

# SJÄLVFÖRSVAR

No Nonsense Training for Real World Situations



Training begins  
with the question:

WHO ARE YOU ?

**"THE ART OF BECOMING MORE SELF-AWARE IS WHAT MY TRAINING IN SELF-DEFENSE IS ULTIMATELY ABOUT"**

## Hi, this is Stefan Forsman

Before you sign up to one of my self-defense programs, I would like you to take the time and read some thoughts that I have put together in the following pages. I look forward to meeting you and helping you to explore this whole world of self-defense. I know that I am a little different to what others are doing out there, but I will let the words below give you a start in understanding what I have to offer.

**I have not led an ordinary life ... but the knowledge gained is something I hope you will benefit by for the rest of your life ...**

The crux of my learning methodology is discovering what you are motivated by in life. I have been forming this methodology, which aims to create more empowered human beings who are more effective leaders, communicators and survivors, since taking

my first serious steps into the world more than 40 years ago. I may not have not led an ordinary life, however, what I have done has led me to where I am with you today. That is, with a higher purpose to help you live a more fulfilling life and equip you with skills to create a mindset and develop a stronger body system that will serve you in more ways than simply self defense.

The first step I will take you through is to understand that Self defense begins with a positive attitude. A positive outlook on life is important because it is the foundation that will help you in any situation in life ... even difficult and dangerous situations that will challenge you to call upon your greatest reserves of mental, emotional and physical power. The need to be ready for any situation that could possibly threaten your life is, unfortunately, a part of life. However, if you are harboring negative thoughts and motivated by fear, anger and apathy, then you have lost the battle already.

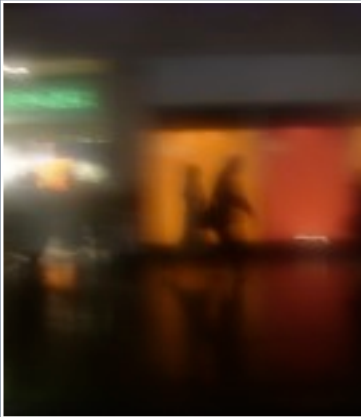


*Stefan Forsman*

I want you to understand this before anything further. Insight of knowing who you are and really knowing what motivates you from moment to moment is fundamental to survival and also living a more successful life. Developing self awareness will lead you to be more optimistic with higher levels of self confidence, self esteem and being more comfortable with your own body and in tune with what it can do.

**With this foundation of personal knowledge and self worth, you will have a very powerful advantage.**

# SURVIVAL KNOWLEDGE



## A system of survival for all environments

All of the different skills and practices that I have developed over the years converge in my overall methodology, which at the core develops stronger levels of self-belief in people and prepares them to meet challenging situations, particularly in a world that is changing environmentally and socially.

**I bring to you an integrated practice and philosophy to life on how to communicate and act more effectively and rapidly for positive results in any situation.**

My way of self-defense - techniques and training - has grown out of years of real life experience in dangerous situations, studying and serving being a commando with the Swedish army - also as a peace keeper with the United Nations - and early years training to be a boxer, but also out of developing my own understanding of personal empowerment and developing skills in leadership and survival. To be leader in times of danger requires a set of competencies that includes high levels of self-awareness, self confidence, optimism, adaptability, initiative; also to be socially aware and manage conflict for the best possible outcomes for everyone. I started this quest - inadvertently - when I first started looking for new ways to communicate and lead animals for working purposes on farms. Eventually, this grew to a specialisation in working with problem animals that were dangerous to be around and also to themselves. People paid me from the age of 14 to do this job. I was able to re-train animals so they could be put back to work. What I learnt and quickly was this need to develop essential competencies in leadership to get the best results. So animal or human- especially in dealing with difficult situations - obviously requires a handler who knows who

**Real life attacks are violent & totally chaotic. You need proper training to prepare for this!**

they are and it's as simple as that. Another road that I have taken to explore the idea of self-awareness and building human capacity is drawn from my years of experience since childhood in learning how to live and survive in wilderness locations for weeks at a time in diverse climates and locations from Scandinavia to Australia, America and Canada. Nature is an amazing teacher, especially when you are faced with only yourself. So too is when you are traveling in the wilderness with a group of people. Trustworthiness, teamwork and collaboration are key competencies.

Taking responsibility for knowing who you are and what you bring to a wilderness experience is critical for your survival and that of others. Finally, I bring my years of training and service as a commando with the Swedish army, as a specialist in surviving and defending behind enemy lines in arctic conditions; also serving in war zones around the mediterranean and developing my skills further in self-defense training with techniques learnt from military personnel with the Israeli, Canadian, UK, Norweigen, US and French Foreign Legion armies. In a nutshell, I have learned to develop my mindset for self-worth and mental clarity; I have embraced a physical fitness regime to stay healthy and prepared for survival in any situation that life offers up, and I am experienced with a system of training for hand to hand combat that surpasses any other system of fighting on the planet. The fact is, no other techniques have the documented, statistical record of the number of combat kills as the system that I integrate as part of my self-defense training program.



