

National Self-Defense Solutions



*Copyright 2016 by
Scott Bolinger of WarriorRage KickBoxing
Alliance, Nebraska*

All rights reserved. No part of this book or CD maybe reproduced in any way, shape or form or by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system without permission in writing from the author Scott Bolinger.

Disclaimer

The publisher and author of this instruction book and CD are not responsible in any manner whatsoever for any injury which may occur by reading and/or following any of the training activities wither it be physical or otherwise. It is advisable that before you start a training program to have a approval from your physician so you have a professional opinion of whether or not you are capable of putting yourself through the rigorous training program.

Warning

I (Scott Bolinger) wrote this book for the beginner on up to the coaches' level. Which would include fighting techniques, training programs, toning up and weapons. I how ever will not guarantee that the techniques described or illustrated in this book or CD will be safe or effective in any self-defense situation or otherwise. You maybe injured if you apply or train with the techniques illustrated in this book and/or CD. To minimize the possibility of injury you should train with a professional and you should consult a physician before attempting to try anything in this book or CD. There is a possibility that a Local, State or Federal law that may prohibit certain weapons to be used or practiced or in possession of that maybe described in this book or CD. Scott Bolinger does not make any representation or warranty regarding the legality of appropriateness of any techniques or weapons mentioned in this book or CD. I will not guarantee your safety or guarantee that these techniques to be safe or will be beneficial to you. I suggest if you are to practice with weapons to practice with padded weapons to limit the possibility of injury. Even with practice weapons there is still a possibility of getting injured.

Written by:

Scott Bolinger

Published by:

WarriorRage

Address: 507 Niobrara

Alliance, NE 69301

Phone: 308-760-7346 Email: wrkf@warriorrage.com

Website: www.warriorrage.com

Introduction

Scott Bolinger is a instructor with over 30 years instructing boxing and KickBoxing. Competed in martial arts tournaments for many years, have had students compete successfully in karate, tae kwon do, boxing and MMA events. In the Bolinger Boxing series, there are 4 levels of boxing. Level one will mainly start you off on the combination foundation and your offense and will go through the level 1 medicine ball routine. Level 2 is when you start on defense. There is a level 2 defense, then a level 3 defense, and a level 2 and 3 medicine ball routine. On level 4, the medicine ball routine is one you would need to do with a partner. And in level 4 the primary focus is the jab, working the jab in separate combination, and then there is a round that you work angles, but continue working the lead hand. The 4 level boxing short books are all on kindle. WarriorRage Kickboxing volume II has the boxing levels, and there is a update to the levels in the masters edition. Kindle is bought through Amazon. Hard cover and Ebook are bought at www.WarriorRage.com website. On average it takes 3 months working the drilling and getting tone and the right speed to be able to move to the next level of boxing. Its ok, even suggested that you jump back and forth between the different training levels, so you don't get bored with the training.

Setting up a good self-defense is half the battle in any fight. In this chapter we learn to defend without having to use any strikes for most of it. There are some techniques that do require strikes, that is the last resort in any self-defense system. This particular chapter is set up in a way as if you were going to teach a self-defense seminar. It takes about a hour to hour and a half to complete. Depending on where or why I'm teaching this self-defense seminar, I might add some extra training. For example: go through the self-defense seminar, then I'd would go through the first round of mitt work in the level one boxing section. I'd have each person ware boxing gloves and go through mitt sparring. What mitt sparring is, one person holds up the gloves, the other person does a combination, then that person

holds up the gloves and the other person does the combination. Doing sets of 10 of each combo. This would take a 1 ½ seminar to about a 2 ½ hour seminar. The theory on that is, if you know how to throw a punch, should help you be more prepared to defend against a punch. If you can defend yourself with the defense and restraint program, that would be great, but there is always that instance where being careful in a restraint may not be an option and you'll have to step it up a notch.

So, if I'm doing a seminar as a standard self-defense seminar for anyone, or for a security company, law enforcement, human services, I might go through this seminar, then round one of level 1 in the boxing section. But if I'm doing a self-defense seminar for a martial arts event, I'll do just the self-defense portion, then I'd go through rules and regulations. Usually what I do for a standard certification I go through amateur and pro rules for different arts. I usually go through continuous point, full contact kickboxing, Muay Thai, and MMA. If I only went through one style of competition, I would still go through rules and regulations for both pro and amateurs.

