

MENTAL POWER MANAGEMENT - REVEAL YOUR FEAR & DEVELOP YOUR AGGRESSION - prof. Gordan Krajacic

CSS MPM IS COMPOSED OF:

1. **AGGRESSIVE MENTAL STAND**
2. **POWER OF WORDS**
3. **FIRST STRIKE**
4. **ATTACK DINAMICS**
5. **AGGRESSIVE PSI MANAGEMENT**
6. **UNDERSTANDING OF FEAR AND PAIN**
7. **DEVELOPEMNET OF AGGRESSION**
8. **NO SURRENDER STATE OF MIND**
9. **TOOLS AND TARGETS**
10. **TACTICS**
11. **PREPARATIONS OF ISF**
12. **DRILL EXERCISES**
13. **ALCOHOL AND DRUGS**

REVEAL YOUR FEAR & DEVELOP YOUR AGGRESSION

To reveal fear means that you have to understand what is happening in your mind and body right before, during and after dangerous situations and attacks on your life. When you realize that you will reveal all of your fears and get rid of them once for all.

Firstly, this feeling that you call fear is not bad at all. It is your guarding angel, the best alarm system at the market. Let's call this feeling fear for now, and let us reveal it under this name but you will change its name later or you will simply understand that you use your so called "fear" for your need of fast destruction of attack, attackers and any danger. Then you will have quite clear understanding that this feeling that you once called fear now is used as your new powerful weapon. Then you can call it with some other name that you think is appropriate. Try to remember that in that magic substitution table word 'fear' was substituted with the word fearlessness. To be able to do that we will now try to divide, the so called, fear in to parts.

Dividing fear

Considering that our/your body has an ability to exert adrenaline in more than one occasions or series (impacts), which can follow each other, in a very short time of few seconds or in longer time of few minutes/hours. This timing of exertion depends very much on the situation you are in, and on your current state of physical and mental condition. “Fear” could be divided in countless number of interpretations or parts of one general term. But here we will divided that “fear” in the form and term of STRIKE. Strike will be our synonym for “fear” instead of fear we will say strike, and we know that this strike is not fear; it is our body adrenaline that gives us enormous power to fight, run, jump, climb, swim, dive, win in any situation. We have “fear” divided into strikes: first strike, second strike, third strike, and fourth strike....till tenth strike. These ten strikes will do for the purpose of this book. This strike means – first, second, third, and so on exertion of adrenaline in to your bodies, and its effects depend on situations you are in.

FIRST STRIKE

This is pre fight – pre-danger exertion of adrenaline which most people think that it is a fear. And this is not true. Effects of this first strike are: you don’t know why you feel nervous, lots of questions pop up in your mind, you think that you don’t know what is going to happen. This strike is just a warring sign, an alarm that tells you that something is fishy, very wrong in this situation around you. Here, your brain either does or does not understand the reason for this anxiety and so called “fear”; and that’s why the brain sends signals of warring. That means stay alert, be careful an attack is coming. That has to be realized exactly like this, not as “fear”, no, just as a FIRST ADRENALINE STRIKE, with the mentioned meaning.

SECOND STRIKE

It is happening when you anticipate an oncoming let’s say fight, and all of its outcomes, possibilities and endings but the fight has not begun yet. Then your body releases adrenaline slowly and for a longer period of time, this can be very exhausting. Anticipation of outcomes of possible and not yet happened fight and panic thinking, what if I can’t do this, what if he is too strong, what if I will be injured, and all other ‘what if’ shits...will make you think that you are afraid again. But you are not, adrenaline is slowly released to prepare you for a quick release of it if necessary and not be shocked you when it will happen. That’s why it is slowly released, there is no direct and momentary danger, so adrenaline is released just as for worm up, to prepare you, normally you don’t now how to interpret those effects and why they are happening, that’s why, to prepare you for fight, that might or might not happen. To avoid effects of that strike you should never analyze outcomes, never anticipate or predict what is going to happen, never think about consequences of particular situation. You have to accept events that you are involved without any reasonable analyzing and you should act as you are trained in the ISFF. When there is no fight and you start anticipating, start asking stupid questions, like will I be killed, injured, raped, arrested, will I kill him and so on, you make your body exert adrenaline into veins, so that will exhaust you. Than adrenaline stays in the body not used and it make you fill strange-you think that you are frightened. Do not think

about that kind of things, relax and be aware of the whole situation, and look as a predator hunting for the prey.