**"I have researched and practiced extensively the best of the best in real world self defense training to ensure that my techniques are the best available"**

Stefan Forsman

**Modern living has taken us away from what is really out there to deal with, in nature and in ourselves. I don't believe we can afford to avoid NOT taking responsibility for our survival or that of our children.**

Urban and suburban violence is a part of life ... terrorist activity included ... and with earth changes taking place by the minute, we need to be prepared to survive in all conditions whether it is human or nature driven. My idea of self-defense is a growing one. Not a limited concept. And self-awareness combined with knowledge of what to do in challenging and life-threatening situations is what I like to teach ... to help you find the key and produce the solutions you will need to find within yourself to be a survivor and a winner in life. **But first, I need to ask: Who are you?** How often do you ask yourself this question? I believe that what you don't know about yourself is something that you owe to yourself. Isn't it better to know what you are capable of and also what you need to develop, especially if it ever came to pass that you had to really defend your life?

A way to understand and manage effectively your own life and to ensure a good chance of safe passage through the jungle of living is a philosophy and practice that I want to share. And more so, because I believe there is a general misunderstanding of the term self defense, which I think creates for people more trouble. What I do know amongst people who have not pursued proper military self defense training or experienced action in real life threatening situations, is this:

**People who have not trained properly or experienced a life threatening situation have absolutely no idea what it is they don't know!**

Now, I do not mean to invalidate people's ideas of self defense, however from my experience and knowledge, I think the

term is really misunderstood. For example, some would classify self-defense as some kind of martial art. Well. Absolutely not. The martial arts are bound by rules and often played out on soft mats with a referee sometimes calling time out. That is a sport, not training for the speed and deadly intent of a real life attack that has no rules.

Unfortunately, we also come across people who have a more naive view with statements like: "I lift weights, so I don't need to learn self-defense." Like the martial arts, I do not disrespect the mental and physical discipline that participants engage with to excel in these chosen activities. But, have you seen how body builders move? Well, I

have never seen one move fast ... how can body building therefore be an effective preparation for the surprise factor and speed of an attack?

I have even heard people say that getting angry is good self-defense. They will say: "I don't have to participate in a course to learn self defense because I have such a temper. I get so mad. If someone attacked my family,

I would kill them. I would go home and get a gun ..." Well, that is not good self-defense. In my way of thinking, that kind of thinking is very dangerous.

Then there are passive approaches to self-defense that I am very concerned about, that go under the titles of Humane Self-Defense or Feminine Self-Defense ... and some of these programs are being taught by people who have had only 8 hours training themselves and absolutely no experience in real life situations! I have learned from people with experience and with systems of survival that are time proven and highly effective.

**Basically, when a confrontation escalates, from my experience, the last thing you want to be is humane or feminine. I don't think you would have the time.**

**"How you will be attacked in a real fight is an unknown - certainly not the moves you expect in martial arts. Real self defense training prepares you to be fluid, adaptable and to go with the flow. "**

**HOW DO YOU UNDERSTAND Self-Defense?**

## SELFDENESE



**I just want to see people trained properly so they have the best chance of surviving an attack.**



**Emerge from this self-defense program with...**

A greater understanding of personal limitations, mentally and physically, and a course of development that will turn your weaknesses into strengths

Valuable knowledge and improved skills to work with techniques that are drawn from real life experiences and a self-defense training system unequalled in the world

A personal, reality based program of training that will prepare you for the way it is in reality and be ready to use your power to either avert an attacker or if necessary, explode into action to save yourself

**Building knowledge, developing skills, the 1st step is self-awareness training and knowledge of the victim-perpetrator relationship**

The mind of a perpetrator is expert at picking out victims. So if we can accept that victims are low in self-esteem, don't believe in themselves, or are innocents and don't understand a criminal act when it is happening. Then they don't stand a chance. The classic scenario perpetrated by a person with criminal intent is enabled - a criminal will win over a victim, long before a physical attack. Criminals will seek out victims, just like lions will look for prey in the African wilderness. And they are not looking for a fight either because the last thing they want is resistance. If they are not quite sure, they will test you and see how you react. The one thing they are scared of, is getting hurt themselves.

**Don't look for trouble.** The best kind of self-defense is to diffuse a situation and never get into a physical confrontation Why put ourselves in situations, which could very well put us in the morgue or in prison? The law doesn't always see it the way you see it, so if you are going to fight with every SOB idiot out there, you will sooner or later end up in prison, or dead.

**The moment of truth will be what you have trained, or not trained to do**

**You have to pick your fights ... AND ONLY if you have no other option.** The most important thing that I can help you achieve, is greater self awareness and knowledge about your limitations, and more confidence to use some simple, positive actions that will help you to diffuse a threatening situation - long before it escalates into a physical confrontation.

