



## **RANKING SYSTEM**

### **THE FUTURE OF SELF DEFENSE IS HERE!**

The Danny Lane Fighting System is a unique compilation of Martial Arts combining the "best of the best" techniques Danny Lane has learned and used during his (51) fifty one years in the Military, Law Enforcement, Martial Arts and Personal Protection fields.

Danny will teach you a reality based combative system that will prepare you to survive any situation.

The Danny Lane Fighting System teaches Real techniques, for Real People, in Real Life Situations! Techniques that are FAST to learn, EASY to comprehend & EFFECTIVE to use.

Danny Lane Fighting System is based on government operative techniques and scientific principles. Techniques that attack the neurological, circulatory, respiratory and energy pressure points of the body. You will learn techniques that when applied to soft targets of the human body can neutralize and incapacitate an attacker in seconds.

**Anyone** regardless of age, sex and physical condition can learn these life-saving skills. You owe your family the security of protecting them.

The *Danny Lane Fighting System* is set up on a 24 month training schedule at 5 hours per week. That totals 480 hours of training from beginner to achieving the Certified Instructor Level#5 or Black Belt Rank.

**Note:** If you have prior training you may go FASTER through the System and achieve rank and certification.

**Membership & Certification** is NOT required for online students but available for those that want to be get certified and rank in our system.

### **MEMBERSHIP:**

Each member will pay a \$50 membership fee per year. Memberships to be renewed January 1st of each year.

Each member gets a *Danny Lane Fighting System* membership card and regular emails of training tactics, security, and safety and self-defense tips.

### **TESTING FEES:**

*Danny Lane Fighting System* Testing Fees: \$50 per test for reviewing your online submitted videos. \$100 if the student wants a private one hour critique of their submission by telephone.

### **CERTIFICATION LEVELS:**

LEVEL #1 COMPLETION OF VIDEOS VOLUMES 1 & 2 - 3 MONTHS  
LEVEL #2 COMPLETION OF VIDEOS VOLUMES 3 & 4 - 3 MONTHS  
LEVEL #3 COMPLETION OF VIDEOS VOLUMES 5 & 6 - 6 MONTHS  
LEVEL #4 COMPLETION OF VIDEOS VOLUMES 7 & 8 - 6 MONTHS  
LEVEL #5 PASSING THE DANNY LANE FIGHTING SYSTEM INSTRUCTOR TEST.

**Volume #3 - 2 Second Defense** - 3 months and 60 hours training based on 5 hours per week training. Student to keep a training journal of hours.

1. Palm Heel to chin takedown.
2. Palm Heel to jaw into a standing triangle.
3. Palm Heel to nose.
4. Bull Dog take down.
5. Defend Hooking Punch counters.
6. Defend Knife Slash.
7. Knife Hand Chop combinations.
8. 2 SECOND DEFENSE
9. Bear Hug Front arms outside.
10. Bear Hug Rear arms outside.
11. Bear Hug Front arms trapped.
12. Bear Hug Rear with arms trapped.
13. Two Hand Chokes to Neck.
14. Two Hand Choke from behind.
15. Clothes Grab with applications.
16. Cross Wrist Grab
17. Straight Wrist Grab
18. Double Wrist Grab
19. Wrist Grab from Behind
20. Wrist Grab Reviews

**Volume #4 - Close Quarter Combat** - 3 months and 60 hours training based on 5 hours per week training. Student to keep a training journal of hours.

1. Outward Wrist Throw and Lock
2. Inside Wrist Lock and Shoulder Lock
3. Upward Wrist Lock
4. Downward Wrist Lock
5. Quick Review of 4 Wrist Locks
6. Windmill Block with 3 Count Counter
7. Defense against Hair Grabs
8. Defense against Side Head Lock
9. Front Choke Guillotine
10. Chokes Rear Naked - Standing Arm Bar- Sleeper
11. Defense against a Full Nelson
12. Side Blade Kick - Chop - Ridge Hand - Downward Elbow
13. Evade - Kick Groin - Double Elbow - Step Behind- Stomp Kick
14. Cross Elbow - Spin Elbow Kidney - Chop Neck - Stomp Kick
15. Standing Triangle Submission
16. Rapid Fire Hand Attack 3 Count
17. Rapid Fire 8 Count Open Hand Drill
18. Two Hand Grab from behind - Double Leg Takedown
19. Judo Back Fall
21. Judo Side Fall
22. Judo Forward Roll
23. Judo - Outside Major Sweep
24. Judo - Outside Minor Sweep
25. Defend Against the Shoot Take Down
26. Defense against a Street Puncher

Note: Upon completion of both Volumes #3 and #4 the student will qualify to test for a Level #2 Certified Instructor status.

**Contact [DannyLaneMartialArtist@gmail.com](mailto:DannyLaneMartialArtist@gmail.com) or go to [DannyLane.Com](http://DannyLane.Com) for more information.**



**DannyLane.Com**