



...because in combat, it's not who's right. It's who's left.

AT A GLANCE

- Physiology is free
- The **S.P.E.A.R. System™** is self-correcting
- **PHYSIOLOGY RULES:**
 - Functions independent of gender or size.
 - The MMA / Self Defense connection : a true rhythm break is the same as a sudden attack in the street. They both trigger flinching. The human body moves away from danger, the problem is the attack moves forward. Moving backwards is always slower than moving forwards.
- Bypasses cognition during sudden violent surprises such as a street attack (self-defense) or an extreme rhythm break (sport).
- Using kinesiology and physiology, we can all enhance the human weapon system.
- There's tremendous tactical application, but you must first respect the physiological foundation of the system.
- The **S.P.E.A.R. System** has been medically evaluated on three continents
- The **S.P.E.A.R. System** applies physiological research to help reduce reaction time during confrontations. Classical conditioning is used to blend two dynamic forces:
 1. the speed of the flinch response; and
 2. the power of extensor strength. By using the kinetic energy created by a startle/flinch response and the cross extensor reflex we can improve close quarter position. The **S.P.E.A.R.** then becomes a bridge to your style or system.

MEDICAL SUPPORT FOR SPEAR SYSTEM™

"The SPEAR system utilizes instinctive motion to effect a combative change in both participants. Its effectiveness is grounded in basic physiology and as a result although initially apparently simple it is fundamentally as complex as the system it is designed to protect, humans."

– Robert Smith MD

"My review of the medical literature showed that while the studies were not done for self-defense in particular but rather to look at the effects of sudden fear or aversive stimuli on the human mind and body they found concepts that are described in Mr. Blauer's system. It seems his concepts are reproducible in different discipline and are universally valid."

– Dr. Eric Levasseur

"The flinch response is a well-recognised reflex response in which the threatened subject adopts an automatic protective posture. The SPEAR system promotes recognition of the flinch response to sudden potentially threatening stimuli and advocates a system of self defence which commences from the postural position the response produces. As the resultant posture from the startle response is one we cannot choose, it makes sense that techniques of defence in sudden ambush start from this position."

**– Dr Anthony Bleetman,
PhD FRCSEd FFAEM DipIMC RCSEd**

RESOURCES

BTS Website

www.blauertactical.com



BTS Newsletter... FREE!

Subscribe online at www.tonyblauer.com

A screenshot of the BTS newsletter sign-up form. It features a 'VIEW OUR TRAINING CALENDAR' button with a 'CLICK HERE' link and a 'SIGN UP' section. The sign-up section includes a 'join our mailing list' heading, a note that '*' indicates required fields, and input fields for 'Email Address *', 'First Name', and 'Last Name'. A 'Subscribe' button is located at the bottom of the form. To the right of the form is a small image of a person in a sparring stance.

CrossFit Website

Go to videos, then combatives. Check out the HICK'S LAW DEMO video, SPEAR AS A BRIDGE video... and many more!



ABOUT TONY BLAUER

Tony Blauer's philosophy and mission has remained constant since 1979. He has always searched for a better way. He has not tried to perpetuate a style; instead he has tried to educate an international community on the importance of psychology, fear management and behaviorally sound tactics. More importantly, he has passionately shared his research to the martial arts and combative community through his seminars, articles, videos and audios.

Tony's company, Blauer Tactical Systems, along with his Personal Defense Readiness™ (P.D.R.) team continues to research and evolve personal and professional safety training and products.

The emotional and psychological arena is Tony Blauer's domain, his research is used the world over and can easily be incorporated and implemented into a personal or professional defense strategy and/or practice.

If you're interested in personal safety or you're an instructor or trainer looking for new information to share with your students, we invite you to experience Tony Blauer's research on fear management, close quarter tactics and simulation training.

Go to **QUICK LINKS** on **BTS** website for:
WORLD HEADQUARTERS DETAILS
HIGH GEAR VIDEOS
TRAINING OPPORTUNITIES

JOIN OUR TEAM:

"The BTS Team has two functions: to research, produce and distribute the most responsible self-defense system in the world and to develop the best coaches of the most responsible self-defense system in the world."

