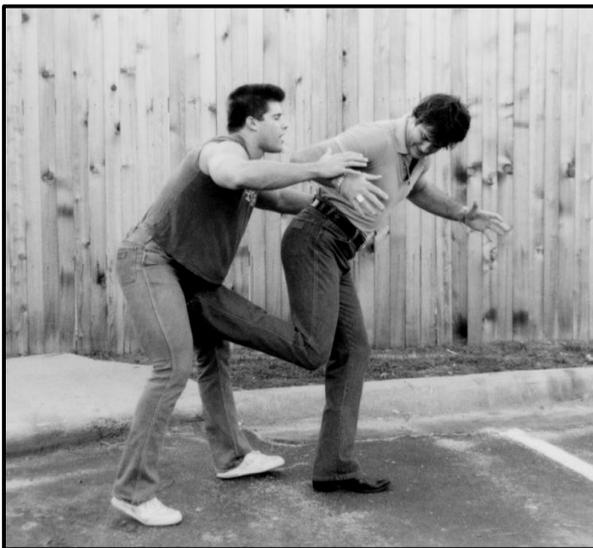
Here we go round the mulberry bush.

This delivers a hard roundhouse kick to the groin.



Here you step to the side and thrust a round house kick with the toes first into the groin. I have used this kick with deviating effect on men who thought they were tough, but wound up being sterile. Be sure to drive the point of the book directly into the privates.

Back to the Future as a girl:



Just when he thought it was safe to sneak up from behind. You send him back to the future as a girl, with a hard lifting back snap into his privates.



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Turn around and he sings soprano.



You are watching the parade when someone decides to sneak up behind you, but you quickly react with a turning back thrust kick into the privates to change his attacking voice forever.

I'll just lay here and kick your privates.



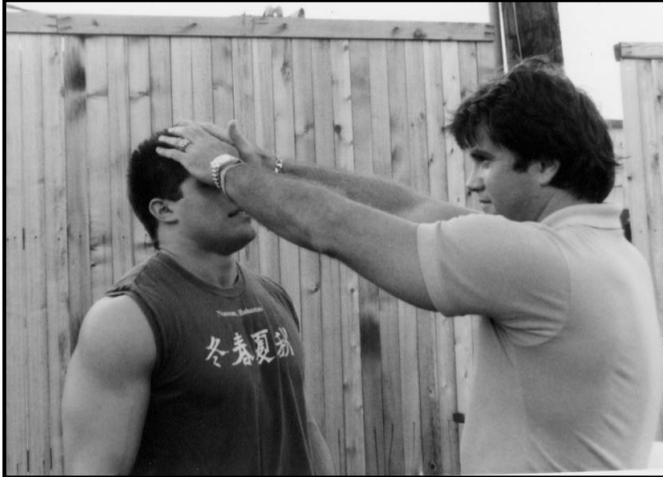
You someone how wind up on your back, and he attempts to mount you, but is suddenly reminded with a snap kick into the privates, that you don't like him.



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Head Butts and Pretty Faces:



You are kind enough to offer to speak to the punk, when he begins an attack.

Simply reach up and grab his hair and smash your forehead directly into his nose to straighten it out for police identification.





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Excuse my forearm, but your face is in the way.



A forearm to the nose area is a nice way to say “don’ t try that again or I might really get mad”, and end the conversation and his breathing thru his nose for a few months.

I can’t hear you and now you can’t either.