Notes:

- stay off the person ribs (lungs). Doing so, may suffocate a person, break a rib and possibly puncture a lung.
- Having two people helping on a restraint can help make sure the restraint is done correctly. It helps the safety of the person being restrained as well as the one doing the restraint.
- If you are at an event you have all security and officials wear appropriate apparel that states that they are security or officials. So if someone is being restrained or escorted out the door, it doesn't look like there is people out of the audience helping out. That's something that could cause a lot more problems if your security and officials aren't properly dressed.
- Always try verbal de-escalation before any physical means. Using any physical restraint should be done only if someone is in the position of hurting or possibly going to hurt himself or others.
- If a restraint has to be done, fill out a in detail description of events that lead to the restraint and list any witnesses.
- There are some tactics that require a strike. But a strike is a last resort to a defensive program. There are certain jobs that may require certain self-defense. These are good techniques to know and maybe helpful to any program. But to be professional, you need to handle each situation in a professional manner and use techniques that are structured to give a minimum chance of harm to the person being restrained and safety for the person performing the restraint.

This program is currently being introduced and promoted in several ways. I do have an interest in the law enforcement reform that the public have been demanding and I maybe able to help. I have instructed martial arts for over 30 years. Written and published several books on self-defense. I am working on a schedule to go state to state and run self-defense seminars as part of the National Self-Defense Solutions program. I would like to be able to teach a class in each county or city if need be. What the seminar consists of is self-defense

and restraints tactics and the class would last about a hour and a half. Many of the techniques presented are acceptable defense for many jobs such as human services, detention centers, security, and school teachers. I go through some standard defense. The restraints being taught are techniques that are keeping in mind the safety of the person or persons performing that technique as well as the persons safety that's being restrained.

The many areas and benefits this program provides:

Law enforcement: This provides a standard primary self-defense for law enforcement that would decrease the possibility of seriously hurting someone they are restraining. Many officers take a martial art, such as kickboxing, MMA, boxing, Krav Maga and in many cases officers are using improper restrains that have resulted in serious injury or in death. Such as choke holds, putting there full weight on the neck, putting pressure on the back and lungs and suffocating someone.

There has been a lot of publicity about law enforcement officers using excessive force and there has been a lot of talking demanding a reform of the standard practices. This NSDS self-defense program would be a step forward in the right direction.

Taking a martial art on a regular basis will help hand eye coordination, help with confidence, help in keeping in shape. My self-defense course well help keep our officers safe from using excessive force. Everyone that takes the course can get a CD that has the books on this seminar as well as the Bolinger KickBoxing series that goes from white belt to black belt with instructions on kata, stretching, plyometric, weight training, exercise routines, heavy bag drills, traditional drills, and mitt work.

School Teachers: Teachers are authority figures and shouldn't be intimidated by the kids they teach. The NSDS self-defense seminar would be a good confidence booster.

There have been teachers threatened or even assaulted. There have been issues where police were called to handle kids with mental problems, autistic kids, kids with ADHD, and they are tackling 10 year old kids down, pepper spraying and hand cuffing them like they were adult criminals. A inappropriate aggressive behavior is very traumatic for the child. You usually only retrain a child if he is a threat to himself or others. A out of control child, you would separate the child from the rest of the kids until he wines down.

The NSDS self-defense program teaches how to properly defend yourself and restrain a child that's out of control.

Anti-bullying program: In many anti-bullying programs what they usually start off with is a reading of the schools anti-bullying program and the states anti-bullying program and they may go into a self-defense program. The self-defense program I have laid out would fit nicely with a anti-bullying program. Some go from your self-defense seminar to into a regular class that takes years to master. The NSDS program goes over defensive moves,

stances, blocks, defense against punches and kicks, defense against chokes, defense against arm grabs, and proper restraints. Very few strikes.

Security: this provides a self-defense program that has limited striking. Security as a profession, you have to develop a defense that has no, or very few striking tactics as a primary defense. When you jump right in with strikes, that's when you can be liable for an assault when there wasn't a need. When everyone is taught the same self-defense, they are in a sink when helping each other. When you're doing a team restraint, the other security personnel need to know what is expected. When providing security as a profession, you don't want to have a defense in place that you only know how to strike to defend. A standard restraint or wrist lock and teamwork is usually all that is needed to restrain someone and walk them out the door. The techniques in the seminar have been useful for jobs such as a bouncer in a bar, has been taught for security and officials for sporting events. Some of the techniques have been taught to human service workers that work at rehab facilities and detention centers.