**Understand that most attacks begin with an interview.** This is important to know. The perpetrator will probably first say something to you, question you. What you need to do is trust your intuition and combine this with knowledge about human behaviour and body language. Students in my courses spend intensive, practical time to really understand this dimension of self defense. They learn how a perpetrator thinks, how you are perceived and analysed for target, the tricks used to get near you, and ways you can be tested by a perpetrator so that person feels safe to take the next step and physical confrontation. You can use the same tricks to defend yourself and get out of a situation - fast

<b>FORSMAN SELF DEFENSE REALITY TRAINING WHEN EVERYTHING ELSE FAILS ...</b>	<b>WHEN YOUR ATTACKER GOES FOR YOU</b>	<b>IT'S NOT LIKE IN THE MOVIES</b>	<b>ANYTHING CAN HAPPEN, THE OUTCOME IS UNKNOWN</b>	<b>ARE YOU READY FOR IT?</b>
	<p>It is brutal, chaotic! Real life attacks do not feature time out like they do in sports competitions</p>	<p>With spectacular, showy moves and actions sequences switched to slow motion</p>	<p>It's not planned in advance, neither will you know how your enemy will attack - he maybe armed</p>	<p>Your heart will beat fast, adrenaline will dump, your fine motor skills will go</p>

# THE CASE FOR REALITY BASED TRAINING

## Giving you the best possible chance to emerge safely

My approach is to provide you with **reality based training** where you will experience what it is like to be in a very uncomfortable place with a brutal attack raining down on you. I will provide you with a training program that prepares you to meet the unexpected very quickly.

**Again, this is not training that prepares you for a sporting event.** Reality based training is not conducted on soft mats with good lighting. A fight in real life is nothing like a sports competition. There will be no referee to save you. You cannot win on points. You will have to knock your attacker out or hurt him so much that he no longer constitutes a threat. In a worst case scenario, you might have to kill your attacker, or be killed yourself. Remember, in a real life attack, there are no rules, in fact, the lowlifes that come after you in a brutal way will cheat as much as they can and do anything to hurt you, or kill you. They will show no mercy. They will be violent, aggressive, savage, ruthless ... and they are not beginners, they have done this before.

**Is this what you have trained for?** Maybe you think this can never happen to you or your family, unfortunately, it can. Sticking your head in the sand is not going to make any of this go away.

## + Keeping it simple

A small set of simple yet highly effective techniques that you will never forget



## My training is about ACTION – NOT reaction

Everything is chaos in a real attack, your adrenaline is rushing through your body, you are scared **BUT the last thing you must do is wait to see how you will be attacked** to establish the best technique to defend yourself - that may be acceptable in a martial arts tournament but not in real life. If you are forced into a physical confrontation, you don't want to be flapping backwards like a wounded chicken, covering up to protect your head. Ever see a boxer win a fight by only covering up and being defensive? Ever seen a rugby team win a match that way?

**I will train you to develop the right mental attitude that you believe you are going to win and survive** ... and that you will be prepared to bring out the dark side, the devil within, in order to survive. If you are not prepared to do that for those few seconds, in your life, you probably will not make it. Show **FULL FORCE** and give it everything you have. And, never, ever get into a physical confrontation and just try - that is a loser's mindset which often leads to giving up.

## You need to finish a fight as quickly as possible and do it to win

The longer it takes to finish a fight, the bigger the chances are that something will go

wrong. You could be injured for life, both physically and psychologically, or worse ... **Forget high kicks and the hundreds of complicated moves** that you see in martial arts courses, you will only react like a computer with too many programs open at the same time ... **forget grappling on the ground, pressure points, or joint manipulations.** These types of techniques do not work when you are fighting for your life. There are a number of documented cases of guys with Black Belts who found this out the hard way. Not even big police officers have been successful when dealing with crazed people. Just watch episodes of Cops. Sometimes 4 or more police officers are having a hell of a time with just one small man or woman. In one episode, 2 male officers manipulate a man's joints ... he punches the crap out of them and they ended up in hospital. As for using the skill of applying pressure on body points ... you tell me how effective that is going to be in the heat of battle when your fine motors skills disappear after adrenaline dumps into your system?

**In this program, I will show you how a "trying" mentality fails, why a defensive/ reactionary approach is pointless, and how other techniques are basically useless when you are fighting for your life. I have one, battle proven technique that will do the job and I'm happy to show you how it is done.**

Forsman  
Self Defense



Självförsvar

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Debra Robertson Productions 2011

Website

[www.forsmanselfdefense.com](http://www.forsmanselfdefense.com)

Email

[info@forsmanselfdefense.com](mailto:info@forsmanselfdefense.com)

Phone

+46 (0)703539545

Skype Name

**forsmanselfdefense**