



Below is the end, the bearing is an important component of the Kubotan.

### Keyring Attachment:

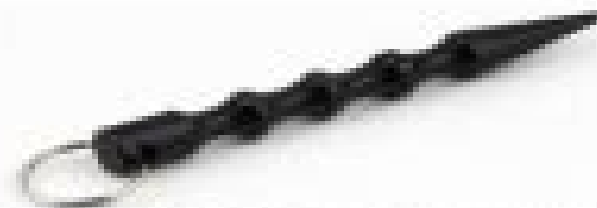
The keyring attachment is important for two reasons. First, it converts this self-defense weapon into a practical keychain allowing you to carry it with you at all times.

Second, it makes the Kubotan look less threatening. Remember, your Kubotan should appear innocuous. This is especially important if your self-defense situation turns into a legal battle.

### Innocuous Looking

As I stated earlier, a Kubotan should look harmless to the layperson. The last thing you want to do is bring attention to your weapon. Avoid carrying a Kubotan that has spikes, sharp points or any type of design that looks threatening or menacing.

Also, just because a Kubotan doesn't look menacing doesn't guarantee that you won't be stopped by the police. As a matter of fact, the TSA classifies the Kubotan as a "metal and its self-defense item" and prohibits it as a carry-on item. So, remember to check it in when flying.



Avoid carrying a Kubotan that looks dangerous or threatening. Personal Item - yourself/kubotan that looks menacing.



Personal Item - metal - look like Kubotan.

# Kubotan Power Quick And Simple Steps To Mastering The Kubotan Keychain

**Sammy Franco**



## **Kubotan Power Quick And Simple Steps To Mastering The Kubotan Keychain:**

*Kubotan Power* Sammy Franco, 2014-04-12 UNLOCK THE FULL POWER OF THE KUBOTAN KEYCHAIN With over 290 photographs and step by step instructions *Kubotan Power Quick and Simple Steps to Mastering the Kubotan Keychain* is the authoritative resource for mastering this devastating self defense weapon In this one of a kind book world renowned self defense expert Sammy Franco takes thirty years of real world teaching experience and gives you quick easy and practical kubotan techniques that can be used by civilians law enforcement personnel or military professionals *Kubotan Power Teaches You How to choose the right kubotan for self defense Tactical flashlight conversions Real world self defense applications Kubotan hand grip techniques Essential do s and don ts High and low concealment positions Kubotan striking techniques Escapes from grabs and choke holds Kubotan deployment techniques Target awareness and medical implications Kubotan defensive techniques Kubotan takedown techniques Training and flow drills Ground fighting with the kubotan And much much more THE KUBOTAN MYSTERY IS FINALLY GONE* The Kubotan is an incredible self defense weapon that has helped thousands of people effectively defend themselves Men women law enforcement officers military and security professionals alike appreciate this small and discreet self defense tool Unfortunately however very little has been written about the kubotan leaving it shrouded by both mystery and ignorance As a result most people don t know how to unleash the full power of this unique personal defense weapon But with *Kubotan Power* the mystery is finally gone Everything you wanted to know about this unique personal defense weapon can be found in this unique how to book Whether you are a beginner or advanced student or instructor *Kubotan Power* shows you how to protect yourself and your loved ones against any thug you re likely to encounter on the street

**The 10 Best Ways To Defeat Multiple Attackers** Sammy Franco, 2015-10-06 *Invincible* Sammy Franco, 2015-05-04 BUILD AN INVINCIBLE MIND INVINCIBLE Mental Toughness Techniques for the Street Battlefield and Playing Field is a treasure trove of time tested techniques and skills for improving mental toughness in the street battlefield and playing field It teaches you how to unlock the true power of your mind and achieve success in activities that demand peak performance *Invincible* is ideal for Athletes High risk professions such as law enforcement military service and private security Self defense students Martial artists Survivalists and preppers Fitness enthusiasts Any Activities requiring peak performance FILLED WITH REAL MENTAL TOUGHNESS TECHNIQUES *Invincible* is a life changing book packed with practical strategies and proven techniques for mastering your mind body and spirit Unlike other mental toughness books it doesn t bog you down with dry theories mind numbing case studies confusing jargon or pointless anecdotal stories Instead it s written in simple easily understood language so you can immediately apply the mental toughness techniques and achieve personal success CONTROL YOUR MIND CONTROL YOUR DESTINY In this easy to follow step by step program world renowned martial arts expert Sammy Franco takes his 30 years of research training and teaching and gives you simple and practical techniques to develop mental toughness and achieve new levels of personal and

