

Let's expose this guy for what he is í í .. a charlatan and an entertainer. What he is doing is nothing more than a technique that is called "Waking Hypnosis" or "Hypersuggestibility". Since I have a background in this topic, I am a Certified Hypnotherapist and working towards my masters in NLP, let's break down what we have just seen in this video.

There are a number of ways to place a "WILLING and COOPERATIVE" person into a state of hypnosis, one of which is "waking hypnosis". The best way to explain waking hypnosis is when a person in authority, such as a Doctor, tells you that you have only got two weeks to live, and then bang, you die in two weeks. You the client believe without question that the doctor must be right because he is the expert, so his "suggestion" you are going to die in two weeks must be correct and thus the conscious and more importantly the subconscious accept this "suggestion" 100%. Remember that the mind guides the body !!!!!

In this video, the person in authority is the Instructor, and I use this term sparingly, who is demonstrating this "magical" technique to participants who want to be there and learn (read WILLING and COOPERATIVE). In fact, you can hear the group calling him Sir, this now "anchors" to everyone, that he is a "person in authority" which is needed to make "Waking Hypnosis" work.

Next, let's look at how he "plants" the "suggestion" you will be knocked out, into the participants subconscious. First, the instructor obviously asked for volunteers. If a person volunteers, it tells the person in authority (hypnotist) that the person is definitely "Willing and Cooperative" and therefore more susceptible to suggestion. Although we did not see it in the video, I am also sure that this instructor conducted some very easy "suggestibility tests", without letting the participants knowing of course, prior to his demonstration to ensure that he picked the right volunteers to demonstrate on. Heaven forbid he pick someone who would not respond to his suggestion, to do so would result in loss of face and more importantly loss of MONEY to him !!!!!!!!

Next, The instructor prior to actually performing this "amazing" knock out technique, further "anchors" his suggestion to each participant, by slowly demonstrating what he was going to do to each student. He does this using a technique known as a "Hypnotic Equation". A hypnotic equation is basically where the instructor is replacing one action with another. In this case, on the first three students, he suggests that when pain or pressure is felt by me striking you, you will go unconscious. This is a classic "Hypnotic Equation" He further anchors this suggestion by showing (through demonstration first) what each student will do when he performs/applies his "magical" and "awesome" techniqueí í í again give me a break !!!!!!!!

So now, let's look at the actual applications/techniques used by this Instructor. Prior to the actual demonstration, you will not that the instructor uses some humor (says "it's

over, did you see that) to get the group, including his victims, to laugh. Why, because FEAR is one of the factors that can prevent an induction from taking place. This is a distraction technique that is used to calm people prior to an induction, in this case the technique of Waking Hypnosis. A calmer participant = higher suggestibility which = they will do what I need them to do.

Victim#1: Instructor first uses a technique known in hypnosis as a misdirection. A misdirection is used to increase a clients receptiveness a suggestibility due to the fact that the conscious brain is reaction as it should thus opening up the subconscious brain to suggestion. The misdirection technique is where the instructor first kicks the inside of the student's right leg to get a pre-designated response that would happen. Because this worked, the students subconscious mind is now wide open to the instructors suggestion which he anchored earlier. The instructor now touches the student's left side of the head (previously anchored hypnotic equation) at which time the student, magically and in awe of the group is knocked out and falls to the ground. What one should note, is that when in a state of hypnosis, a participant is still fully in control of his body. If you look closely, you will see victim #1 put his hand out to protect himself as he falls to the ground. If you compare this to an actual knockout, as you see in boxing, the body will fall to the ground like a marionette puppet whose strings have been cut. THIS DID NOT HAPPEN IN THIS CASE . Further, after apparently being knocked out and falling to the ground, you will hear the instructor state back up (suggestion) to victim #1, touches his head (anchor), at which time the student himself without any real help goes into a seated crossed leg position with his head up, just as the instructor suggested he do.

Victim#2: again instructor uses misdirection techniques by touching/blocking both arms. He then lifts both hands directly above and to the front of the victims forehead. This technique is known as an Eye Fascination. If I can get a person to do an eye/lid lift, it places one's brain activity into a state of alpha. When the brain is in a state of alpha, a person becomes more suggestible. Instructor then strikes the victim in the chest with both hands (anchored hypnotic equation) at which time the victim falls to the ground unconscious. Again notice that as this victim falls, he puts his hands out to protect himself from the fall. Also how once again the instructor goes over to this victim once grounded, again touches him (anchor) and then says head up at which time the victim immediately does as he is told.

Victim#3: again instructor uses misdirection technique and then uses and anchored hypnotic equation, by striking the subject to both side of his neck. Again watch how this victim falls, and also note how the instructor again touches the subject after this knock out.

Victim #4: This is a very interesting one to watch, and more importantly to break down. Again the instructor uses a misdirection technique (has the student grab him with two

hands) but this time the instructor does not use a physical touch of any kind, but places his hands above the victims forehead about 3-4 inches away (eye fascination technique) and through some kind of "magical force" causes the person to go unconscious. What happened here was that the instructor used a technique known as "compounding" to anchor his earlier hypnotic equation that the person would be knocked out. The victim in this case, watched three separate students be knocked out by the instructor. Because of this fact, each time the student saw the instructor knocking someone out, his subconscious mind was being compounded with the "visual fact" that he would be knocked out too, no matter what this instructor did. As well you will note how the instructor causes the person to move his upper body and head backwards. To the unconscious brain, it equates this motion to falling backwards, and with the previously anchored suggestion, and the fact that the student had seen three other of his colleagues go unconscious, the instructors suggestions were "compounded" thus the knockdown. This is the same technique that a lot of "Pentecostal Ministers" use when they touch a person's head and yell "your healed" at which time that specific member of his flock falls backwards in what others see as an unconscious state.

This video proves nothing more than the fact that the instructor is very skilled in the area of hypnosis and suggestibility, period, full stop !!!!!!! Teaching this to students in a self defense context is both misleading and negligent, period, full stop. It is because of these charlatans who promote this garbage to uneducated people for nothing more than the old mighty buck, that people are getting seriously hurt or even killed when attempting to use this shit in the real world.

What you saw in this video, I can replicate time and time again. The ONLY reason this instructor was able to make things work for him was because he had WILLING and COOPERATIVE subjects to work with. On the street I'm pretty sure that your attacker will not be so WILLING and COOPERATIVE, Period, full stop.

This instructor is both an entertainer and a CHARLATON who is not teaching self defence, but rather "self defeat", and should be exposed as such, Shame, Shame, Shame

Remember, Knowledge and the understanding of that Knowledge is POWER. It is with such knowledge that we can effectively educate others about these CHARLATONS!!!!!!

Strength and Honor

Darren Laur