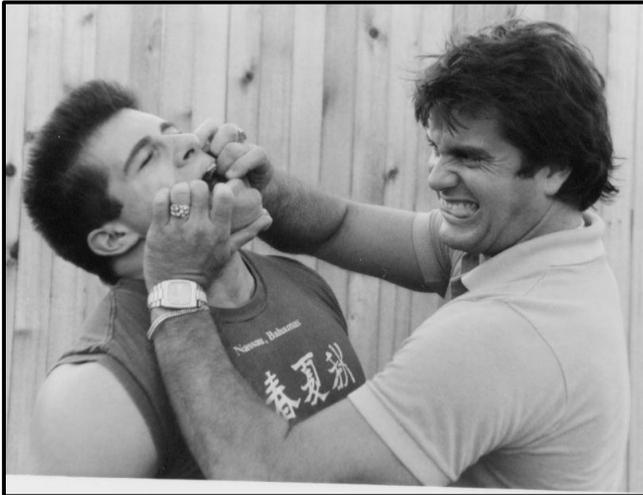
There is nothing like a hard slap with cupped hands to the ears to stop the punk in his tracks and assure a end to the conversation or one that he can hear for a while.



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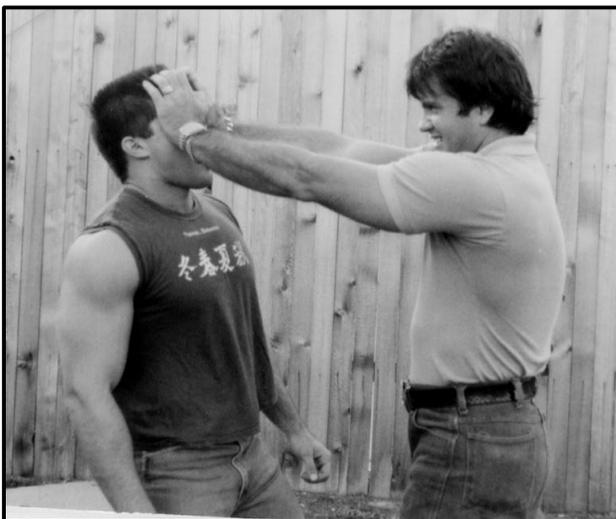
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Open up! This isn't going to hurt...me!



I know that there is something wrong with his teeth but I just can't see them well. So us grab the sides of his mouth and tear it open for a better look, and to stop him from cussing so much.

Let's play "blind mans' bluff" you start first.



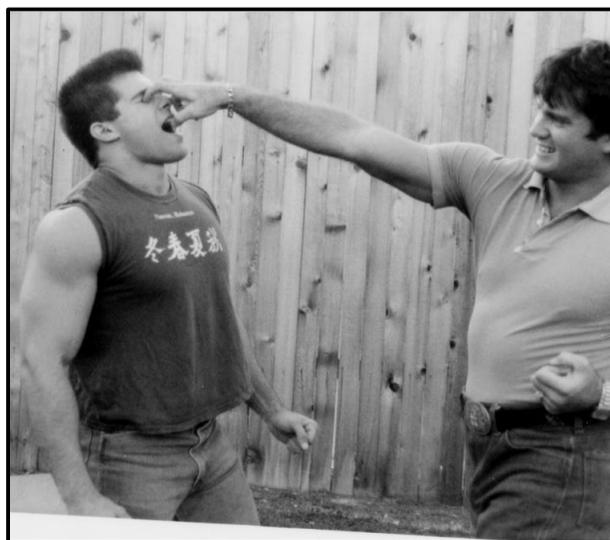
I have always found that if he can't see, he can't continue to attack innocent people. So a hard palm heel with both hands directly into the eye socket will stop his 'nasty' vision.



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Get that eye out of here.



Continuing our eye can't see you attack program. I suggest that you can employ a viscous thumb to pull the eye out, or using your first two fingers to dig into the eye and thrust down and in to clear up his vision until the police arrive.

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Mike Tyson's Training Régime



Your on your way to eat, but this punk wants your lunch money, so you have to employ the “Iron Mike Tyson” to his ear and then even to his nose. Be sure to brush after eating.