THIRD STRIKE

Is when you anticipate outcomes and consequences of fight during the fight. This strike makes you exert too much or too little adrenaline, it creates imbalance in adrenaline exertion and confusion of your mind and body. Because of that effects are various, from freezing in the middle of the action, to overreaction in the fight and making mistakes that cost you injuries and your life. That means that if there is too much adrenaline exerted because of your thinking in panic then you will not see and feel what attacker/s are doing and you will get hurt, badly. To avoid that you have to act instinctively, as thought in ISF, without hesitation, without thinking, just take an action and resolve it with your AMS knowledge. Do not look at this as fear, if it is going to happen than you shall remember that this is due to your extreme worrying, then just smile and say to yourself, that is just third strike.

FOURTH STRIKE

This one is happening exactly in the time of the beginning of fight. When an attacker suddenly starts attacking the fourth strike is on the way. In this situation adrenaline is exerted very fast and makes momentary shock to your senses. This is then wrongly interpreted as fear and you start to freeze, be motionless, start to feel scared and in confusing terror. This is the most powerful strike of adrenaline, very explosive because it is very necessary to prepare your organism for fight in a split of a second. So these effects of stiffed muscles, dry throat, and blurred vision, stronger hearing are not fear it is just a shock put on your body because of explosive adrenal burst. This is your ultimate preparation, guard and shield that enables you do the impossible in terms of strength, power, speed, endurance, time of action and bravery. So, it is not fear, it is the fourth strike of adrenaline, and you should just go in action, you should never stand there and try to understand your feelings inside you. There will be plenty of time to do that later, now you have to fight and win.

FIFTH STRIKE

It is coming when you are suddenly surprised either before, during, or after the fight. During the fight it can be some sudden turn, attacker could suddenly come out of nowhere, pick a knife and try to stab you. So, when something unexpected and unknown is happening your mind in conjunction with your glands give to you this strike of adrenaline, by what due to your senses you again wrongly think it is fear. That is once more a fast and explosive aid for you to withstand the surprise. This is immediate energy for sudden adaptation to the new situation, for the sudden extreme movements that you have to make in order to survive. Pure instincts. Once more, think about that as an adrenal strike, doesn't matter which one, first or fifth.

SUDDEN ATTACK STRIKE

This is coming when you expect an attack from one side and you are totally concentrated at oncoming attack in front of you but the real attack is coming suddenly from another side or from more than one side. This surprise is a trigger for sudden exertion of adrenaline, again with all of its effects on your sensors and mind and body. Again and again this is just a normal preparation of your body to and for all surprises and additional strains and needs and ultimate protection and drive, ammo and fuel. Your sensors are calling you, and that call is NOT FEAR, it is a message from inside of you (from balanced interaction of mind, endocrine and nervous system), and this message is: HEY! YOU ARE INVINCIBLE NOW, YOU ARE READY FOR ANYTHING AND FOR THAT Surprise TOO.

SEVEN STRIKE-IN FIGHT AFTER FIGHT STRIKE

When you during the fight start to involve your thoughts and start to think about consequences of your actions after fight. This may be the first “fear” during the fight. If attacker is wise enough he or she will even remind you on these consequences while you fight for your life, and then he/she will try to confuse you and get you. It is often done in combination of verbal and physical attacks. This strike is not based on adrenal exertion, it is connected with your doubts and thoughts, (if you are very furious, you will start thinking that you might hurt attacker too much, if you are too soft during the fight, you see yourself already beaten and damaged or worse, you see lots of obstructions, and you as see yourself in jail and your family without you, and so on). This obstruction of your mind is decreasing an adrenaline exertion and it develops a state of anxiety and physical stiffing of the whole body. This obstruction is the source of slowing down your mind and bodily activities. Your opponent(s) might try to use that situation, to feel, anticipate or just know that you are in that state, and then to attack you harder, by surprise and to hurt you badly. To overcome this mind obstruction you have to use your knowledge of breathing, concentration and mind control and you have to provoke an adrenaline exertion by yourself (by your fighting yell, by using aggressive PSI Management, by your techniques performance).