professional success In fact these are the very same techniques that have helped thousands of Franco s students excel and achieve their personal goals Learn how to acquire the ideal mindset for peak performance Learn how to confront perform and prevail from extreme adversity Maximize your performance with the complete mental toughness package Learn how to achieve more success with less energy Become a more confident and self disciplined person Learn how to develop laser beam focus and concentration Manage and control fear during stressful performance situations Learn how to become more assertive and aggressive Quickly overcome major obstacles and personal setbacks Eliminate anxiety and negative thinking patterns during critical performance events Pursue your goals and dreams with a renewed sense of energy and motivation Overcome procrastination and inaction Learn how to create and personalize your own mental toughness program And much more CONQUER ADVERSITY ONCE AND FOR ALL In this comprehensive mental toughness guide you ll also learn step by step strategies for dealing with the debilitating fear and anxiety often associated with high performance situations Invincible gives you the mental body armor necessary to cope perform and prevail from all forms of extreme adversity By studying and practicing the exercises in this book you will feel a renewed sense of empowerment enabling you to live life with greater self confidence and personal freedom

**Heavy Bag Training** Sammy Franco, 2013-05-25 IF YOU OWN A HEAVY BAG YOU NEED THIS BOOK The heavy bag is one of the oldest pieces of workout equipment It is regularly used by boxers mixed martial artists self defense students and fitness enthusiasts Unfortunately most people don t know how to properly use the heavy bag Impatiently they rush out to their local sporting goods store buy a bag and begin wailing on it without a care in the world In most cases they are hitting it incorrectly developing dangerous habits and possibly injuring their body GET THE MOST OUT OF YOUR HEAVY BAG WORKOUTS Heavy Bag Training for Boxing Mixed Martial Arts and Self Defense is the first book in Sammy Franco s best selling Heavy Bag Training Book Series In this unique book world renowned martial artist and self defense expert Sammy Franco provides you with the foundational knowledge and skills necessary to maximize your heavy bag workouts In this information packed guide you ll find the important answers to the questions about all aspects of heavy bag training Heavy Bag Training covers the following How to purchase a quality heavy bag The benefits of heavy bag training How to design your own heavy bag workouts Sample time based heavy bag workouts How to properly set up the heavy bag Heavy Bag hanging systems Heavy bag training safety tips Essential heavy bag gear Hand wrapping techniques for intense heavy bag training The fighting stance for heavy bag training Mobility and footwork during heavy bag workouts How to punch the heavy bag correctly How to avoid hand injuries The best hand strengthening exercises for bag work The fighting ranges used during bag training Heavy bag kicking techniques Punching techniques Grappling strikes on the bag Bonus Heavy bag workout tips OVER 100 KICKING PUNCHING GRAPPLING STRIKING COMBINATIONS Heavy Bag Training for Boxing Mixed Martial Arts and Self Defense includes over one hundred different kicking punching and grappling striking combinations If you are serious about training and want to get the most out of your heavy bag workout then you will

