

# ANTHONY HUSTLE

## SDL King

A Step-by-step Guide to Getting Laid  
with Super Hot Women the Same Day

By Anthony Hustle



This free PDF summarises the main concepts of my book, [SDL King - A Step-by-step Guide to Getting Laid with Super Hot Women the Same Day](#). The BOOK is AVAILABLE on LULU.COM under the following LINK:

## [SDL KING - A Step-by-step Guide to Getting Laid with Super Hot Women the Same Day](#)

### **Foreword**

Firstly, if a woman tells you to stop, you stop. There are no ifs, ands or buts. You stop. This is not a game. Disrespecting a woman's freedom to decide is a serious crime and is not only a despicable act, but can also result in serious legal charges and prison time. When I touch on subjects such as persistence, male leadership, dominance, rougher acts of sexuality or the alike, I am describing situations during which the woman gives full consent to your actions at all times. Again, when in doubt, stop. When in doubt, ask the woman whether she is feeling comfortable. In particular, I caution to treat younger women with respect. Ask for identification to make sure she has the legal age to consume alcohol and engage in sexual encounters with men of your age. Further, young girls sometimes are not yet fully developed from a psychological point of view. If you feel that you are potentially leading a young woman to actions that she may regret later, you need to stop and make sure she gets home safely. Always remember: these women are some man's mother, sister and daughter. Treat all women with the same respect you would like another man to treat your mother, sister or daughter.

SDL King was written as a book that specialises on the idea of seducing extremely beautiful women the same day in an efficient, simple and exciting way. That is what the book is primarily supposed to teach. It requires no prior knowledge of the art of SDLing - however, it does require basic knowledge of seduction and in specific, the Straight Line Seduction System as explained in my first book *The Close*. As explained in *SDL King*, I wrote this book because I believe that the SDL approach is the Supreme Discipline when it comes to cold approaching extremely beautiful women. It was therefore the logical conclusion for me to write this book after I had laid out the basics of the Straight Line Seduction System in *The Close*, first.

I want to make clear that I didn't write these books to make an academic contribution - the books were first and foremost written to teach seduction to practitioners. I therefore view them as manuals that the practitioner can use when learning seduction. As a matter of fact, I did not do a degree in psychology and then decided to write about the science of seduction: I always thought that's like waiting with the sex for the old age - not a good idea. I did my PhD in

seduction by seducing thousands of women in real life. My professor was the field and flunking tests meant losing hot girls. That's the best teacher. The closest you can get to the real experience is to see infield videos broken down by a guy who knows that he is doing. And that's why it is essential to have access to the infield videos as shown on the Hustler Club ([www.anthonyhustle.com/plans/](http://www.anthonyhustle.com/plans/)). To fully harness the power of both books, The Close and SDL King, you need to read the books first and then watch the infield videos on [www.anthonyhustle.com/plans/](http://www.anthonyhustle.com/plans/). Reading about a concept is great to build an abstract understanding in your mind. If you then back this abstract understanding up with practical infield footage, you start getting a very good idea of how seduction works. Further, as you hear the lines and see the body language, your mind absorbs the knowledge by osmosis. By going out infield, you will then internalise the teachings. Further, as you go along you will be able to self-correct as you can benchmark your performance against the teachings in the books and the videos. This provides you with a continuous improvement process.

SDL King is not a book that purely written to SDL. The SDL King approach laid out can be applied on any date. At its core, SDL King is an approach that is designed to take women home the same day. So if you are out with a girl you have known for many years, you can still apply the SDL King approach. Last but not least, the strategies I have laid out in SDL King are not exhaustive. When you get better over time, you will adapt the SDL King to your own character and approach (see Know Thyself in The Close). However, if you do get lost in the mist of seduction, you will always have the pillars of the Straight Line Seduction System to fall back to.

### **Why I wrote this book?**

When I came around to writing this section of the book, I realised that I had already written it. It was an email to client of mine that I think many people will know in the future. We are making a product together and I think it will be a game changer. I know it is risky to make this claim before having made the product, but I have a feeling and I am going all in on it. I explained to him why I want to do the product with him and I think it is the same reason I had to write SDL King. This is the original email (with minor editing) I wrote him and this is my message to anyone who is willing to put in the effort to get this part of his life sorted out once and forever:

Hi,

I know you are not a beginner - you are far from a beginner and that's why you are the one I chose from all the guys so far. I am not going to rent professional filming equipment and take time off unless I am sure the guy can do it. I am not saying that you will do it straight away, but you will do it eventually. I need someone that can show fire on camera and I know that once you realise how close you are to being extraordinary at it, you will do things that will blow your mind. I know this from experience - I don't need to see more than what you showed me. Your issues are mindset issues not technique - once you get over that you will get results that are as good as mine in terms of hotness. Maybe not as predictable and maybe not as quickly, but definitely as hot. And if we get one SDL with a super hot girl on camera, we proved it. Predictability and

speed then comes from doing it 100 times. That's your job after we are done. Yes I will give you technique advice in the beginning, but what we will focus on is the mindset section in Passive Frame Control of The Close. It's not about game, it's about how to control your mind to go that extra step when you don't feel like it. It's about becoming a beast. Much of what I describe in the SDL King covers that. When you push through and take the risk because you are willing to lose her, that's when you master this stuff. That's what looks amazing on camera. That's also the reason why I will charge you a price that's special because I can make an amazing product out of it. Your problem is that you are underestimating how good you already are and I know we can fix this. You just need to trust yourself more and go for it.