EIGHTH STRIKE OR AN AFTER PAIN AND TRAUMA STRIKE

During the fight strike; it is strike of adrenaline in the situation after you experience pain, fatigue, frustration, power decrease and hopelessness induced by attacker’s kicks, punches, attacks and pressure. Then your body again starts exerting adrenaline in order to help you overcome all of these feelings, and in order you to not feel pain or any other effect of your injuries and that you can develop new furious strength. If you mistakenly interpret these effects as fear then panic and irrational behavior will take over and you will loose the fight and in ISF that means you will loose your life. You should know that this is a message from inside your body that tells you: “Here, I give you energy and courage, go and smash every threat in front of you. Do you know what that does mean? It means that you are not afraid, that this is invincibility and courage in the chemical form.

NINE STRIKE OR AFTER FIGHT STRIKE, FEAR, OBSTRUCTION

This one is happening after the fight, when everything is over. If you are down and under, or bite the grass you are not afraid at all, you are out of picture and that is no problem because you are dead. But if you are, and you will be, remember my words very carefully and deeply, you will be alive and victorious; you will be survivor and protector. So, when you manage to defeat your attacker(s) and especially if this fight was very traumatic and heavy, then your body and mind is overwhelmed with all events, and you are exhausted and tired, both physically and mentally. In that state you are too sensitive to every change from inside, not from outside but from inside. In that situation, your body has still some reserve of adrenaline to give you. Then adrenal strike is realized to help you get moving and protect you in every possible way but sometimes as a result of this adrenaline strike and sensitive body you start feeling dizzy, you feel your legs are shaking and trembling powerless, you feel stomach ache, and so on. This is the moment when you should start moving, walking, jumping, jogging combined with deep breathing in the same time. This is also not fear, all of these are adrenaline effects, perfectly normal and ok, this is an incoming fast recovering energy. It is like when you try to pour fuel in your car but the pressure of the pump is enormous high, and fuel is coming in great speed, so whole of your car is swinging, trembling, shaking and moving, well this is it, the car is not afraid of anything, it is shaken because of fuel pressure. So are you. When this start happening, you have to move yourself around, to breathe deeply and this will prepare you in a 2-5 sec. for new strains, fights, stressful situations and so on.

TENTH STRIKE

An individual strike; this is a totally individual strike, and it depends on your way of life, your life experience and situation in which you currently are. This strike might be a combination of any of the two above mentioned strikes. Depending on you, your physical, mental and spiritual state, on your beliefs, religion, education, experience and so on, you can experience exertion of adrenaline in various situations. But in the essence of ANTIFEAR FIGHTING the most beautiful thing is, that this does not matter at all. What matters is that you know that all of these feelings are not fear but vice versa, and that these are only effects of adrenaline, noradrenalin exertion, and that these are your guardian angels and that you will with their help be turned in to the superhuman being. It means that every time you start to feel the above mentioned effects you have to know that it is not fear, this is adrenaline, your friend. Now when you know that, you have to get rid of all your fears, beat your fear with your knowledge, and does what follows:

