

Vital Targets for MMA Seminar!

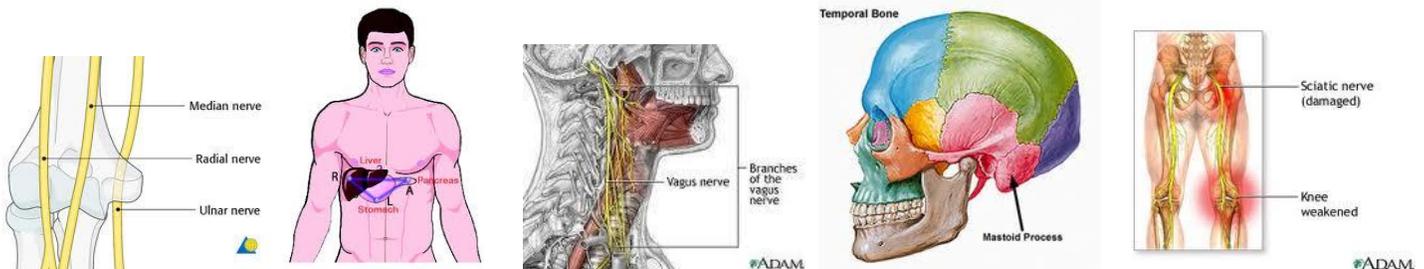
Mixed Martial Arts...as you've never seen it before!

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INTRODUCING: VITAL TARGETS for MMA

Plus Unique "Plays", Set-Ups, Tips & Tricks

Including: "VOMITOUS" and "MULE" (Two NEW Devastating "Plays" for MMA!)



This, my friends, is THE FUTURE OF MMA. Learn it now or get Left Behind! This is THE FUTURE FOR A NEW BREED OF SMART FIGHTERS. The fighters who learn these concepts will have a Unique and Distinct Advantage over their un-educated opponents.

Talk about having an unfair advantage! Do you realize how much effort a fighter uses to punch and kick with no specific target in mind? I call this **"Punching Meat"**, because that's all you're doing. Most fighters spend a majority of their time trying to knock someone out, but never set up or aim for a specific target. Repeatedly hitting your opponent in the middle of his face looks good and will score points, but it does not knock someone out! Or ask yourself this, how many roundhouse kicks to the right side of the body end up taking someone out? I'm willing to bet that you'll end up getting taken down (and losing points in the judge's eyes) more often than scoring points with this kick. It might get the fans excited, but it will do limited damage...and you'll waste a lot of energy with limited results. The better spot to aim for would be the Saphenous Nerve (easier to hit with less energy spent). Fighting, without aiming at a specific "Vital Target" is like trying to hit the bullseye of a dartboard by randomly throwing darts at a wall. If you want to knock someone out or do major damage then you need to focus on striking the "Vital Targets for MMA" not just Punching Meat! Spend your energy and focus repeatedly aiming at the "bullseye" (Vital Target) with every strike and you will hit it, **KNOCKOUT!**

WHEN:

TIME:

WHERE:

LIMITED SPACE AVAILABLE. SIGN UP EARLY TO GUARANTEE YOUR SPOT!

Call YOUR NAME HERE at xxx-xxx-xxxx or email name@gmail.com to reserve your spot!

If you need more info please email Coach David Alexander (Self Defense Expert) [coachalexander @ gmail.com](mailto:coachalexander@gmail.com)