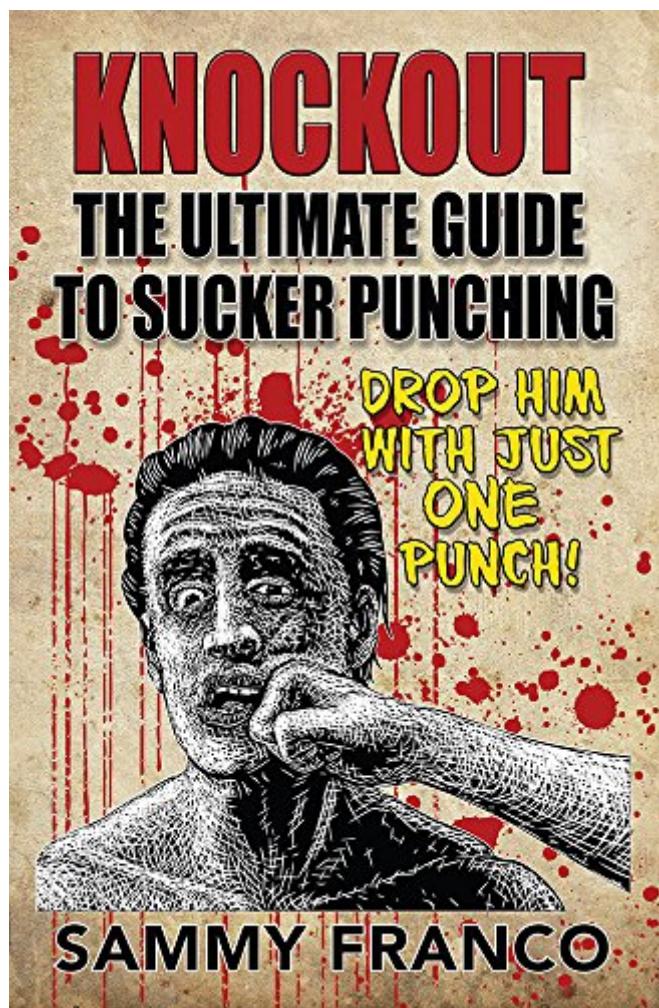


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# Knockout: The Ultimate Guide To Sucker Punching



## **Synopsis**

DROP HIM WITH JUST ONE PUNCH!Knockout is a one-of-a-kind book designed to teach you the lost art and science of sucker punching in a self-defense situation.SIMPLE, BRUTAL AND EFFECTIVE Sucker punching is a unique fighting skill that can be performed by just about anyone, young and old, regardless of size or strength or level of experience. Best of all, you don't need martial arts training to master these simple fighting techniques.TURN YOUR FISTS INTO SLEDGEHAMMERS Knockout is based on world-renowned self-defense expert, Sammy Franco's 30+ years of research, training, and teaching both martial arts and combat sciences. He has taught these cutting-edge fighting skills to thousands of his students, and now he's put them down in this in-depth book.EVERYTHING YOU NEED TO MASTER SUCKER PUNCHING With over 150 detailed photographs, 244 pages and dozens of easy-to-follow instructions, Knockout has everything you need to master the devastating art of sucker punching.KNOCKOUT INCLUDES:1. How to win a fight every time2. How to deceive, disorient, and demolish your opponent3. The best sucker punch tricks and tactics4. Critical knockout targets5. Fist loading weapon6. Sucker punch drills and exercises7. Solo and partner workout programs8. Hundreds of training tips9. And much, much more BATTLE-TESTED STREET FIGHTING MOVES! Whether you are a beginner or advanced, student or teacher, Knockout teaches you brutally effective skills, battle-tested techniques, and proven strategies to get you home alive and in one piece.

## **Book Information**

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## Customer Reviews

Like most of Franco's works, this book is concise, easy to understand and filled with plenty of theory, technique and practical drills. Although referred to as "sucker punching," this concept is commonly labeled "pre-emptive striking" in today's combatives/realism-based training methodologies and is, IMO, a critical aspect of staying alive on the streets. Very important topic and one that Franco covers from A-Z. My only gripe about the book is that it contains a good portion of material found in other Franco books. If you have his "First Strike" book or even his "Heavy Bag Training Vol. 3" book you will see very familiar material. This is not a new predicament. I have found this to be the case with several of his other works, as it seems that Franco is quite fond of "copy and paste" when it comes to his own works. Guess it's OK to plagiarize yourself, right? LOL I hope in the future Franco spends a bit more time coming up with entirely fresh material for his publications. For fans like me, it feels like I'm getting a little cheated to keep on coming across these same old passages. Imagine buying your favorite band's new album and finding four of the songs are from the previous album ... not a good situation! Otherwise, great material that once again is applicable to street-based situations. Recommended.

I've enjoyed Sammy Franco's works since I first read "Street Lethal" in the late 1980s. "Street Lethal" had a strong Jeet Kune Do feel, and simply offered high-percentage basic strikes and kicks for self-defense. I remember handing it to my sensei at the time, who liked it and said "no esoteric nonsense here." "Knockout," however, has a careful ruse woven in. Franco is appealing to various readers, but is trying to lure in self-defense fantasists to properly educate them. He doesn't offer magic techniques, but rather fundamentals backed by hard training and conditioning. Franco's works bear excellent titles and dramatic covers. Within, the books focus on hard training, offer excellent drills, and generally seek to persuade people to focus on what works. "Knockout" runs through non-aggressive stances, de-escalation, and hitting only when there's no other choice. It offers thoughtful set-ups and associated drills. There's no magic here, no phantom kicks or multi-segment fine-motor-skills sequences. This goes to my point that Franco appeals to fantasy

and offers reality. It's a mature book that points to legal implications of force vs. certain technique books that seek to shatter someone for pushing you. I also like the emphasis on punching and striking, because a conditioned fist is useful and won't explode like overheated glass at first contact. The shadow boxing and mirror work offers a critical addendum to partner drills, and I even picked up a few new heavy bag drills despite having trained in boxing.

Excellent topic and very well covered. A very underrated tactic and long overdue for covering as an offensive consideration versus the amount of discussion given on defending the sucker punch.

Very interesting and informative.

Straight forward and practical, also realistic.

watch the many youtube videos of the "knockout game" showing blacks (not saying whites don't do this but I've never seen a video of it) walking up from behind and all other directions and suddenly taking a quick swing at an unsuspecting, innocent person which usually knocks the other person out (usually a white man or woman) such that they are instantly unconscious, out on their feet, at which point they fall like a felled tree to strike their head and face on the concrete sidewalk where they typically crush facial bones and/or fracture their skulls. Sometimes they die. The video evidence is clear. A one-punch knockout is very feasible, common, apparently easy to do when your opponent has his guard down. And the sluggers don't seem to walk away nursing a broken hand either.

Superb book on using the techniques in real world applications. I suggest purchasing this book and Sammy Franco's first strike series.

I purchased Knockout The Utlimite Guide to Sucker Punching and I thought it was very detailed and very descriptive about sucker punching and the maneuvers involved on avoiding them and giving them. I recommend this book.

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