Firstly, you have to understand and know that all of before mentioned effects will happen to you in every stressful situations such as an attack at your life. Secondly, you have to **EXPECT THAT**. This **WILL HAPPEN**. So, when you expect that you will not be surprised, shocked, or not be in a state of “body and mind frozen” in a situation of a deadly encounter, and you will know exactly what is happening with you, and you will know that this is not fear, that this is your body helping and protecting you. All of this is just an effect of stress that induced exertion of adrenaline and noradrenalin to keep you sharp and ready for anything. Now, you know why they are there and what they do to your body and mind. This knowledge powers you up because you understand them in details and third step is to ignore them totally. You can say to yourself: “Oh, yes that’s my organism helping me to survive.” Through understanding that our organisms are helping us and that all adrenal effects are perfectly

normal and ordinary for all people, for you, me, them, for all people. Your body independently of your will produces protection for you in the moment when you need it and it sends it in places where you need it. Adrenaline is a miracle of our organism and right stuff. But you should be aware that adrenaline exertion and its influence have its own effects on our sensors, mind and body. Not knowing what is happening with them when they feel these effects people start thinking that they are afraid, and fear and terror is taking over IN THEIR MIND AND THOUGHTS. (Remember this: in mind and thoughts). **But the matter is quite opposite**, this is not fear, this is fearfulness and armor. This is your super powerful weapon. As with every weapon, you should learn how to deal with it, how to control it and how to use it to your advantage. When you manage to do that you will be able to do miracles, and then you will have 5, 7, 10 or more times greater strength, pain tolerance, endurance and aggression. Simply by conducting a training of all these abilities are starting to rise to an unlimited heights.

To identify all of your body actions and reactions to the adrenal exertion you should know that all of the following is quite normal and usual when adrenal release is in action. The trembling, shaking, and less control in your body muscles, dry mouth, silent, tiny voice, tunnel vision (vision directed just at one, one only thing, event, person..and not seeing clearly the whole situation and surrounding), loss of good hearing, palms sweating, sickness in the stomach, dizziness, time disorientation, fast hart beatings, pulse in the ears, weakness of body, speedy speech, nervousness and so on...all of this is natural and normal.

Your knowledge about adrenal process, good concentration, attention, focus and strong deep breathing together with knowledge about all mentioned before about “fear” gives you control and abilities to overcome those sensations and to turn them in to your advantage. When you start feeling all of these effects you should momentarily get in action, start moving and breathing deeply and not let you go to these effects. You have to be in motion always, no matter in what way, be concentrated on your attacker, on the ongoing situation, and that’s it.

At the physical level all adrenal effects and wrong imagination of fear will influence you less and less with the greater amount of time you put in your practicing of it in a hard realistic, street manner. It is called UNDER PRESSURE TRAINING. The whole system of Instinctive Street Fighting is based and composed in that way. Once you are in action, there is no time for thinking and feeling about yourself, your feelings, your imagined fear, not even about your knowledge about adrenaline, do not think about anything, just ACT AND FIGHT AND WIN, and afterwards you may think and understand and realize all, and for you there is no more riddle of fear. When some of these effects start manifesting themselves you simply start with deep breathing, inhale at nose exhale at mouth and move, don’t ever stop moving and don’t start wondering about yourself, with thoughts about what is happening now with me, ‘oh, my god’, and so on. Your breathing should be fast, deep, and let the attacker see your breathing. This will give you additional energy and calm. Furthermore, remember that all of this is only natural things and reactions on sudden adrenal exertion. Concentrate yourself on the moment, on the situation around and in front of you, always try to have good look on your surroundings, study your attacker(s) and his/her/their bodily actions and reactions, movements, and always control your breathing. When you manage to control your breath and all of above, adrenal shock effects are becoming insignificant, and easy to ignore, release them out of your mind.

Use your “so called fear.” Remember that you know fear in details; you know that you are not under influence of fear but under power of your body and mind. Your opponent does not know that, and he/she will proclaim your trembling muscles or tiny voice or speed speech as your fear of him/her/them. He/she will think: “Look at that fool, how he or she is afraid, now I own her/him, he/ she is all mine.” But then suddenly an attacker is in shock, pain, confusion and screams, and he/she either is lying down or running far, far away. Now, it is your time to “die from laughing” and not to die out of fear.