want to read and study this book     Maximum Damage Sammy Franco, 2014-07-29 LEARN THE QUICKEST WAY TO WIN A FIGHT Maximum Damage Hidden Secrets Behind Brutal Fighting Combinations teaches you the quickest ways to beat your opponent in the street by exploiting his physical and psychological reactions in a fight Learn how to stay two steps ahead of your adversary by knowing exactly how he will react to your strikes before they are delivered In this one of a kind book reality based self defense expert Sammy Franco reveals his unique Probable Reaction Dynamic PRD Fighting Method Probable reaction dynamics are both a scientific and comprehensive offensive strategy based on the positional theory of combat Regardless of your style of fighting PRD training will help you overpower your opponent by seamlessly integrating your strikes into brutal fighting combinations that are fast ferocious and final Maximum Damage teaches you Think two steps ahead of your opponent Blend techniques into logical fighting combinations Attack with explosive energy Spot the best vital point targets Psychologically cripple your adversary Overwhelm your opponent's defenses And much much more With over 240 photographs and detailed step by step instructions Maximum Damage teaches you the best ways to deliver devastating compound attacks that will take the fight out of your opponent and your opponent out of the fight In this informative book you'll see Sammy Franco's PRD system put into explosive action with dozens of real life street encounters Whether you are a military specialist martial artist or self defense student Maximum Damage teaches you brutally effective skills and proven strategies to get you home alive and in one piece     **The Bigger They Are, The Harder They Fall** Sammy Franco, 2014-06-09 Learn How to Beat a Bigger and Stronger Opponent When you're about to fight a thug on the street and you have to look up to stare into his eyes you're bound to feel up pang of fear But follow the solid strategies and self defense techniques presented by self defense maverick and innovator Sammy Franco and the fight will end with your attacker looking up at you in confusion as he crashes to the ground Sammy Franco was concerned that no book on the market successfully tackled the specific problem of fighting a larger stronger opponent In The Bigger They Are The Harder They Fall he addresses that all important issue and delivers the solid information you'll need to win a street fight when the odds seem stacked against you The Bigger They Are The Harder They Fall will teach you How to avoid panic and intimidation The do's and don'ts of fighting a massive fighter The five best knock out targets What works what doesn't and why How to avoid the ground fight Workout routines Equipment training Step by step fighting combinations And much much more In this one of a kind skill building workbook Sammy Franco calls upon his 30 years of experience as a reality based self defense expert to prepare you both mentally and physically for the fight of your life Unless you're a lineman for the NFL there may come a day when you will face an opponent who can dominate you through sheer mass and power Read and study this book before that day comes     **The Widow Maker Program** Sammy Franco, 2014-07-26 THE WIDOW MAKER PROGRAM BAD GUYS BEWARE The Widow Maker Program Extreme Self Defense for Deadly Force Situations is a shocking and revolutionary fighting style designed to unleash extreme force when faced with the immediate threat of an unlawful deadly criminal attack

In this one of a kind book self defense innovator Sammy Franco teaches you his brutal and unorthodox combat style that is virtually indefensible and utterly devastating However the true power of the Widow Maker Program comes from its ability to psychologically terrorize a street predator while simultaneously ripping him to pieces LEARN HOW TO Protect yourself and loved ones from vicious street criminals Safely close the distance gap between you and your opponent Evoke psychological terror in your adversary Shift from prey to predator during an assault Master quarter beat striking techniques Unleash powerful webbing techniques Quickly disorient and demolish your opponent Shutdown the opponent s cognitive brain Master offensive and defensive anchoring skills Perfect the wicked art of razing Select the best targets to attack to maximize damage during a fight Condition your limbs to maximize your Widow Maker skills Design your own Widow Maker workout routine And much much more **RATED H FOR HARDCORE SELF DEFENSE** With over 250 photographs and detailed step by step instructions The Widow Maker Program teaches you Franco s surreptitious Webbing and Razing techniques When combined these two fighting methods create an unstoppable force capable of destroying the toughest adversary at will The Widow Maker Program is a must have for anyone interested in real world self defense and who wants the ability to dispense extreme punishment when faced with a deadly force self defense situation *The 10 Best Power Punches* Sammy Franco,2017-11-13 **WANT BONE SHATTERING POWER PUNCHES** Dramatically increase your punching power with Sammy Franco s battle tested power punching techniques **THE 10 BEST POWER PUNCHES FOR BOXING MARTIAL ARTS MMA AND SELF DEFENSE** gives you the winning edge you ll need in both the ring and the streets In this one of a kind book you ll learn simple and effective bone crushing knock out power punches that will drop any opponent of any size **THE 10 BEST POWER PUNCHES** is ideal for Boxing Mixed martial arts MMA Martial arts Kickboxing Self defense Street fighting Personal fitness **TURN YOUR FISTS INTO SLEDGEHAMMERS** This easy to follow book covers the entire spectrum of explosive power punching techniques Learn how to throw the perfect knockout power punch turn your hands into virtual sledgehammers discover the hidden secrets of power punching footwork hand strengthening heavy bag conditioning target and timing training and the best power punching training tips **THE 10 BEST POWER PUNCHES FOR BOXING MARTIAL ARTS MMA AND SELF DEFENSE** will show you that it s not size or strength but punching form and technique timing and proper footwork that will turn your fists into lethal power pistons By following the techniques outlined in this book and the workout routines you will dramatically improve your punching power regardless of your size strength or level of training experience