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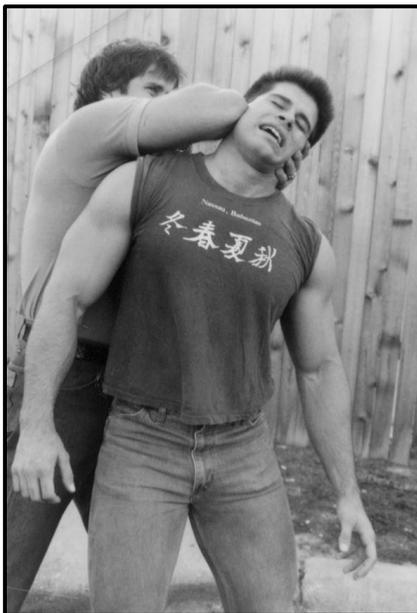
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An Apple a Day keeps the Punks Away.



There is nothing like a snack before you call the police to turn the punk over. So why not thrust your forefinger and thumb into his throat, grab his Adam's Apple and tear it out. It makes a nice finish for a bad guy.

There's something on your jaw, let me knock it off.



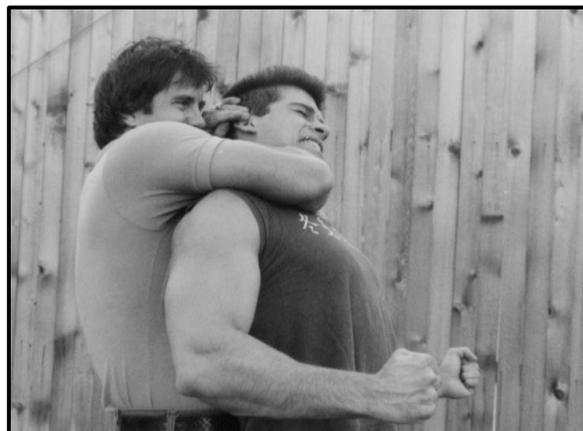
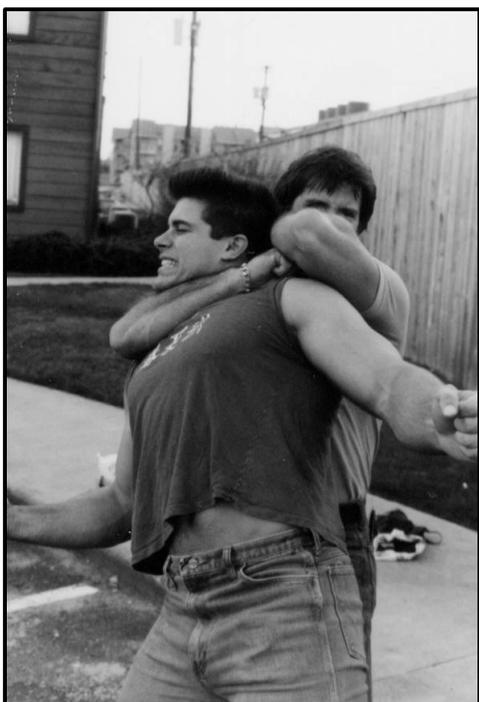
Just to be nice and assure that the punk does not continue to attack you. I suggest that you smash an elbow into the side of his jaw and stop him from eating too much in jail.



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The Anti-Hein lick Maneuver



You know how when someone is choking you do the Hein lick maneuver. Well I like to do the Anti Hein lick Maneuver when someone want to choke me. By applying a Military choke to his neck. Wrap your forearm into the front of his throat ant then lock it into the elbow of your other arm, as you apply pressure on the back of his head to choke him out.



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It's not nice to point.



I like to point out to punks that they shouldn't touch me, so I always make a point of stretching their fingers very hard to the side to stop them from using them for a while. You grab his first two fingers with one hand and the other two fingers with

the other hand and tear them out and apart.



A nice variation of the finger break is to take the little finger and grab it with your hand, then you twist it like you are tearing the bone off a chicken leg, or off a punk.



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Don't let me hold you up.