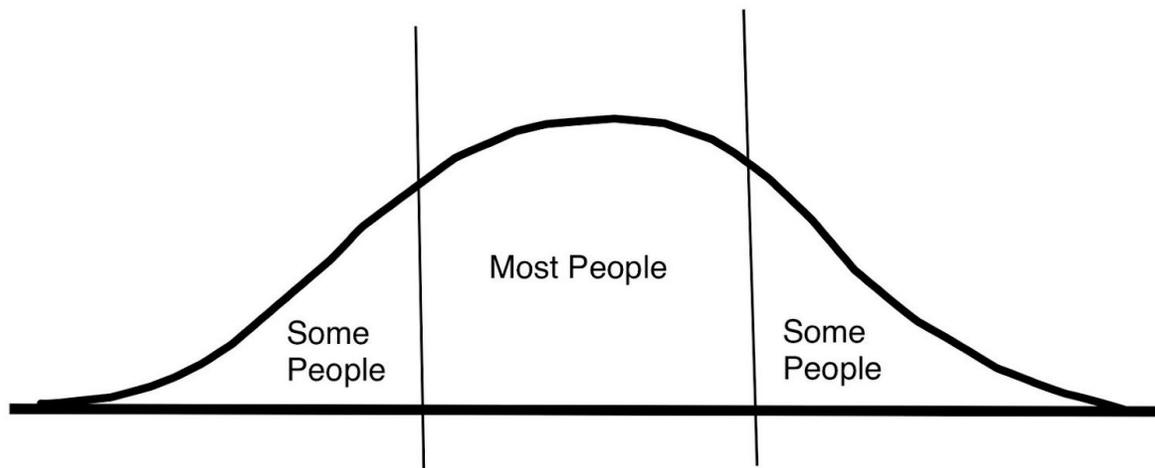
I want to set out goals: your goals. And then I want to go out and get them. I don't care about how much time it takes or how much we have to push to get it. If it takes 1 day then that's great. If it takes 1 week then we will go one week. I will take time off for this. If it rains it rains and if we are lucky with the weather then we are lucky. All I care about is to get the result so you see it is possible and so I get to make a killer product. Level doesn't matter - it's not about where you start. It's about how much you can change. Then it's up to the viewer to determine where they are now and where they want to go. If I took a beginner the absolute level of what we could achieve would be unexciting. It wouldn't do this art justice. A beginner might go from AA to getting an instant date with a 7. You on the other hand will go from getting laid with 7.5s to an SDL with an 8, 9 or 10. That's the dream - that's why anybody gets into this in the first place. Nobody gets into this to number close a 6.

That's my honest plan and that's what I will try to deliver on no matter what it takes. I can't work with a beginner to get this product done. The reason I need someone strong is the following: Tony doing it is not real to most people. Most people will say: "Yes, he is amazing, but he has some special skills that can't be learned." This is obviously not true. But you doing it as a client (even when already intermediate) is the manifestation of the dream of game. If I can get you from where you are today to get an SDL with an 8, 9 or 10, you will represent the dream of all men.

This is not strictly about money for me. This is quite personal. I went through bad times, doubting the whole thing and even feeling like wasting my life on this. I just never gave up. I travelled around the world solo just to prove to myself that it can be done. And when I did, I felt the responsibility to share this. I have spent the better part of 10 years doing this. I went from knowing almost nothing to Tony Hustle. For me, it's a personal responsibility to show to myself that I didn't waste my time, but that I worked something out that can change the life of every man that works on it hard enough. I need someone to prove this to the rest of the men that are still doubting themselves. And this is almost everyone by the way. If we manage this we will change the life of many people because once they see you doing it, they will believe they can do it. And seeing is believing.

## 5 Trap and the Flywheel of Frustration

People that start out to learn seduction end up chasing a never-ending stream of average girls. This is what I call the 5 Trap. Falling into 5 Trap is a natural habit to train yourself into when learning game. It's a very human thing to do for a bunch of psychological reasons. Here is why: a 5 is simply an average looking girl. Ever since Francis Galton we know that features such as height, length of limbs and beauty are normally distributed. He almost got himself killed finding it out. Most people have average looks, some people have below average looks and some people have above average looks. If you imagine a histogram or a bell curve (normal distribution), a 5 is at the highest point on the curve. Hence, by definition, most girls are 5s.



So why is it natural to keep chasing average girls when learning seduction. That's absurd - are you saying I am spending all this time and effort to have sex with average girls? Let me explain to you why it is totally natural and human to chase average girls when you learn game: first, when learning seduction, you are told to "warm up" with girls that are not necessarily hot. Conventional seduction wisdom dictates to "get into the zone", "get into state", or to "shake your social conditioning" first. The 3 second rule is the epiphany of it: you see a girl and within 3 seconds you have to approach her, irrespective of how attractive the girl actually is. While it is true that everyone needs to warm up to some degree, hitting on average girls causes a lot of the trouble if you do not have a system in place that protects you. I realised this and designed the Straight Line Seduction System to prevent you falling into the 5 Trap. In SDL King I then examine in detail what happens when you warm up with average girls and how this leads to having a never-ending stream of average girls in your life.