Self Defense



Non aggressive stance: stand with your shoulder towards your opponent with your hands up but not in a fist. Hands are up in a relaxed state. This allows less of a target to be hit and your hands are up, in case you have to block or smother a strike.



Flowing with the punch: do a set of 10 – to each shoulder. Student stands square then when coach throws a punch (punch to the shoulder), student steps back (flowing with the punch). Then do another set of 10 , but this time the student steps back and guides the punch at the wrist. If the punch is to the right shoulder then the right foot steps back, if the punch is to the left shoulder then the left foot steps back.

Showing without guiding



Showing guiding with the hand



Diamond Catch: do a set of 10 against a jab and a set of ten against a cross. When catching the punch in a diamond, you flow with the punch. If your both in a left stance (meaning your left leg forward) and your opponent throws a jab, you would step your left foot around and pull the opponents wrist down to your hip. If your opponent throws a cross, you would step your right foot around and pull his left hand down to your hip.



Arm Bar Drag: when your opponent throws a punch, you step back, flow with the punch and your arm goes over the top of your opponents, locking in your arms, then you put your foot on top of his, then go for the take down. This could be used as a defense from a punch or push.



Evades: when someone punches or kicks, evade back



Shin Blocks: block kicks with the shin



Smoother the punch: set of 10 smoother the jab and set of 10 smoother the cross. With this block you are palm blocking or pushing the fist down.



C-Wrist techniques: *if someone is grabbing your wrist, pull in the direction of the opening*
If someone grabs your wrist from the top and the opening of that opponents hand is at the bottom, you jerk your hand downward.



If grabbing underneath and the opening is at the top, you jerk your hand upward



Two Handed Grab: *When someone grabs your wrist with both hands, you grab your fist, bend down slightly and into your opponent and bend your knees, this will break the hold, then you jerk back.*



Spear hand wrist technique: put hand over opponents hand, make knife, execute a kick to the shin, pull wrist down to hip. This would be opponents left hand grabbing your left wrist. Note: use caution when performing wrist techniques as you can break a wrist.



Bridging wrist technique: when opponent grabs your wrist (right hand to left wrist), put your right hand on top of his, to hold his hand in place, kick the shin, bridge up which will break his hold on your wrist, and pull the hand down to your hip.



Power out: this is a two person restraint were the opponent is facing you and one person on each side of the opponent, rushes the opponent and hits the opponent with the shoulder, one arm comes up under the armpit and at the same time grabbing the wrist and holding the wrist at the waist.



Restraints: one man restraint and into a team restraint and take down.

In this stance, the arm is wrapped around your waist. One hand is on the wrist and the other on the shoulder. To take the person off balance, you step forward with the leg closest to the person your restraining.



Going to the ground:

Note: if you have to take a restraint to the ground, you need to take great care, have a firm grip on the shoulder so the person being restrained don't fall head first into the ground.



On the ground straight arm restraint: *make sure palm is up, one hand on the wrist , the other hand on the shoulder. In some cases a knee has been placed on the tricep , but that isn't recommended.*



On the ground , bent arm restraint: *the left hand is on the shoulder and the right hand is wrapped around the arm and grabbing the wrist on your left hand.*



Defense from chokes from the front: put both hands up on the outside of the opponents arms raising your traps, turn and step away and bring arms down



Defense from chokes from the front with strike: raise both hands up, on the inside of opponent, then come down hard in a knife hand strike onto the collar bone. To take it a step further, after the knife hand strike to the collar bone, then you would grab the back of the head with both hands and execute a knee strike.



Defense from chokes from behind: raise both hands and shrug traps up, turn and step to the side.



Defense from one arm chokes: grab the thumb and pry back



Put both hands on the opponents hand, come straight down breaking the holds and pry the hand off by prying back with the opponents thumb.



Defense against head lock:

tuck chin, turn head towards fist and pry up on elbow or pull back on fist. You can push off and get a way or reverse into a restraint as shown.



Defense against bites: feed the bite rather than pull back, and rub your knuckle underneath the nose.