You can lock the punks wrist and turn to the side and pull up to start to break it, and then finish him with a hard forearm to his elbow to break it.

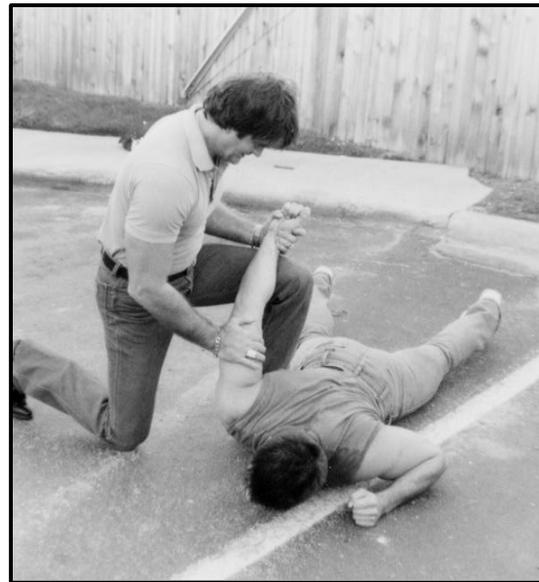
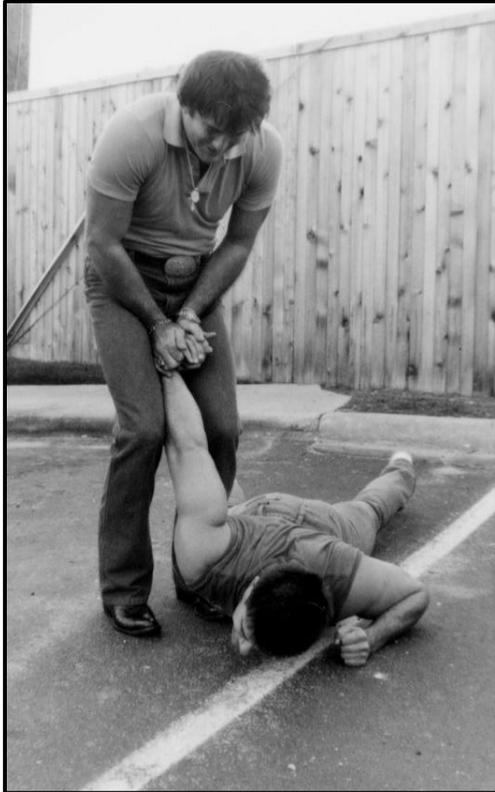
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I dropped a nickel would you pick it up with your teeth.



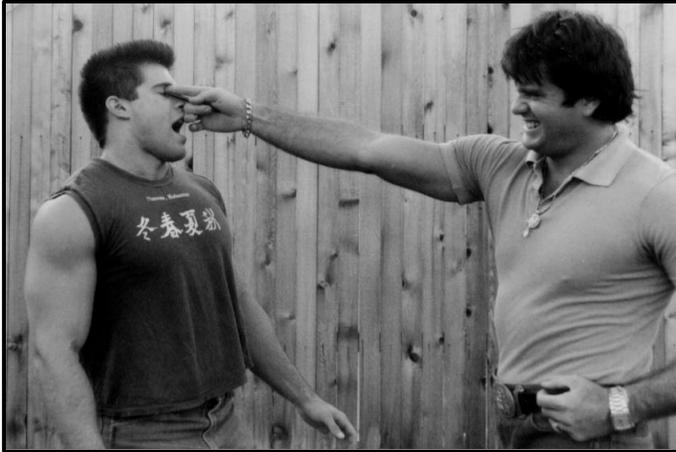
An effective way to help find lost money (or money he intended for you to lose) is to knock the punk to the ground, step around the back and lock his arm up and press hard down to dislocate the shoulder, then drop to your knee and snap the elbow.



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I'm writing this letter to tell you goodbye.