*Knife Fighting* Sammy Franco,2018-03-28 Be Prepared for the Fast Furious and Fatal World of Knife Fighting Written by world renowned martial arts expert Sammy Franco *Knife Fighting A Step by Step Guide to Practical Knife Fighting for Self Defense* prepares you for the deadly world of knife fighting Complete and Comprehensive Knife Fighting Instruction With over 200 photographs and easy to follow instructions this comprehensive book cuts through the guess work and teaches you the most practical and effective knife fighting techniques for real world survival *Knife Fighting Will Teach You How to choose*

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**The 10 Best Ways to Develop Your Killer Instinct** Sammy Franco, UNLEASH YOUR INNER BEAST The 10 Best Ways to Develop Your Killer Instinct Powerful Exercises That Will Unleash Your Inner Beast is a unique book also teaches you how to unlock the true power of your mind and unleash this incredible powerful source of power and energy that will help you achieve success in just about any performance situation or activity A SERIOUS BOOK ANYONE CAN USE The 10 Best Ways to Develop Your Killer Instinct doesn t pull punches It s simple and direct It doesn t bog you down with dry theories mind numbing case studies confusing jargon or pointless and long winded anecdotal stories Instead it s written in simple easily understood language so you can quickly learn and apply the killer instinct skills and achieve personal success 30 YEARS OF TRAINING EXPERIENCE AT YOUR FINGERTIPS The 10 Best Ways to Develop Your Killer Instinct is serious material that contains proven training techniques for developing and sharpening this essential mental attribute The techniques and exercises featured in this book are based on Sammy Franco s 30 years of research training and teaching the martial arts and self defense sciences They have helped thousands of his students excel and achieve their personal goals and he s confident they will help you reach new levels of success ELIMINATE YOUR FEARS ONCE AND FOR ALL Here you ll also find step by step strategies for dealing with the debilitating fear and anxiety often associated with many high risk situations By studying and practicing the concepts and principles in this book you will feel a renewed sense of empowerment enabling you to live life with greater self confidence and personal freedom

**Speed Boxing Secrets** Sammy Franco, 2018-03-28

*Survival Weapons* Sammy Franco, *Unleash Hell* Sammy Franco, Unleash Hell On Your Enemies Surviving a vicious street attack is all about unleashing a destructiveness exceeding that of a deadly criminal attacker Nobody knows that better than self defense expert Sammy Franco who created the devastating Widow Maker self defense program The Widow Maker Program is a shocking and revolutionary fighting style designed to unleash extreme force when faced with the threat of an unlawful deadly criminal attack This brutal and unorthodox fighting method is virtually indefensible and utterly devastating However the true power of the Widow Maker Program comes from its ability to psychologically terrorize a street predator while simultaneously ripping him to pieces Destroy Him in Seconds Unleash Hell A Step By Step Guide to Devastating Widow Maker Combinations is the third installment in the best selling Widow Maker program book series It takes you beyond the initial Widow Maker program by teaching you Franco s favorite fight stopping Widow Maker techniques that will overwhelm and destroy your opponent in a matter of seconds Unleash Hell is a step by step program that enables you to burn