This is why 99% of guys who learn game do not get laid with hot girls. It all starts with losing focus. We want to get laid with super hot girls the same day. The Straight Line Seduction System is specifically designed to achieve this goal and to avoid the 5 Trap and the Flywheel of Seduction.

## **SDL - The Supreme Discipline**

There are as many ways to seduce women as there are men in the world. Some seduce women slowly and gradually, others go in super direct hoping for instant sex and others seduce women without consciously thinking about it - the latter counts for 99% of men. I know that the SDL is the king of disciplines when it comes to seducing super hot women and I document this process based on my personal success with hundreds of super hot women. I am average looking and I have no special skills. I just figured out what works and I am sharing it. If I can do it, you can do it. Hard work and discipline will get you there. Let's start the journey together, right here and right now!

Everything starts with the Dream Scenario. We put laser focus on our Dream Scenario. The Dream Scenario is this:

- Approach an extremely beautiful girl (fashion model type for me)
- Use the same simple and repeatable approach
- Have sex with her very quickly

Obviously, this is the Dream Scenario and it's not always possible to do that. But you know how the old saying goes: "It's better to aim high and fail, then to aim low and fail." That was my idea behind picking the Dream Scenario - this is what I want to get as close as possible to. It started out as a hypothesis, a social experiment.

During a specific week in 2018 it happened. It all came together within a matter of one week. Make no mistake, I had worked my ass off. I went to Krakow 3 times in 2017, I went to Belgrade in 2018, I went to Miami in 2018 and then I went to Russia 3 times. I did all of this solo and some of it over Christmas and New Years. Alone in a foreign city without knowledge of the local language. All I had was my seduction skillset. I was seducing and I was working on the model at the same time. So this was by no means an overnight success. Quite the opposite. However, as with anything in life, at one point you experience a break through - your mind and body adapt and all the sudden you know how to ride the bicycle for example. Over the last 3 weeks you fell off the bicycle of 500 times until the moment when it clicks and then it seems like an overnight success. We simply forget. In that particular week when I proved to myself that I can achieve the Dream Scenario, I slept with 3 models within 5 days, all cold approaches from street and each approach to sex took less than 3h. It was magical. It was unreal. I was sitting in my flat questioning myself whether this is true or whether I was just super lucky. My PhD statistics mind was lighting up bright red: this is luck. You got lucky a couple times in a row. It's not statistically significant. So I gave it another try the week after - it was my personal social experiment - I

wanted proof. I was naive at the time because I didn't grasp what it meant if this approach would turn out to work - it would have the potential to make the wettest dreams of half of the world's population come true. Maybe the other half would wake up thinking: "What the fuck happened yesterday?", but that was the smallest of my concerns.

The following week I went out. First day: success with Lithuanian model. Next day I skipped. The day after I went out again. An Italian girl - not a model, but very hot. A couple days later again: a German fashion model. When the German model left my house and I had a second to comprehend, it really struck me. I was physically sick - I now knew it was not luck, but actually a replicable system - it was too much for my brain. It was completely mind boggling and completely counterintuitive: chasing the Dream Scenario of having sex with fashion models the same day with a simple and efficient approach was the actual way of getting the hottest girls. My belief prior to this was that you probably have to either get lucky, be in the right social circle or rich. And by the way, I was already 35. That's when I shed all limiting beliefs that were left.

Like a kid that found the key to the candy store, I went nuts. That's why you saw so many videos on YouTube in my early Tony Hustle days. I got literally laid like a rockstar. When I finally relaxed like an oversexed guy that just spent three nights in a hareem, it dawned on me. I had to perfect the system and put it out there. And that's why you are reading this book. Welcome to the SDL King and welcome to the Hustler Club!

### **SDL - A Special Case of the Straight Line Seduction System**

The Straight Line Seduction System (SSS) is designed to go from open (approach) to close (sex) in the shortest way possible - the shortest way is always a direct line between two points. I explain this at length in my first book, *The Close*. A SDL is the process of going from approach to sex in the same day. A SDL is therefore a special case of the SSS. It's the SSS applied and executed in one go on the same day. In some cases, it is not possible to execute the SDL because the woman already has other plans. In such a case, we do deviate from the SDL model. However, we still stick with the SSS in order to close as soon as possible. We adapt our game to the situation and we also aim to use the most suitable tool available to stay as close to the straight line from approach to sex.

