

# Self Defense Made REAL Easy by Coach David Alexander

**The Fastest to Learn and the Most Effective  
Self Defense System in the World!**

***“THE ONLY SELF DEFENSE LESSON YOU’LL EVER NEED!”***

**The best self defense course on the internet**

**Easy to Learn and Apply the same day if necessary - Gain Massive Confidence – Protect Your Family**

*“I was blown away by what I learned...I could not believe that self defense could be so easy. I learned how to protect myself and family in just a couple hours instead of taking years of typical martial arts classes....not to mention how much money I saved in the process. Thanks Coach!” Mark D.*

*“Very easy to learn. I am confident that I could defend myself or my family and it only took a couple of hours to learn” Cindy A.*

*“David thank goodness I found you for your B.E.T. System. This is the best self defense I have ever seen...” Michael M.*

*“The information in this system is going to blow you away. You will never look at self defense the same way ever again!” Liz W.*

*“I have never seen anything like this! I have studied martial arts for self defense my entire life and now feel like it was a waste of time. I learned more in this 1 class about “real self defense” than all my martial arts and military training combined. All I have to say is “WOW!” Brian S.*

Hi, I’m Coach David Alexander. Thank you for purchasing my Self Defense Made “REAL” Easy course. In this course you will learn my B.E.T. “Target Based” Self Defense System, the fastest to learn and most effective self-defense system in the world. It has been viewed by over 60,000 people in 60 countries.

In this course you will learn how to defeat an attacker in less than 4 seconds; how to defeat multiple attackers with “weapons”; how to disarm your attacker if they come at you with a knife, gun or bat; how to practice what you’ve learned without training partners; and much, much more. I will also bust several martial arts myths and expose some Hollywood self defense B.S.

By the way, I use adult language, I discuss graphic situations, and I show graphic video clips throughout the course to make sure you understand the severity of dealing with REAL violence. I am so proud of you for taking charge of your life and purchasing this course. You will not be disappointed.

## **Module 1**

### **Empty Hand**

-Intro to the SDMRE Course and a Warning

-Intro to B.E.T. a "Target Based" System. You must agree to never use what you are about to learn unless you are 100% in a life or death worst case scenario. I am going to take you step by step through the learning process of this course. By the end of this course you will know more about protecting and defending yourself and your family from a violent attack than most 30 year martial arts black belts. And it can all be done in just a couple of hours. You will never look at self defense the same way ever again. This course is going to blow your mind. This course consists of a series of lessons and clips demonstrating the system, philosophies, how to practice and how to survive.

Lesson 1: Eye Intro

Lesson 2: Throat Intro

Lesson 3: Balls Intro

Lesson 4: Adding it all together

Lesson 5: Throat Grab Defense

Lesson 6: Rape Save

Lesson 7: Quick Scenarios

Lesson 8: Single Punch: or are you learning a martial art that teaches you how to fight? Are you going to be the one defending your girlfriends honor and end up in prison because "you didn't mean to kill him"? People ask me what I would do if someone called my wife a nasty name, would I defend her honor? The answer is no, I would grab my wife and we would leave wherever we are. Now, if my wife and I get pursued by this person and I feel that my life and my wife's life is in immediate peril, then that is a different story.

## **Module 2**

### **Weapon Defense**

Module 2 Intro

Lesson 9: Bat Defense

Lesson 10: Gun Defense

Lesson 11: Hollywood Gun Myths

Lesson 12: Knife Defense

Lesson 13: Knife Defense Myths Part 1

Lesson 14: Knife Defense Myths Part 2

## **Module 3**

### **Step Inside a Private Lesson**

Module 3 Intro: In this module you are going to be a fly on the wall watching a private lesson. I have added tons of real world examples and lots of extra video clips. Module 3 also covers multiple attackers, added philosophy and also fills in any knowledge gaps that you may have after watching modules 1 and 2. Module 3 is a must watch. Go check it out right now!

Lesson 15: Social Violence vs. A-Social Violence

Lesson 16: The Secret Revealed (I need to injure my attacker by using my body weight through a tool to achieve a somatic reflex so I can keep targeting.)

Lesson 17: Somatic Reflex

Lesson 18: Kill Or Be Killed

Lesson 19: The Creating Space Myth

Lesson 20: Unintended Consequences

Lesson 21: Assassins and Snipers

Lesson 22: Incapacitation, Unconsciousness or Death

Lesson 23: Multiple Attackers and a Knife. Even though I am giving you a better chance to survive a violent attack, no one, not even me, is guaranteed to come out of it alive. But you will have a better chance if you take to heart what I am trying to show you.

Lesson 24: More Gun Defense

Lesson 25: More Bat Defense

Lesson 26: More Knife Defense

Lesson 27: Let Pablo Try

Lesson 28: More Multiple Attackers

Lesson 29: You Can't Stop a Somatic Reflex

Lesson 30: More Martial Arts Myths

Lesson 31: I am a Ghost

Lesson 32: Wrap It Up

Lesson 33: Recap and Homework

Pictures and End Credits