Notes:

- *stay off the person ribs (lungs). Doing so, may suffocate a person, break a rib and possibly puncture a lung.*
- *Having two people helping on a restraint can help make sure the restraint is done correctly. It helps the safety of the person being restrained as well as the one doing the restraint.*
- *If you are at a event you have all security and officials wear appropriate apparel that states that they are security or officials. So if someone is being restrained or escorted out the door, it don't look like there is people out of the audience helping out. That's something that could cause a lot more problems if your security and officials aren't properly dressed.*
- *Always try verbal de-escalation before any physical means. Using any physical restraint should be done only if someone is in the position of hurting or possibly going to hurt himself or others.*
- *If a restraint has to be done, fill out a in detail description of events that lead to the restraint and list any witnesses.*
- *There are some tactics that require a strike. But a strike is a last resort to a defensive program. There are certain jobs that may require certain self defense. These are good techniques to know and maybe helpful to any program. But to be professional, you need to handle each situation in a professional manor and use techniques that are structured to give a minimum chance of harm to the person being restrained and safety for the person performing the restraint.*

Coaches Mitts Level 1

In this second part of the seminar, you are working the coaches mitts. In a big seminar setting, I would advise that you pair up and both people have boxing gloves on and work the combinations below in the form of mitt sparring. In mitt sparring, one person would put up the gloves, the other goes through there combinations, then put the mitts down, move around just like in regular sparring, then the other person puts up there gloves and the other does there set of combos. Do sets of 10

Coaches Mitts Level 1

Punch left to left and right to right when hitting the mitts.

Round 1 level 1

- *10 jab, cross, jab*
- *10 jab, cross, hook*
- *10 jab, cross, hook, reverse hook*
- *10 jab, cross, duck, jab, cross*
- *10 jab, cross, upper cut, reverse upper cut, jab cross*

Note: *Most of the time, when I'm working the coaches mitts, I have my student hit the gloves having the left hand hit the left mitt and the right glove hitting the right mitt.*

Jab, Cross, Jab – *a lot of times the cross is also referred to as a straight punch or straight reverse. Take note of when executing the cross, the torque of the hips and pivot on the ball of the foot*



Jab, Cross, Hook – it's good practice to practice the hook to the head as well as to the body. The belly guard is great help in working the body shots. When hooking to the body, try and get your student to use hip torque.





Jab, Cross, Hook, Reverse hook



Jab, Cross, Duck, Jab, Cross (when working this combination, the coach should switch back and fourth from throwing a jab and cross)



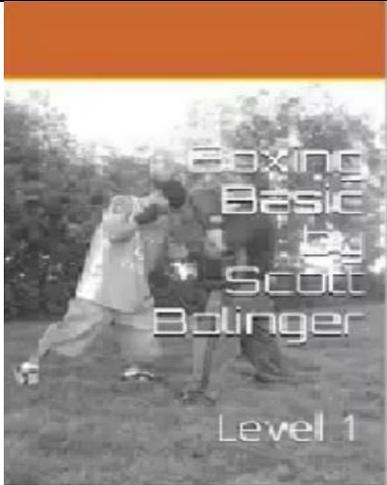
Jab, Cross, Uppercut, Reverse Uppercut, Jab, Cross – this is a good speed drill. This isn't a power drill, just focus on speed.



Products

WarriorRage Kickboxing Series

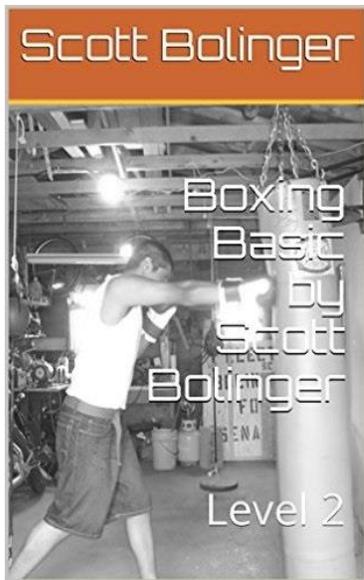
<p style="text-align: center;">WarriorRage Kickboxing Masteres Edition 2016 release</p> 	<p style="text-align: center;">WarriorRage KickBoxing Masters Edition by Scott Bolinger <i>(kickboxing master with over 30 years experience in martial arts)</i></p> <p><i>This is a instruction manual for the WarriorRage KickBoxing system, also know as Bolinger Kickboxing. Published in 2016. This has 394 pages and over 1000 pictures. This book goes threw many aspects of martial arts: Business building and fund raising, stretching, stances, punches and strikes, kicking, combinations, blocks, bridging the gap, exercise routines, how to make your own equipment, weight lifting, the 4 levels of boxing, medicine ball routines, speed drills, heavy bag drills, a self-defense course, rules and regulations for several combat sports, how to wrap your hands.</i></p> <p style="text-align: right;"><i>Hard Cover Item# 1000 \$75.00 CD Item# 1000CD \$45.00 Ebook Item# 1000EB \$40.00</i></p>
<p style="text-align: center;">Boxing Basics by Scott Bolinger Level 1 of 4</p>	<p style="text-align: center;">Boxing Basics by Scott Bolinger Level 1 of 4</p> <p><i>This book goes through the level one medicine ball routine and level one coaches mitts routine and boxing work out. It also goes through a beginners heavy back routine and shows the different strikes. The level on boxing routine sets the base set of combinations, that's your bread and butter combos, in the second round combinations that is to help more with hand eye coordination with working 2 combos at</i></p>



