How to use ‘Mirror Neuron’ technology to dramatically accelerate learning to protect yourself against violence using your TFT Foundation Series videos

No other system on Earth engages your mirror neurons like TFT.

Why is that?

First, other defensive systems and traditional martial arts depend on complex movements that MUST be continually trained.

And as far as your brain is concerned, these complex movements are NEW actions which means your brain has no frame of reference to repeat them.

On the other hand, TFT uses simple movements you have likely performed time and time again. Once your brain recognizes these simple, familiar movements, your nervous system easily recruits the muscles necessary to perform them.

And finally, the TFT recordings demonstrate all of the movements using perfect form... plus they are demonstrated using multiple angles.

Which is just what your ‘mirror neurons’ need to mimic them perfectly!

Getting the most from watching these videos...

So to get the most out of watching the videos, watch the first set of “Live Class” DVD’s as quickly as possible. There’s no need to take notes, or pause to practice. Just let the information soak into your brain.

But here’s something crucial: as you watch make sure you’re doing it... with the intent to use it.

In other words as you see the instructors demonstrate this material on screen imagine yourself right there on screen. Actually see yourself applying what you’re watching.
Some people would call this ‘active watching’... and it’s key to maximizing your learning (it’s definitely not the time to rock back, kick your feet up and veg out after a long day at work!)

Then, once you’ve gone through the first six DVD’s, you will have the basic movements down to a point where you can recall them as needed. Which means after about 6 hours, you’ll be capable of defending yourself from violence.

After that, the second set of DVD’s will take everything a few steps further.

Just watch a chapter at a time, and if you do not intend to physically train... visualize each movement a few times in your mind to lock them into your nervous system.

That’s all you need to do to take advantage of this revolutionary training system.

Do we recommend actual live training... either with a spouse or friend, or at one of the TFT live training classes? Absolutely.

Nothing can match live instructor feedback.

But even if you intend to train live at some point, following the simple plan listed above quickly gives you a solid foundation which means you’re prepared should violence unexpected strike.

If you have questions or comments about the application of this ‘mirror neuron’ technology email them to us at Admin@targetfocustraining.com.

Thanks,

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To learn more about TFT’s 2-boxed-set, 12-DVD Foundation Series videos, click here
In case you missed it, what follows is the scientific evidence we presented during our recent Foundation Series promotion that proves Mirror Neuron technology can dramatically accelerate your learning ability...

Using Scientifically Proven Accelerated Learning Technologies

If you think the stories I shared above seemed unbelievable, I get it.

After all, you don’t hear stories of people saving their lives by watching a set of recordings every day.

Yet the same science behind this principle has been used by elite athletes for years to achieve amazing performances.

What is their secret?

The science of newly discovered mirror neurons.

Without delving too deep into the science, let me explain how they work.

A simple example you may be familiar with is looking at a baby and sticking out your tongue... and the baby, mimics you... sticking out a tiny tongue at you.

Essentially, the baby’s mirror neurons mimic your action.

You could call it imitation learning.

And famed neuroscientist V.S. Ramachandran has described “Mirror Neurons and imitation learning as the driving force behind ‘the great leap forward’ in human evolution.”

Sure, you’ve used mirror neurons as a baby to imitate others.

You’ve also used them to learn how to speak.

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Robert Provine, Research Professor/Professor Emeritus, University of Maryland calls their role in human development “the most important unreported story of the last decade.”

There is still much to be learned about how the mechanism works, but what we know so far shows intent turbocharges the activation of mirror neurons.

That means watching something with the intent of repeating it kicks your mirror neurons into action.

Here’s an example from a study done by Australian psychologist Alan Richardson using basketball players.

Richardson chose three groups of students at random. None had ever practiced visualization.

The first group practiced free throws every day for twenty days.

The second made free throws on the first day and the twentieth day, as did the third group.

But members of the third group spent 20 minutes every day visualizing free throws.

On the twentieth day Richardson measured the percentage of improvement in each group.

The group that practiced daily improved 24 percent.

The second group, unsurprisingly, did not improve not at all.

The third group, who visualized shooting, did 23 percent better — almost as well as the first group!

Clearly, when the mind sees what you want your body to do, it “remembers.”

Let me share another example from the world of athletics.

In the 1980 Olympics the Soviet Union did the following scientific experiment to boost the skills of their athletes:

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1- Group one did 100% of physical training.

2- Group two did 75% physical training and 25% mental training (visualization).

3- Group three did 50% physical and 50% mental training.

4- Group four did 75% mental and 25% physical training.

Result: The fourth group showed the greatest improvement in performance.

The Russian Olympic coaches concluded that mental training (creative visualizing) produced the following:

- Increases personal motivation.
- Boosts athletic confidence due to visualizing themselves winning events.
- Improves attention span by eliminating distractions.

So what does all of this mirror neuron science have to do with you?

It means by watching sequences YOU want to learn... WITH the intent of repeating the actions can give YOU results almost as good as practicing!

Of course when we’re talking a potential life-or-death situation, a bit of physical practice is smart.

In fact, I recommend it, because the stakes are high when it comes to your safety, or the safety of your family.

But the science clearly shows you don’t have to. And the stories I shared earlier prove it.

So how can you use this information to insure you can protect yourself and others?

All you need is the right system, where you can view and mimic perfect form... and you’ll never be a victim.

And that’s what TFT’s Foundation Series videos give you.