He will get the point of not bothering you if you take a pen or pencil and write him a "love note". Be sure to write very close to his eye so he can see it.



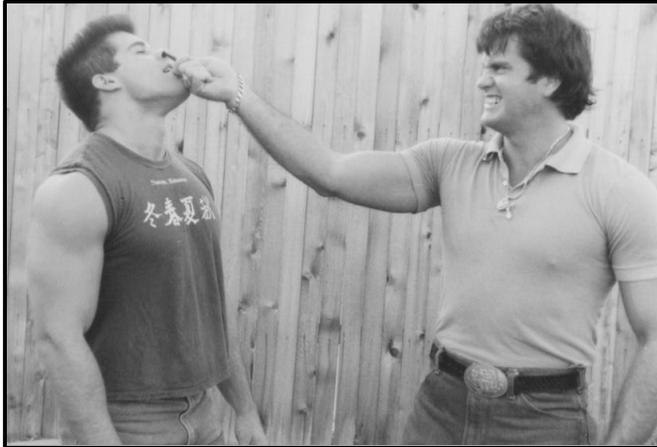
You know how punks like to talk about the way you write, so I like to sign my letters very hard directly into their throat.



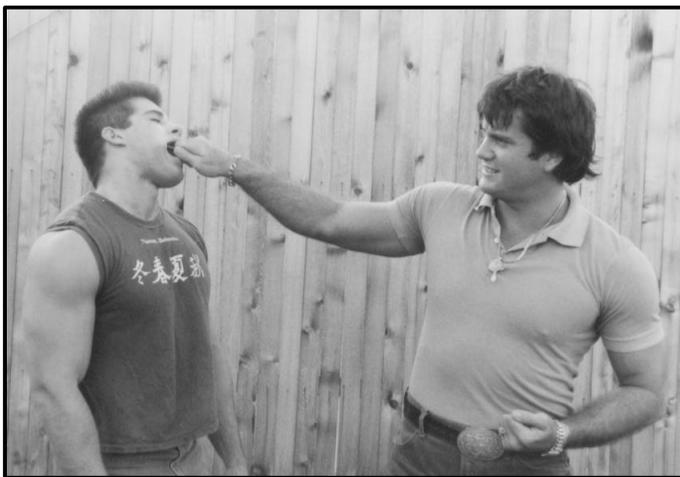
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Wake up and smell the roses.



Most punks stink and don't like even their own smell, so you can stop his bo attack by sticking your pen into his nose and tearing it out.



Of course you will want to keep his looks even so you can tear open the side of his cheek .



And don't forget to improve his hearing by puncturing his eardrum.



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Knife to see you. Don't come again.



It's always nice to see an old friend, but never nice to see a punk, so I like to surprise them with a "knife welcome". They don't see the knife until it is too late because you have it hidden down your hand.

A quick flip of the wrist will cut his throat.





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You can also point out his problem to him regarding his treatment of women, by cutting his privates off.





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Let me nail this one down.

A common nail can make a common punk wish he didn't try to molest you. Hold the nail in your hand locked securely between the fingers and use it to attack his face, neck and eyes.



Drive the nail into the side of his neck, the nearer to the artery the better.

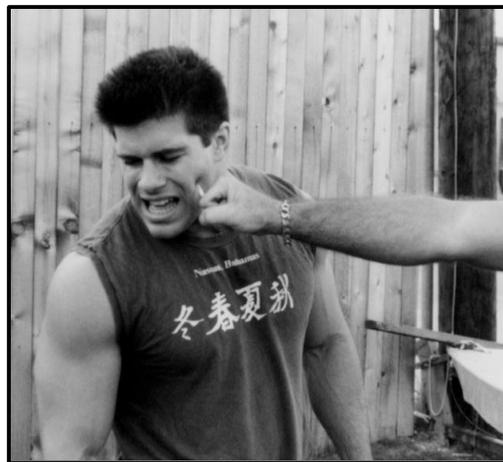


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You can also drive home your point about leaving innocent people alone by stabbing the nail into his eye.