### **The S.E.X. Model - Simple. Efficient. Xciting.**

#### **Beginning with Sex**

What do Garry Kasparov (Chess World Champion), Jeff Bezos (Amazon), Peter Thiel (Paypal, Facebook and Chess Grandmaster) and Warren Buffett (Berkshire Hathaway) have in common? They all begin with the endgame. Jeff Bezos famously said that a successful life can be achieved by projecting yourself out to age 80 and then come up with a list of things that you will not want to regret when 80 years old - he calls this regret minimisation. Peter Thiel describes very clearly in his book *Zero to One* that it is not the first mover that will dominate a

market, but the company that survives at the end and that demolishes its competition. Peter coins this term the "last mover advantage". Warren Buffett, the world's most successful investor of all time, famously quotes the following: "To finish first, you first have to finish.", which implies that he is planning from the end to the beginning rather than the other way around. Last but not least, Garry Kasparov, one of the best chess players ever alive. Garry Kasparov explains that chess is best studied and learned by starting with the endgame: the endgame in chess is when you have very few pieces left on the board and the players are trying to checkmate each other. It's a highly instructive way to learn, because one truly needs to understand the capabilities and limitations of each single piece on the board in order to submit the opponent. Once the functions of each single piece are understood, we can layer on complexity and see how the pieces interact and compliment each other in various situations.

Seducing women is very similar to chess in many ways. The playing field is fairly controlled (chess board or dating venues) and there are more possible moves that you and your opponent can make than there are atoms in the universe. Because there are so many possible moves, unexpected things can happen and the player with the best foresight will most likely win the game - he can plan ahead better. The same is true for seducing women: it's clear what we want to achieve, but there are billions of different ways to succeed or fail. What I found is that when thinking about seducing women, Garry Kasparov's advice is true gold: why not start with the endgame and then find the optimal way backwards to the beginning of the interaction; move from B, the close to point A, the approach as I call it in The Close - Straight Line Seduction System. With the Dream Scenario in mind, we can now use an extremely useful approach to solve your riddle. Let's not be shy - the endgame in seducing extremely hot women the same day is to put your penis into her vagina. So we will start with exactly that - sex. As a matter of fact, I have written the entire book in this fashion: I start with the endgame, which is having sex with her, and then I work my way backwards to when you meet the girl: aka the approach.

To be able to know where we are in the seduction process we need specific milestones. Because seducing women is very much defined by the location that you are in during the different stages of the process, it is very handy to use those locations as milestones. The different locations we go through when seducing women are direct indicators for how close we are to having sex with the girl. There are 3 distinct locations with different logistical challenges. I call this the 3 Step Logistics framework - this framework is the foundation on which each SDL rests. The last location is usually your flat (the closing location, or 3rd Venue). Once you are in the last location your probability of having sex with the girl is orders of magnitude higher than it was when you started talking to her in the street - i.e. you are very close to winning the endgame. So before we deep-dive into the specifics of each of the sections of the 3 Step Logistics, let me first give an overview over the whole process - this will function as a roadmap to put each section into context as you read through the book. If you get lost, read the 3 Step Logistics again. Once you understand the 3 Step Logistics you will find it easy to fill in the missing pieces to the puzzle and the book follows a logical structure.

### 3 Step Logistics

There are 3 distinct locations that you go through in the SDL. Can it be more and can it be less? Yes, it can, but the most reliable and most effective way to SDL is using the 3 Step Logistics. The vast majority of your SDLs, even when you get very good at this, will follow the 3 Step Logistics structure. So accept it for now and simply follow it.

Let's look at the structure from the endgame perspective for a second before we go into the mechanics of the approach. Below are the 3 Venues and the 3 Doorways you need to go through when you execute the SDL. I explain each step according to venue type and time allocation.

Step	Venue type	Time allocation
<b>3rd Venue</b>	Your flat, her flat, hotel room	open-ended
3rd Doorway	Walk/taxi to 3rd Venue	Less than 10min
<b>2nd Venue</b>	Bar, lounge, park	30min-2h
2nd Doorway	Walk to 2nd Venue	Less than 30min
<b>1st Venue</b>	Coffee shop, pub	15 - 30min
1st Doorway	Walk to 1st Venue	Less than 5min
S.E.X. Approach	Street, coffee shop, mall	Less than 5min

Let's start with the endgame. The 3rd Venue is the closing location - it is the location where you will have sex with her. For most guys that's their flat or hotel room. A bunch of stuff has to happen before you end up in the third location. For sure, you must have met her somewhere and she must have agreed to come with you for one reason or another (I hope it's not money). Because it is unlikely (not impossible) that a girl will come straight from the street back to the 3rd Venue, we need to hit a few venues in-between. To be exact, we need 2 venues in-between meeting the girl and having sex with her. Before we bring her to our closing location (3rd Venue), we need to be in a location that is close to our 3rd Venue. That location that is close to our closing location is usually a bar and it is called the 2nd Venue. Why? Because when we leave the 2nd Venue to go the 3rd Venue with her (i.e. we are on our 3rd Doorway), we don't want to walk around or take very long taxi rides. Why not, Tony? Don't girls like taxi rides and long walks? They might, but that's not the point. The point is that before you can go from the 2nd Venue to the closing location, she needs to be ready - we call that the Kill Zone (see Killer Instinct in The Close). She needs to be so turned on that she is thinking about sex - her pussy needs to be wet while talking to you. And by that I don't mean that her pussy is wet because you spilled your beer on her lap. Once she is hot and on, a window of opportunity opens and you