devastating Widow Maker combinations into muscle memory while systematically developing extraordinary fighting hand speed Unleash Hell also includes advanced Widow Maker fighting concepts such as hand held weapon integration razing amplifiers environmental exploitation tactics and traumatic schematics Best of all you don't need to read the previous Widow Maker books to understand and benefit from Unleash Hell For The Street Battlefield Hot Spots Around the Globe Unleash Hell is a unique and comprehensive book that arms you with powerful real world self defense techniques that can be used in the street battlefield and dangerous hot spots around the world Get your copy today *Cane Fighting* Sammy Franco, 2016-03-16 Cane Fighting Techniques For The Real World Cane Fighting The Authoritative Guide to Using the Cane or Walking Stick for Self Defense is a no nonsense book written for anyone who wants to learn how to use the cane or walking stick as a fighting weapon for real world self defense The Ultimate Self Defense Weapon for Everyone While seemingly inconspicuous the cane or walking stick is both a practical and devastating weapon for all ages young and old regardless of size or strength or experience and skill level Most importantly you don't need martial arts training to master this incredible self defense weapon One Book For All Kinds of Fighting Sticks With over 200 photographs and step by step instructions Cane Fighting is the authoritative resource for mastering the following weapons The Hooked Wooden Cane The Modern Tactical Combat Cane Walking Sticks of all types The Irish Fighting Shillelagh and The Bo Staff Powerful Cane Fighting Techniques At Your Fingertips Cane Fighting is devoid of tricky or flashy cane fighting moves that can get you injured or possibly killed when defending against a determined attacker Instead it arms you with practical and powerful cane fighting techniques that actually work in the chaos of real life street assaults In fact the skills and techniques found in these pages are surprisingly simple and easy to apply Cane Fighting Covers These Essential Topics How to choose the right tactical cane for your needs advantages of the combat cane weapon requirements grips essential dos and don'ts weapon terminology high and low concealment stances strikes power swings preparing for impact shock first strike techniques combinations striking angles cane chokes self defense stages blocks deflections footwork skills cane fighting attributes target areas medical implications of cane strikes use of force concerns workout routines conditioning exercises and much more Whether you are a beginner or advanced practitioner student or instructor Cane Fighting The Authoritative Guide to Using the Cane or Walking Stick for Self Defense teaches you powerful street oriented techniques and proven fighting methods to get you home alive and in one piece **Bruce Lee's 5 Methods of Attack** Sammy Franco, 2015-10 *The 10 Best Mental Toughness Techniques* Sammy Franco, 2016-07-24 MENTAL TOUGHNESS FOR BUSINESS SPORTS AND HEALTH The 10 Best Mental Toughness Techniques contains time tested techniques and strategies for improving mental toughness in all aspects of life It teaches you how to unlock the true power of your mind and achieve success in business sports high risk professions self defense fitness and other peak performance activities However you don't have to be an athlete or warrior to benefit from this unique mental toughness book In fact the mental skills featured in this indispensable program can be used



by anyone who wants to reach their full potential in life THE 10 BEST MENTAL TOUGHNESS TECHNIQUES is ideal for Business people Athletes High risk professionals Self defense students Martial artists Fitness enthusiasts Any activities requiring peak performance LIFE CHANGING MENTAL TOUGHNESS TECHNIQUES The 10 Best Mental Toughness Techniques is a life changing book packed with practical strategies and proven techniques for mastering your mind body and spirit Unlike other mental toughness books it doesn't bog you down with dry theories mind numbing case studies confusing jargon or pointless anecdotal stories Instead it's written in simple easily understood language so you can immediately apply the mental toughness techniques and achieve personal success CONTROL YOUR MIND CONTROL YOUR DESTINY In this easy to follow step by step program world renowned martial arts expert Sammy Franco takes his 30 years of research training and teaching and gives you simple and practical techniques to develop mental toughness and achieve new levels of personal and professional success In fact these are the very same techniques that have helped thousands of Franco's students excel and achieve their personal goals Learn how to acquire the ideal mindset for peak performance Learn how to confront perform and prevail from extreme adversity Maximize your performance with the complete mental toughness package Learn how to achieve more success with less energy Become a more confident and self disciplined person Learn how to develop laser beam focus and concentration Manage and control fear during stressful performance situations Learn how to become more assertive and aggressive Quickly overcome major obstacles and personal setbacks Eliminate anxiety and negative thinking patterns during critical performance events Pursue your goals and dreams with a renewed sense of energy and motivation Overcome procrastination and inaction And much more CONQUER FEAR ONCE AND FOR ALL In this comprehensive mental toughness guide you'll also learn step by step strategies for dealing with the debilitating fear and anxiety often associated with high performance situations Invincible gives you the mental body armor necessary to cope perform and prevail from all forms of extreme adversity By studying and practicing the exercises in this book you will feel a renewed sense of empowerment enabling you to live life with greater self confidence and personal freedom Heavy Bag Workout Sammy Franco, 2015-07-29 100% HARD CORE HEAVY BAG TRAINING Heavy Bag Workout features over two dozen out of the box workout routines that will maximize your fighting skills for boxing mixed martial arts kickboxing self defense and personal fitness 30 YEARS OF RESEARCH AND TRAINING AT YOUR FINGERTIPS This book is based on self defense expert Sammy Franco's 30 years of research training and teaching the martial arts and fighting sciences He has taught these exclusive workout routines to thousands of his students and now he's put them down in this instructional book IMPROVE YOUR SPEED POWER TIMING ENDURANCE AND EXPLOSIVENESS With over 100 detailed photographs and easy to follow instructions Heavy Bag Workout has beginner intermediate and advanced workout routines that will improve your speed power timing endurance and explosiveness Whether you're an elite fighter or a complete beginner this comprehensive book will take your fighting skills to the next level and beyond *The 10 Best Stick Fighting Techniques* Sammy Franco,