You can open up his cheek to see if he has anything dangerous in his mouth.

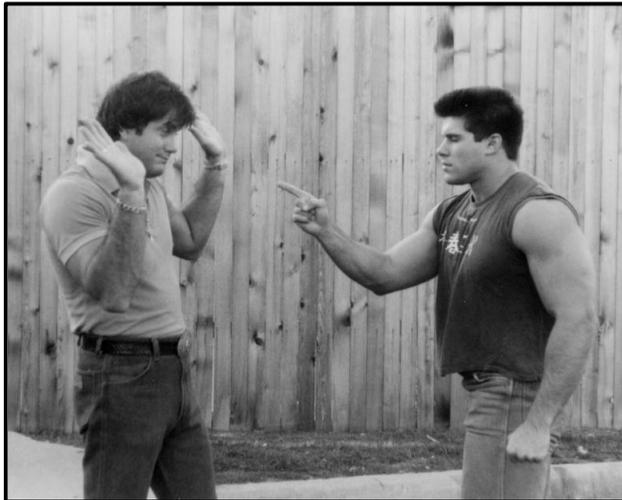
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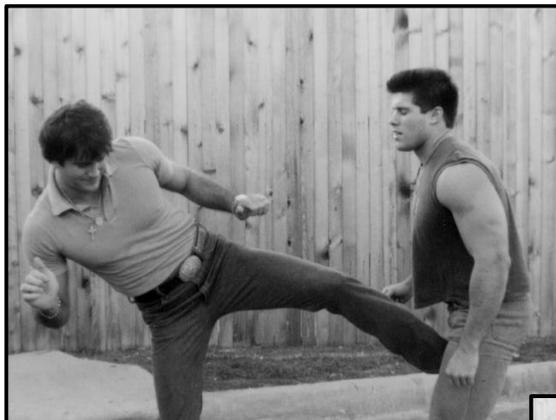
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I Give Up, maybe not!



An excellent ploy is to give up and then take quick action. I like to stomp the foot to stop his ability to kick or move fast. Then I make my moves.



**Not finish with
A kick to the groin,
Knock him to ground
And stomp his groin
And then stop his**



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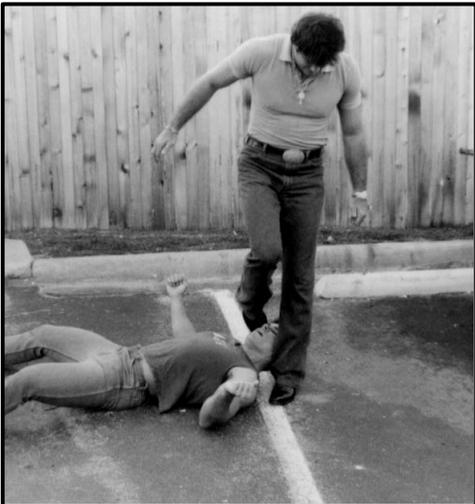
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Heart with a stomp.
A knee in time stops it fine.



A quick front heel kick to the knee followed up by a side thrust to the same knee, will do wonders to stop him from moving, and force him to the ground. Where you can finish him with a stomp to the face and side of the neck.

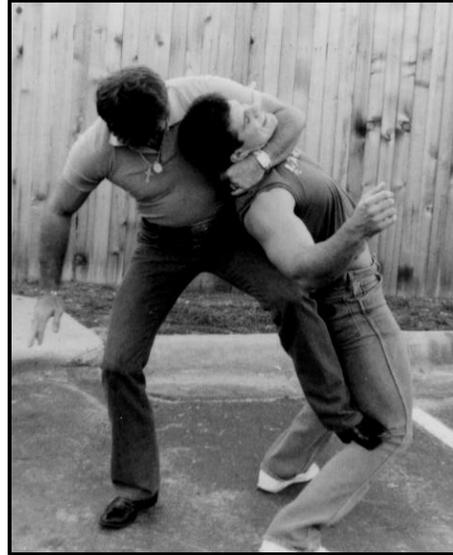




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Step on a crack, break the punks back.



