



SAFETY AND FITNESS FOR LIFE.



Bao
Creator & Founder

GETTING STARTED

Thank you for choosing our learning and exercising series of DVDs.

Our self-defense teaching method encompasses all **four** important principles: **A**wareness, **A**voidance, **A**ssertiveness, and **A**ction. Our fitness routines are carefully designed to challenge your cardiovascular system, tone every part of your body, and teach **sound** and **instinctive** self-defense movements.

As you become more proficient, you will become more confident in your ability to protect yourself and others. The key is regular practice of awareness, assertiveness, and physical skills.

The routines are also designed to challenge people at every fitness level. Our exercise movements are designed to develop into more explosive plyometric-types as your fitness level increases.

Find a partner to work out with at least once a week. You'll see better results, and have more fun too!

BEFORE YOU START

The Bao Way is a self-defense and fitness course, not just an exercise video. We understand that many of you are excited and ready to workout (go to Disc 3). For best results, we recommend that you watch the contents in Disc 1 first, then go to Disc 2, and 3 respectively.

LEARNING & EXERCISING TIPS

- Prioritize your goals Decide whether your primary goal is self-defense or fitness. Have fun practicing and working out.
- Repeating the exercises builds your confidence, and your ability to respond effectively.
- All exercise routines are designed as building blocks. You can substitute or add movements as you become more proficient and fit.

- Remember that only the **right combination** of diet and exercise will give you the results you want. The key to being trim is in the kitchen as well as the gym!

KEY PRINCIPLES OF THE BAO WAY SELF-DEFENSE TRAINING

The physical self-defense method is uniquely designed so that most of the self-defense moves are identical. That means they will readily become second nature to you, so you will be more effective at repelling attacks.

The method is simple. It is based on developing awareness and assertiveness skills in addition to **3 core defensive moves**:

1. Develop the mental and verbal skills to avoid potential problems.
2. Know the **safest** and **strongest** safety zones close to your body.
3. Learn the **3 core moves** to escape most types of grasps.
4. Learn quickly because you're learning **families** of movements instead of specific techniques.
5. Learn **four** simple, but extremely effective, blocks to deflect most types of attacks.
6. Stay fit, build confidence and master self-defense skills.

The contents of your DVDs are organized as followed:

DISC 1 – THE BASICS

Freedom or Death

This is the harrowing story of how Bao and his family escaped from Communist Vietnam in 1977.

Interactive Teaching Scenarios

The following scenarios will teach you the basics of how avoid an attack:

Ploy to Lure Away – a neighbor manipulates a teenager to lure her into his home.

Intruder in the Home – a woman is attacked by an intruder who has entered her home while she's away.

Attack in a Public Area – a college age female is ambushed while jogging.

Path 1 – Awareness & Assertiveness Skills

This lesson teaches basic **A**wareness, **A**voidance, and **A**sertiveness skills. In addition, you will also learn simple listening and communication exercises to develop your **A**sertiveness skills.

Path 2 – The Foundation: Positioning & Timing

This lesson teaches why posture that projects strength can maximize your exposure to an attack. You will learn to use to posture to your advantage in repelling an attacker. Finally, you will learn the **first** of the 3 core moves.

DISC 2 – LESSON PATHS

Path 3 – High Percentage Defense

This lesson teaches the next **two** core moves. It also gives techniques which are most likely to successfully repel an assailant. These include effective blocking techniques and identifying the perpetrator's most vulnerable areas.

Path 4 – Power & Precision

Now you are ready to learn more precise strikes and powerful applications.

Basic Partner Workout

The Basic Partner Workout is a great way for you and a partner to become more adept at using the basic principles of self-defense. It also gives a great workout for your entire body, emphasizing lower body toning.

Practice The Shield

This is a great drill for learning deflecting blocks. The concept is simple, if you can draw a figure 8, you can learn to block!

DISC 3 - WORKOUTS

The workout in this lesson is a framework that you can build or change as your abilities increase. It is designed to burn calories, tone muscles, give a great cardio workout, and teach the core maneuvers. The workout has conveniently been edited to fit your schedule.

Learn Sequences

10-minute Workout
20-minute Workout
30-minute Workout

RECOMMENDATIONS

Log on to our website www.thebaoway.com and register. You'll be able to review and download more training information in the next few months.

After browsing your DVDs and watching the Introduction, try the following:

1. Find a workout partner.
2. Watch the interactive scenarios and think of similar situations.
3. Watch Path 1 to be **Aware** of the more common patterns of selection, and to learn **Assertive** and **Avoidance** skills. Practice the verbal exercises described in **Path 1** whenever you can.
4. Watch the interactive scenarios again and discuss them with your friends. These scenarios represent a large number of ploys or attacks. You will be surprised how many similar scenarios you and your friends can come up with.
5. Review the first disc as your **Awareness** and **Assertiveness** skills improve.
6. Watch **Paths 2 (Foundation & Timing)** and **3 (High Percentage Defense)** and do your best to perform the exercises. This will help you become familiar with the movements. You'll also learn to be more familiar with your strengths and the potential perpetrator's weaknesses.

TIP: Do not fully extend your elbows or knees to avoid potential joint related injuries.

7. Go to **Practice** section and start practicing the Partner Routine. We only perform the main grasps. Once you understand the principles of getting out of grasps, experiment with different types of grasps. You can go to our website for more tips or email to info@thebaoway.com.
8. Practice the Cardio Self-Defense and Partner workouts **twice** a week each.

Once you become proficient and comfortable with the lessons in the Essential DVDs, you are ready to start on the lessons from the Ultimate DVDs.

You should vary your routines to keep yourself challenged. Here are some tips:

- Extend your range by taking longer and/or wider steps.
- Add new techniques to the ones you've already learned.
- Do the same workout with a punching bag and with a partner!
- Check our website for more tips.

PRACTICE HARD, HAVE FUN, AND BE SAFE!