Influence of adrenal shock effect on you that is trained on your training of ISF will help you turn yourself from just an ordinary looking guy, lady, or child into the mean fighting machine, in a split of second you will become more aggressive, brutal and meaner than your actual attacker is, you will become his worst nightmare. Through practicing ISF, you will canalize your rage in to the destroying techniques.

Now let’s recapitulate, what is fear? Fear is something that is in your mind, fear is a negative thought process of negative thoughts. And those negative thoughts are a product of your education, life experience (inexperience), your life style, your childhood, and so on. Product of your whole life implanted in your mind. The ISFF training is easy, safe and superior way of realizing your fear from you forever. The real fear is only coming at the surface when our family is at danger.

7. DEVELOPMENT OF AGGRESSION

The fastest and easiest way to develop aggression is FIGHTING YELL combined with physical exercise. From that fighting yell you will develop and transfer all needed energy, power, courage and fear release, all in one tiny part of a second. In that way you will efficiently surprise an attacker and win the fight. How will you do that? This is accomplished only through practice. Through your regular practice of ISF you should force yourself to yell on every aggressive moment that you make during the training. You have to experiment and learn to produce your unique yell that will fit your voice possibilities, body and mind. It is important to know that this yell should come from the whole of your body, and that the core of this shout-yell is in your lower abdomen. This yell is ultimate shout of all others, and when it is done properly it will bring you to the state of piece of mind and to the perfect harmony between your body, mind, surroundings and an attacker. This yell bring you to the state without emotions that will disturb you and in the same time into the state full of emotions that will benefit you.

If you use this yell on the regular basis at your training sessions its power will grow, and its positive influence on you will grow too. The only thing that you should do is to YELL when attacking, counterattacking, doing strength exercises and so on, and to experiment with that yell, to find the best one for you. It is possible that you will develop a different yell for many different situations. This yell has great power; it turns you from an aggressive, angry, nervous person into the calm and balanced person, it brings equilibrium between aggressiveness and calmness, it brings you perfect harmony and empowers you to act without fatal mistakes. If you are without will and energy, if you are shy and fearful this yell will perfectly balance these emotions and empower you to act to get in action with confidence, power and explosiveness or with deadly calm, dependable on various situations in front of you. You will

be without fear, without blind fury, in control and without freezing effect of your mind and body.

Through training of fighting yells, all human shaking emotions will come at their natural balance, and you will become relaxed, calm, strong and efficient. While you perform techniques of ISF at every attack move shout loudly your fighting yell (AAAAA, HIAAA, ISAAA, HAAA, OAAA, or something like this), this will turn you in to the fierce attacking machine. Attacker will start to think that it is impossible to defend from you, and he will fall as he was struck by 50 AE calibers (12.7 mm) with hollow point. The attacker will feel fear and surprise then and that's enough to smash him/her/them. You can practice FIGHTING YELL solo without practicing techniques in the same time. Find yourself some nice place where you will not disturb anyone with your yelling and concentrate on the situation, visualize in your mind that this is fighting yell and that when you shout at the attacker in front of you freeze himself in owe for a sec. When practicing, take some natural stance in standing position and take a deep breath through your nose and strongly shout your unique yell. The first breath before yell should be deep and long but in time try to decrease time for inhaling, and try to do the exercise with 5 sec. of inhaling and then shout.

You have to try to shout from natural relaxed position of the body, without strong muscle contraction. In the ISFF, techniques are composed in such manner that after you have finished them most of attackers will fall down incapable of further conflict, or fight. That is accomplished with strong and powerful performance of techniques. During your exercising you should always give the maximum of your abilities behind techniques, and this have to be done always when exercising, only correct way to practice ISF is full power, maximal speed motion with FIGHTING YELL in every part of ISF techniques. Of course, before it is possible you should first learn movements, slowly, study them analytically, if necessary. This part of your learning is done in a slow pace but once you learn techniques then it must be performed only in the real fighting manner as your life is at the stake here and now. That rule of ISF training you will not follow only if you are injured, or your partner is, so someone can bear and do full power-speed motions. This will turn you into more aggressive, calmer in mind and a lot more dangerous person.

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