have to capitalise on this limited time offer - you have to strike while the iron is hot. If you need to walk for 45 minutes (keep in mind girls sometimes also wear high heels) or take a very long taxi ride, you are potentially missing out on the window of opportunity she is giving you. Questions such as: "How long is it still?" are real vibe killers. So instead of managing her nagging questions, I simply set up the logistics so she won't get a chance to ask. As usual, an ounce of prevention is better than a pound of cure. For this reason, we want the 2nd Venue (e.g. a bar) to be as close as possible to the 3rd Venue (e.g. your flat or hotel). If you live in the Anatolian mountains and the closest bar to your buffalo skin tent is 5h away by foot, just do what the other guys are doing: fuck a donkey. Jokes aside, you need to get inventive and find logistics that work because this is the foundation of the SDL. It's like going to the beach to surf and not bringing your surfboard - sure, you can cut down a tree and surf on that. But why not just bring a surfboard? If you live with your girlfriend or parents you need to outsource your 3rd Venue - in Brazil they solved this problem with motels. Now, before you can go to the bar with the girl you go to the 1st Venue, which is usually a coffee shop or another public place close to where you met the girl. But Tony, why not go straight to the bar? Why waste time in a coffee shop? What if I don't like coffee? If you don't like coffee, have smile and a coke and you shut the fuck up. Other than that, you don't strictly have to go to the 1st Venue, but usually you don't meet girls around your house. They are rather more central or in a different location like a mall or shopping street such as Oxford Street in London, UK. Since you want to lower her resistance to come with you, when you approach the girl, it's much easier to be able to point to the coffee shop across the street rather than telling her that there is this cool bar 45min away. It's just common sense. Further, and more importantly, just because a girl comes with you for a coffee doesn't mean she will have sex with you that day. By bringing her to the 1st Venue that's really close to where you picked her up, you are using a filter. We figure out whether she is interested and we figure out her logistics. In plain English, we are answering two questions: 1) does she want to have sex with me and does she have time right now? As soon as we suggest the 2nd Venue, the girl knows what's going on - it's implicitly communicating that we want to have sex with her and we will go for it now. She knows it and by agreeing to it she implicitly tells us that it is on. If she doesn't agree to move from the 1st Venue (coffee shop, pub) to the 2nd Venue (bar, lounge), it is a good thing. You might feel frustrated or are upset about her not coming along, but it's a good thing because we just saved ourselves a bunch of time: at most we spent 30min with her. That's why SDL is the Supreme Discipline. If you took her straight away across town to the 2nd Venue next to your closing location, you would be running the risk that she will say: "Oohhh, thank you for the drink, that was so sweet of your." after the first drink and leave. That's girl code for: "I am not going to have sex with you my friend." Maybe her friend lives around the corner and she wanted some company before meeting her. That's very inefficient, frustrating and makes you feel like a complete tool. Because we are not a fucking tour guide that pays for random girls' drinks (no matter how hot they are), we set the SDL up so that this cannot happen to us. Or, more accurately, we are reducing the likelihood of this happening to us. So in a nutshell, the 1st Venue filters out girls that are not down to have sex with you and that don't have time right now. If she agrees to come to the 2nd Venue (2nd Doorway), If you approach a girl with the S.E.X. Approach it's on - you will never be in the friend zone. A girl doesn't go around town with a guys that told her that he loves her eyes and energy - especially

if they just met him. Now you can see why this is a Straight Line Seduction System: already after 15-30min we know whether we have a good chance of closing the deal or not. We have prospected the girl in sales jargon.

Once you are in the 2nd Venue, you clearly have a very good shot at getting her: she clearly is into you, has time (probably, but you need to confirm) and you now have the chance to get her into the the Kill Zone. Why? Because we will have worked The Straight Line Seduction Cycle on her from the start, which ramps up attraction-escalation and gets the girl a) turned on and b) communicates our intention of sleeping with her. Of course, if you treat the girl like a friend or tour guide, nothing is sure because she has no idea what the hell you want from her or she thinks you have no balls. Let's assume you did the S.E.X. Approach correctly and she knows what's up. Since you are already very close to the 3rd Venue when you sit in the 2nd Venue with her, you have maximised your chances of getting laid today. So we follow the Straight Line Seduction System until she is hot and ready; then we go through the 3rd Doorway towards our closing location that is coincidentally just 3min away. If she is not showing any signs of attraction and doesn't want to enter the Kill Zone after 2h, we initiate the Kamikaze Moment. The Kamikaze Moment forces us to pull to the 3rd Venue despite her lack of sexual arousal - i.e. she seems to be not in the Kill Zone. This is the case because the SDL model is designed for efficiency and simplicity. For this reason, SDL Commandment #6 dictates to SDL the same day even if we lose the girl. If we lose the girl after the 2nd Venue, we have only invested 3h maximum. We obey the principle of Picking Yourself Up and go straight back onto the street to rinse and repeat - in this way, we can attempt multiple SDLs per day. Why is that important? Let's assume you consistently get girls to the 2nd Venue so that you can attempt 3 SDLs per day. Since the 2nd Venue is an advanced stage in the seduction process, your probability of success should be around 50%. With 50% you will close this girl. If you can attempt it 3 times a day, your total probability for success the same day is 87.5%. I am not saying that everyone has this sort of probabilities and it definitely takes practice, but this is why you saw so many Tony Hustle SDLs coming out on Youtube in summer 2018. Picking Yourself Up after a failed SDL attempt is key to the SDL Straight Line Seduction System. Now you have a good understanding of the 3 Step Logistics and why I designed it this way. My design hardwires simplicity and efficient into the SDL process to make it part of the Straight Line Seduction System. It's simple, it's efficient and she better be hot and exciting.

