



**SAFETY AND FITNESS FOR LIFE.**



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Creator & Founder

## **GETTING STARTED FOR ULTIMATE**

Thank you for choosing our exercise and self-defense program. You'll have the best results, and the most fun, if you work out with a partner at least once a week.

The contents of your DVDs are organized as followed:

### **DISC 1 – ADVANCED LESSONS**

#### ***Interactive Teaching Scenarios***

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

Ploy to Enter – Deliveryman charms his way into a home.

Attack in a Public Area – Woman defends herself in a public parking garage.

Intruder in the Home – Woman defends herself against an intruder in her bedroom.

#### ***Path 5 – Control, Quickness, & More Power***

This lesson teaches you to disguise your strikes. It also contains drills which will improve your speed and mobility. Finally, it contains the most powerful self-defense techniques.

#### ***Path 6 – Advanced Strikes & Ground Work***

In this lesson you will learn how to use these powerful techniques to take down your assailant. You will also learn to use the principles from previous lessons to defend yourself from a prone position.

#### ***Path 7 – Weapons***

This lesson teaches you the basics of defending yourself against the three most frequently used weapons (knife, stick, and gun) using the **same** principles learned in previous lessons.

### ***Advanced Partner Workout Routine***

This routine is much more dynamic than the Basic Partner Workout Routine. It teaches you to defend yourself against assault from a number of directions. You will realize that most of the counter moves are the same. You will also realize why our defensive strategy limits the attacker's ability to strike more than once or twice.

## **DISC 2 - WORKOUTS**

This workout is very powerful and dynamic. It is designed to be the basis for more advanced moves you can design as you improve. You will also learn to defend yourself from attacks coming from 8 different directions. You will also learn to change direction to counter attack effectively. It's also an excellent cardiovascular work out, and it burns off some serious calories.

### ***Learn Sequences***

***20-minute Workout***

***30-minute Workout***

## RECOMMENDATIONS

1. Continue to review the material in the Essential DVDs.
2. Practice the new exercises.
3. Review **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. Practice the more advanced Partner Routine. Notice that the follow up sequences are identical. You can go to our website for more tips or email to [info@thebaoway.com](mailto:info@thebaoway.com).
6. Practice the Cardio Self-Defense and Partner workouts **twice** a week.
7. Consider whether you many want to teach the baoway to others.

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 learn to the basic frameworks.
- Do the same workout with a punching bag and with a partner!
- Get more tips by registering for an account on our website. We will continue to add new techniques.

**PRACTICE HARD, HAVE FUN, AND BE SAFE!**

