

The exact method a 40 year old average joe used to dominate all of his fights against stronger, younger, and more experienced fighters

Discover how Tom Proctor, a 40 year old undefeated cage fighter, was able to train 15 inexperienced and everyday people to a combined record of 64-4 with these simple sparring techniques.

- Elevate the force behind your punches by an immediate surge of 400% raw power!
- How to create a protective shield that will not allow any fighter to come close to hitting you at any time!
- How to quickly reduce the strength of a formidable opponent!
- Learn to identify the strengths and weaknesses of a skilled attacker before the fight even starts, ensuring you stay one step ahead!

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