### **3rd Venue**

The 3rd Venue ends when you are having sex and starts when you are 1min away from the entrance to the 3rd Venue. There are several challenges and obstacles that may occur when you try to sleep with the girl and enter the 3rd Venue. I give concrete strategies and routines I use to manage each step separately.

In this section I walk about how to have sex with the girl, starting with the actual process of getting her to want to sleep with you. I talk about the importance of setting the scene right and approaching sex slowly and relaxed. I talk about the Doorstep Moment, the moment when she

has to come inside the closing location (3rd Venue). I go into Objection Prevention, which explains how you prevent the girl from objecting to coming home with you.

### **3rd Doorway**

The 3rd Doorway is the moment when you move from the 2nd Venue to the 3rd Venue. It's a doorway because at this point you pulled the trigger and are going for the close. It's a doorway because we obey SDL Commandment #6 - we either close the girl, or we lose the girl. So once you go on your 3rd Doorway, there is no way to return. The airplane has critical speed and it either takes off or it crashes - the point of no return. The 3rd Doorway ends when you are 1min away from the closing location and it starts when you exit the door to the 2nd Venue. When you are 1min away from the 3rd Venue you are either in a cab or you are walking. First things first - the whole 3rd Doorway does take less than 10min because the 2nd Venue is very close to the 3rd Venue. As discussed in the 3 Step Logistics section above, there are two different ways to pull the girl. Either she enters the Kill Zone (read Killer Instinct in The Close) and is tripping wet or it's not that on and we initiate the Kamikaze Moment. If she is in the Kill Zone, it's easier because you simply keep up the Seduction Cycling on a high level with plenty of attraction-escalation. Read the Rhythm of Seduction section for reference. If she is in the Kill Zone, the 3rd Doorway can be quite sexual - it could be mainly quiet and her leaning on your shoulder or trying to make out with you. However, unless you are already advanced, it's likely that you haven't ramped up attraction-escalation enough and you haven't flipped the script hard enough. So the 3rd Doorway will be more conversation - she might be lost in thoughts and a bit turned on, but she probably won't be salivating in her mind over your cock. In this section I talk about strategies how to engage the girl correctly when pulling her and I give concrete lines and routines again depending on how on it is.

**The Taxi Moment.** Now that we have basically described what happens during the taxi ride or the walk to the 3rd Venue, we finally arrive at the moment when we tell her to get up to leave the 2nd Venue. I call it the Taxi Moment, but it does not necessarily mean that you take a cab - you may also walk to the 3rd Venue. The first question is often: am I going to be straight forward and tell her to come to mine, or do I tell her to go for a walk and we happen to pass by my house? The answer is: it depends whether she is in the Kill Zone (see Killer Instinct in the Close). If she is in the Kill Zone, you work with Planting Seeds. You start talking about spending time with her alone using the Pure Connection Frame, you start telling her that you still have some wine at home, you may talk about music you like and you may start talking about your balcony, which is really nice to sit on and chill.

The second variation is basically the Kamikaze style pull as described below. She is not in the Kill Zone and you have exhausted all your tactics to push her into the Kill Zone (read Patient Pusher in The Close). As described below, we will pull anyway. The issue is that with these girls it is very hard to tell whether they are just shy, frigid, ultra submissive such that they wouldn't even dare to talk back to you or polite/disinterested. Since I am not a fucking magician, I can

guess what she is, but I will never be able to tell. However, since I believe in SDL Commandment #6, I know I will have to go for the pull.

## **2nd Venue**

The 2nd Venue ends when you tell her to get up to leave the 2nd Venue and it starts when you are stepping into the door of the 2nd Venue. Remember the bigger picture, the most important thing is to follow the 3 Step Logistics: we are now in the 2nd Venue and we chose it strategically so we are close to the closing location, the 3rd Venue. This reduces the time it will take to bring her home, which then reduces the resistance she can bring up. This is Passive Frame Control as described in The Close - we set up the environment so that we control it and it works in our favour. You need to be absolutely sure about your specific 3 Step Logistics plan - that's why you will have done Logistics Reconnaissance work beforehand - see the relevant section below.

From a bird's-eye perspective, the 2nd Venue is the place where we want to crank up the attraction-escalation to push her into the Kill Zone (see Killer Instinct in The Close). As described in the Rhythm of Seduction section, we first relax the girl by getting her to talk and to have a drink or food and then we start the attraction-escalation so we can pull. So let's start with endgame. The last thing you will do in the 2nd Venue is to say: "Get up we are leaving." Or I often say: "Let's get out of here." It depends on the vibe and by that in specific I mean: how far into the Kill Zone is she? Because depending on whether she is or is not in the Kill Zone, we will approach the actual pull differently. If she is in the Kill Zone (see The Close) it is easier. Why is it easier? It is easier because you have agreed more or less explicitly to go to yours to have sex.