You force the punk to turn around and deliver a hard knee to the middle of his back, followed up with a neck throw aided by a stomp to the knee.



Follow up by picking him off the ground and dropping him over your back to crack the back.

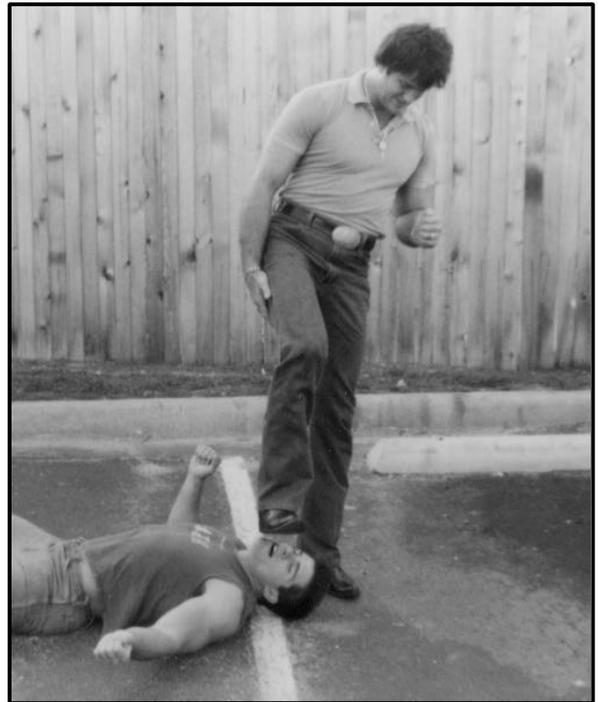


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**Drop him on the ground and
Finish him with a stomp to the
Side of the neck and then a
Teeth looser.**



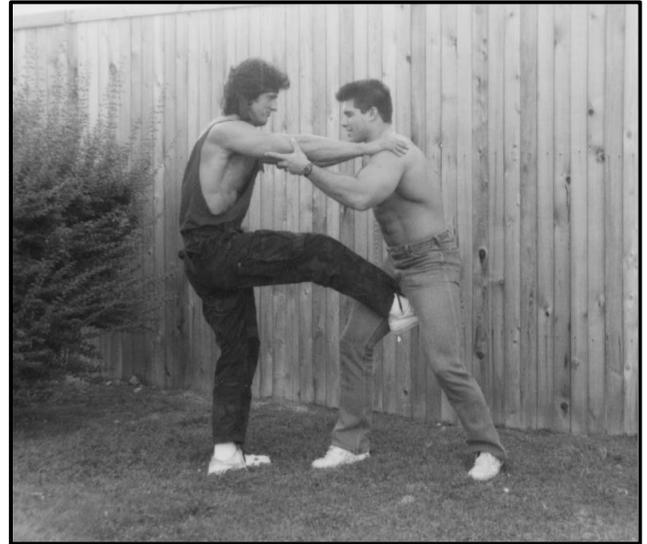


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Hey, That guy looks like Rambo?

I happen to have a good friend who looks like Rambo, and so I designed a few combinations for him to do just for fun. It wasn't much fun for the bad guy, and you can learn a lot from studying his moves.



The bad guy makes the mistake of squaring off, our hero snaps a front kick into the groin, then follows with a knee to the face.



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**Now he follows up by
Grabbing his head
And smashing an
Elbow to break the neck.**





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Here we find our hero attacked with a knife. He immediately steps to the side and crushes the bad guys ribs with a side kick, knocking him to the wall.





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**Now he throws him to the
Ground and snaps his neck
For a fitting finish.**