DEVASTATING STRICK FIGHTING SECRETS The 10 Best Stick Fighting Techniques is the fourth installment in Sammy Franco s 10 Best Book Series This unique book offers you the most practical and useful methods for using a combat stick for real world self defense IDEAL TRAINING FOR ALL COMBAT STICKS The 10 Best Stick Fighting Techniques is an excellent source for learning how to use some of the following weapons Kali and Escrima Stick Police Baton Collapsible Steel Baton Nightstick Side Hand Baton The 10 Best Stick Fighting Techniques is based on world renowned martial arts expert Sammy Franco s 30 years of research training and teaching reality based self defense Mr Franco has taught these unique stick fighting techniques to thousands of his students including law enforcement agents military personnel and civilians and he s confident they will help you in a desperate time of need NO PREVIOUS TRAINING NECESSARY Regardless of your training background or level of experience The stick fighting techniques and strategies featured in this book are straightforward and will work seamlessly with your current martial arts self defense or survival program If you re a student of the Filipino Martial Arts FMA or just a recreational enthusiast you ll also find The 10 Best Stick Fighting Techniques a welcome addition to your library Best of all you don t need any previous training to master these devastating stick fighting techniques FOR BEGINNER AND ADVANCED STUDENT OR INSTRUCTOR Whether you are a beginner or advanced practitioner student or instructor The 10 Best Stick Fighting Techniques teaches powerful street oriented techniques and proven fighting methods to get you home alive and in one piece

**Heavy Bag Combinations** Sammy Franco, 2015-06-08 THE ULTIMATE GUIDE TO HEAVY BAG COMBINATIONS Heavy Bag Combinations is the second book in Sammy Franco s best selling Heavy Bag Training Series This unique book is your ultimate guide to mastering devastating heavy bag punching combinations Practitioners who use this guide as a reference tool will quickly improve their heavy bag training skills In fact the punching combinations featured in this text will dramatically improve your fighting skills condition your body and breathe new life into your current heavy bag program ACHIEVE MAXIMUM TRAINING PERFORMANCE Heavy Bag Combinations will help you achieve maximum training performance in a variety of activities including Boxing Mixed Martial Arts Kick Boxing Self Defense and Personal Fitness 30 YEARS OF RESEARCH TRAINING AND TEACHING This one of a kind book is based on self defense expert Sammy Franco s 30 years of research training and teaching the martial arts and fighting sciences He has taught these unique heavy bag skills to thousands of his students and now he s finally put them down in a comprehensive book A A HEAVY BAG BOOK FOR ALL SKILL LEVELS With over 300 photographs and detailed step by step instructions Heavy Bag Combinations provides beginner intermediate and advanced heavy bag workout combinations that will challenge you for the rest of your life In fact even the most experienced athlete will advance his fighting skills to the next level and beyond Infinite Combinations Means INFINITE HEAVY BAG WORKOUT PROGRAMS The best feature of this book is Sammy Franco s combination blending formula that teaches you how to easily create an infinite amount of unique punching combinations As a result you get An unlimited supply of heavy bag combinations that will challenge you for a lifetime An invaluable tool that

prevents your heavy bag training from becoming boring stagnant and monotonous This means you are less likely to quit or abandon your workouts A fantastic training method that develops mental toughness The THE MOST COMPREHENSIVE HEAVY BAG WORKOUT BOOK Whether you need stand alone heavy bag combinations or a comprehensive heavy bag training program you will find it in this exceptional book      **Killer Instinct** Sammy Franco,

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