If we don't manage to get her into the Kill Zone, or if she is too frigid to go into the Kill Zone, then we have an issue. It's a true test of mental stability because it will feel like the air is out of the balloon. The energy feels too friendly and the vibe is not fun in a sexual way. How do we deal with this? We will bring this date to its logical conclusion because she does not deserve another second of our time regardless of looks and character if she is not interested in a sexual relationship.

Before I describe the Kamikaze Moment, let's cover the case in which she is actually going into the Kill Zone (see Killer Instinct in The Close). If she is in the Kill Zone, we use what I call the Pull Sequence, because it always works in the same way and in the same sequence. How is it done, Tony? I am glad you asked. Let me show you how to exactly do that - that's the easy part. Note, we are learning with the endgame in mind and therefore I am describing everything in reverse order below. When you execute this in reality you start with 3) and work your way back to 1). In SDL King I describe in detail how to work each step.

Pull Sequence (reverse order, since we learn with the endgame in mind)

- 1) Objection Prevention
- 2) Planting Seeds

### 3) Pure Connection and Male Leader Frame

Now back to the more frustrating part: what if you build the right attraction-escalation, but she just won't enter the Kill Zone? As I wrote above, we are executing the Kamikaze Moment. So let's jump right into it.

**Kamikaze Moment.** Kamikaze were suicide attacks initiated by the Japanese Special Attack Units of the military aviators during World War II. Airplanes were modified and designed so that they could be flown into enemy warships - in the process the pilot would die as a war hero of course. The idea of sacrificing oneself before surrender is an old Samurai tradition that traces back to the Japanese idea of Bushido: loyalty and honour until death. Nope, I am not going to ask you to punch the girl in the face if she doesn't go into the Kill Zone. Neither am I going to ask you to kill yourself 9/11 style after you fail to SDL.



I use the Kamikaze as an analogy to describe a situation that anyone who attempts a number of SDLs will sooner or later experience. This situation is the following: you have followed the structure as described in the SDL King. You are sitting in the 2nd Venue, but you are not quite sure whether she has entered the Kill Zone. You know you should be in the Kill Zone by now, because you have spent considerable time with her already - in other words, you have exhausted the Patient Pusher (read *The Close*). You start thinking to yourself: "Is she not into me? Did I profile her incorrectly and she is not really a sexual girl but rather frigid? Am I wasting my time here? Should I just get up and leave to find a better girl? But fuck, she is really hot and I

wish I could have sex with her. Maybe I should just number close now and see her next time. Next time is going to be easier and I don't have to risk everything now." Trust me, I have had those thoughts as well. It's frustrating, it's annoying and you never feel good after the date. You end the SDL and you hope to see her again soon. Then she doesn't come out, is quiet on text and you are really bummed out. Even worse, you are invested and now the Flywheel of Frustration is cranking on you. Obviously, going for the SDL and losing the girl is not a pleasurable feeling either - but it is the right decision. "Why Tony? I don't want to lose the girl - she is so hot and I haven't had sex for 6 months." Why should I risk it and lose her? Again, I am glad you asked. Let me explain why: after having lost more than a few girls trying to play it safe rather than to SDL (SDL Commandment #6), I finally realised that I am making a huge mistake - an irrational mistake. The mistake was to play it safe. Why did I play it safe? In a moment of honesty, I realised I am playing it safe to get the chance to see her another day and to try to have sex with her then. Her smell, her feminine energy, her sickeningly beautiful eyes and the way she moved her hips when she was walking did my head in. I was enchanted. I couldn't stand the idea of not seeing her again - it seemed stupid to risk it all. The Little Bitch in my mind came out and said: "Tony, come on take it easy. We can try next time." And my logical brain agreed. The decision was made: I will not push and I ended up prioritising not losing her over having sex with her today. It seemed like a good strategy - why rush and risk losing her today if you can have sex with her for sure another day? The reality is that I was fucking wrong. A) I was feeding the Flywheel of Frustration with highly explosive material and B), more importantly, not trying to close came at a huge opportunity cost, because often we are simply wrong about her not wanting sex with us right now and we are even more wrong about her coming out to a second date. What do we know for sure? We definitely know right now is that she is right there at this very moment and we have a chance to pull her today. The bottom line is, when you want to delay you turn into are a scared Little Bitch, just as I was back then. Don't worry, 99% of guys are. That's the great news because that's what will set you apart. Right now, you are simply too scared to see it through to the end. I was too. It's ok to be scared, you just can't let it stop you from executing. You might also be scared to get heart surgery at some point in your life, but you will still do it. But if you think it through, as opposed to heart surgery where your life's on the line, you are scared to lose a girl that you have known for 2h in this case. You need to take control of the Little Bitch in your mind as soon as possible. You need to take a nice fat German Bratwurst and shove it down the Little Bitch's throat until she suffocates. And you need to do it every day, because that Little Bitch gets up every day anew no matter how hard you shoved the Bratwurst down her throat. She gets weaker but she will never stop pestering you completely. There is only one cure: beat the living shit out of her every day. It does get better as soon as you create abundance in your life and get good at Passive Frame Control (see The Close). But to get there you have to consistently practice and take risks. At the beginning your Passive Frame Control is weak. Review the sections on Beating The Little Bitch and Heads I Win Tails I Don't Lose. Also, see Passive Frame Control in The Close. The actual Kamikaze Moment is very simple and rather short, but I describe this section with a lot of detail and background information. Why? Because 99% of guys will let the Little Bitch prevent them from escalating and bring the SDL to its conclusion. You need to understand why it is key to try to close every girl, even if you lose her - it's SDL Commandment #6.