the same time as well as working how to jamb, counter and get off the ropes. The Level 1 medicine ball routine is a very good starter exercise to help tone and has been used to rehab shoulders.

*Ebook item # WR1E \$3.99
Paper Back Item # WRIP: \$11
pack of 10 Item WRIP10: \$100*

*Boxing Basic
by
Scott Bolinger
Level 2*

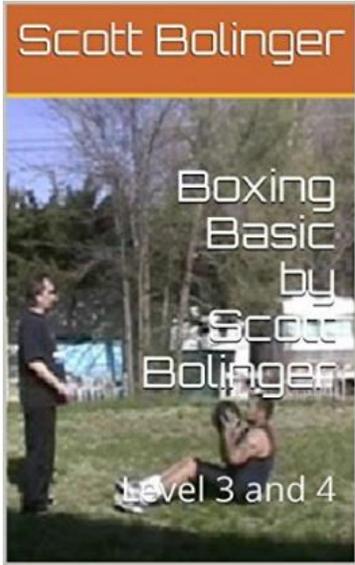


*Boxing Basic
by
Scott Bolinger
Level 2*

This book goes through the level 2 medicine ball routine and the level 2 boxing mitt routine. The level 2 mitt routine you start working on some basic defense. In Bolinger boxing program, we don't just teach blocking as a single act, we teach block and counter. There is also a chapter that has a more advanced heavy bag routine. The medicine ball routine level 2 and 3 are advanced routines, you should be in fair shape when starting on those, but good for full body workouts. The level 2 mitt works starts you out in full set of defensive combos as well as defense and counters.

*Ebook item # WR2E \$3.99
Paper Back Item # WR2P: \$11
pack of 10 Item WR2P10: \$100*

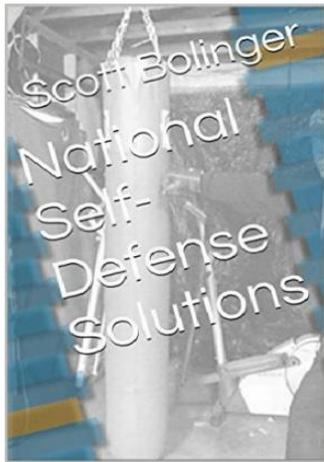
Boxing Basic
by
Scott Bolinger
Level 3 & 4



Boxing Basic
by
Scott Bolinger
Level 3 & 4

In this book, it shows the level 3 and 4 medicine ball routine and the level 3 and 4 coaches mitt routine. Level 3 medicine ball is a advanced exercise routine, level 4 you'll need a partner for that exercise routine. Level 3 mitt work is more advanced block and counter. In level 4 mitt work, you're working the jab, pressuring and working striking angles.

*Ebook item # WR3E \$3.99
Paper Back Item # WR3P: \$11
pack of 10 Item WR3P10:\$100*



National Self-Defense Solutions

This Book outlines a step by step seminar for a self-defense and restraint class. This type of defense and restraint has been used in may job applications such as security, law enforcement, school teachers, EMT, and human service

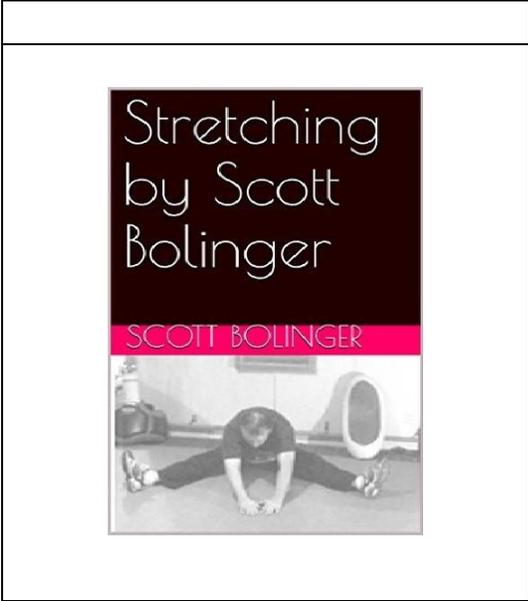
*Ebook Item#: NSDSE \$4.99
Paperback item#: NSDSP \$11
Pack of 10 item# NSDSP10 \$100*



Officials Training For Combat Sports

This book covers Self-Defense, rules for continuous point sparing, team sparring, Muay Thai and MMA. This is being used to train officials and [security personnel](#). This would also be a good program for law enforcement, teachers, security for any [programs](#) including sports or for people working with troubled youth. As well as a addition to a martial arts class

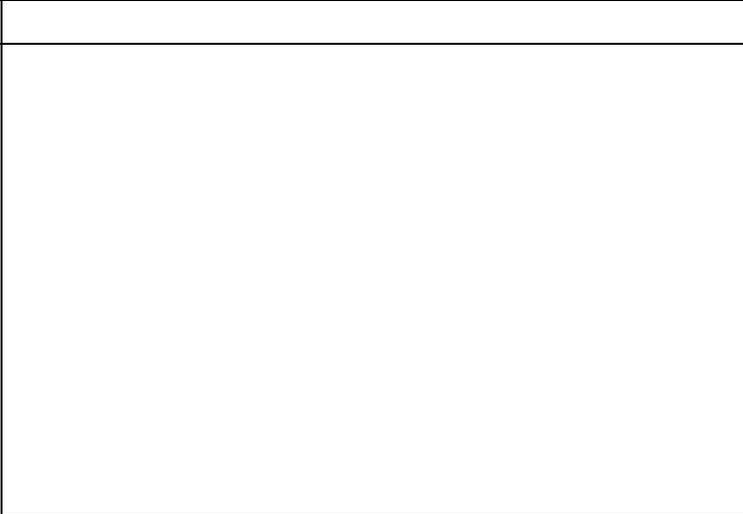
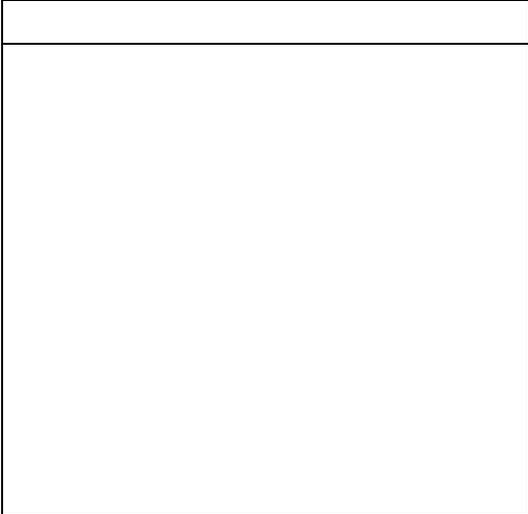
*Ebook Item#: OTCS \$3.10
Paper Back Item#: OTCSP \$11
10 Pack Item# OTCSP10 \$100*

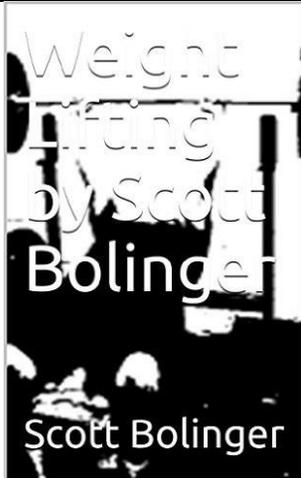


Stretching By Scott Bolinger

This book covers Stretching Exercises that will limber up the upper and lower body. This takes you through a full stretching routine.

*Ebook Item# WRSEB: \$3.99
Paper back WRSPB: \$11
Pack of 10 Item# WRS10: \$100*





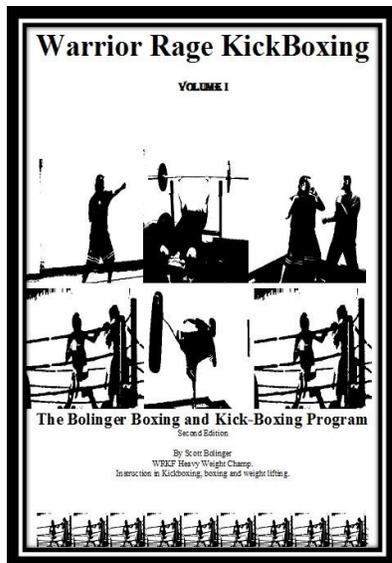
*Weight Lifting
by
Scott Bolinger*

The author has trained in boxing, karate, weight training with his father Larry Bolinger (former Mr.Nebraska). This book shows many of the different weight lifting exercises and then has several weight lifting routines to fallow. There are routines for full body routines that can be done every other day, and there are routines

Ebook Item#: WRW \$3.99

Paper Back Item#: WRWP \$11

10 Pack Item#: WRW10 \$100



WarriorRage KickBoxing (the second Edition): item # 001

The Bolinger Boxing and KickBoxing system ASIN TXu1-235-960

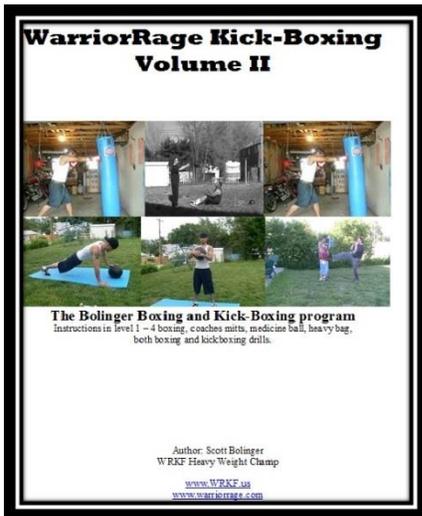
Description: *The WarriorRage KickBoxing book has information on developing a martial artist from white white belt on up to Brown belt in the WarriorRage system. There is instruction on business building, stretching, strikes, kicks, block and counters, many routines to choose from, hand conditioning and weightlifting. Over 250 pages and over 800 pictures.*

Published in 2005 by Scott Bolinger and the second edition released in 2009.

For hard cover , go to WarriorRage Masters Edition

Ebook item #001

Price: \$8



WarriorRage KickBoxing Volume II Item # 002

ASIN: B00FO6WOU4

This book contains the 4 levels of boxing, instructions on using the coaches mitts, Medicine ball (plyometrics), heavy bag, strikes, kicks, speed drills and how to wrap your hands.

Over 120 pages. Published in 2009 by Scott Bolinger.

For hard cover , go to WarriorRage Masters Edition

Ebook item #002E:

Price: \$8

Order Form

WarriorRage KickBoxing

Buyers Info:

Name: _____

Address: _____

Phone #: _____

Email #: _____

Item #: _____ Description: _____ Quantity: ____ Color: ____ Cost: _____

Item #: _____ Description: _____ Quantity: ____ Color: ____ Cost: _____

Item #: _____ Description: _____ Quantity: ____ Color: ____ Cost: _____

Item #: _____ Description: _____ Quantity: ____ Color: ____ Cost: _____

Item #: _____ Description: _____ Quantity: ____ Color: ____ Cost: _____

Total: _____

payment options:

Check or Money order: Send Check or money order to Scott Bolinger (Author), 507 Niobrara Avenue, Alliance, Nebraska 69301 . If paying by credit card or paypal go to www.WarriorRage.com. For questions call 308-760-7346 or Email wrkf@warriorrage.com.

About the Author

Studied boxing, Chinese kickboxing, Shotokan, Tae Kwon do, Jukaido, and Kenpo. With his study of the arts starting in 1984 has over 30 years in instructing martial arts and currently instructs his own style of Boxing and Kickboxing called Bolingers Boxing and KickBoxing also known as WarriorRage KickBoxing and have authored several kickboxing books.

Copyright in 2016

by

Scott Bolinger of Alliance Nebraska

All rights reserved. No part of this book or CD maybe reproduced in any way, shape or form or by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system without permission in writing from the author Scott Bolinger. If bought as a ebook, you may make one hardcopy.

Published by:

WarriorRage.com

Address: 507 Niobrara

Alliance, NE 69301

Phone: 308-760-7346 Email: wrkf@warriorrage.com

Website: www.WarriorRage.com

Website: www.WRKF.us

Revised 2016

For more books, CD, ebooks and kindle downloads by Scott Bolinger go to

www.WarriorRage.com or Call 308-760-7346