## **2nd Doorway**

The 2nd Doorway ends when you enter the 2nd Venue and starts when you leave the 1st Venue. From a logistical point of view, it's an extremely important event because during this event we travel the farthest distance to get as close as possible to our 3rd Venue. Remember: the 3rd Venue is within 10min of the 2nd Venue. From approach to the 1st Venue it is also not more than a 10min walk. However, to get her close to our 3rd Venue we may bridge quite a distance and that's what the 2nd Doorway's function is. My farthest 2nd Doorway was a girl I pulled in Budapest Airport and then closed in London. The 2nd Doorway was a flight that lasted for more than 3h, but it was well worth it ;) I noted the 2nd Doorway down as less than 30min in the table in the 3 Step Logistics section. I did that to indicate that it should be not more than 30min, especially if you do your job right and go through the Logistics Reconnaissance. Of course, if you are pulling randomly in the middle of fucking nowhere the game changes. But ideally I want to control my environment (see Passive Frame Control in The Close) and that's why I recommend less than 30min for the 2nd Doorway. On that note, you also need to know where you are waking to, what public transport exists, where the cabs are, where you can rent bicycles, where they serve pizza/vegan/beer/cocktail, where the rooftops are and the alike. You need the flexibility to be able to make quick changes to your plan - do your homework well. Success is when preparation meets opportunity.

## **1st Venue**

The 1st Venue ends when you leave the instant date venue and are on your 2nd Doorway to the 2nd Venue. The 1st Venue is typically a coffee shop or a pub to which you lead the girl for an instant date. The instant date lasts no longer than 30min. It's important that the 1st Venue is a bright public place that makes the girl feel safe. Rules are there to be broken: if it is a late night approach involving a slightly drunk girl out of a club, then it's fine to go straight to a more seductive venue. Always pace the girls current reality - you don't want to take a girl from a library to a sex club and you don't want to take a girl from a sex toy store to a library. Be logical about it.

Let's look at the 1st Venue in reverse order. The 1st Venue ends when you tell her to get up to go to the 2nd Venue. You simply tell her: "Get up and let's go." Since you have done your reconnaissance work, you will know exactly how to get to the 2nd Venue. You know where the cabs are, where the bicycles are to rent, where the public transport is or how to walk there. She gets up, you walk out of the 1st Venue and you are on your 2nd Doorway already. It's simple, efficient and exciting.

## **1st Doorway**

First doorway is the way to the instant date. It ends at the entrance to the 1st Venue and starts when you ask her to come to an instant date and she agreed. It's the way from the street to the 1st Venue. The 1st Doorway lasts no longer than 5min. You know exactly where you are going

to take the girl before you approach her (in the street presumably). For your hometown, this is fairly straightforward as you will already know the best spots to pick up girls (malls, large shopping streets, tourist areas etc.) and what venues are available in your close proximity. However, if you are traveling the world and you are not familiar with the area/city, you will need to do your reconnaissance work (see the Logistics Reconnaissance section). Since the 1st Doorway is fairly short and since you just met the girl, you will use the time wisely. Those precious first 5min are very valuable as they allow you to find out a lot about her logistics and you set the tone (attraction-escalation) for the date: first, you will make her feel comfortable and ease her into the new situation - this is a comfort-trust element. You use it to figure out what the girl's logistical situation is: where does she live? How long is she staying? Is she alone in town? What is her plan for today and the rest of the week? My list of questions may not be exhaustive; the point is that you need to ask everything that you need to know to SDL the girl.

### **S.E.X. Approach**

The approach is Simple, Efficient and Xciting. That's why it is called the S.E.X. Approach. The approach ends when you ask the girl to go on an instant date with you and you are on your way to the 1st Venue - the 1st Doorway. It obviously starts when you approach the girl to talk to her. There is a huge amount of information out there on how to approach girls, both day and night. I will not regurgitate this information. What I will do is explain how my approach differs; or, more accurately, how I evolved the approach to make it fit into my Straight Line Seduction System and, specifically, SDLs. As explained, I partly developed the SDL approach to avoid getting stuck in the Flywheel of Frustration. Further, I wanted to get very hot girls and I wanted to get them as quickly as possible. Review my Dream Scenario described in the SDL - The Supreme Discipline section.

First, my approach accepts that talking to random girls in everyday situations (trains, street, bars, clubs etc.) with the attempt to take them on an instant date is an endeavour with a relatively low probability of success - the outcome is uncertain. The sooner you accept this reality, the better you will do. If you do not accept this reality, you will live in denial and you will get very frustrated, because you will beat yourself up for not being "good enough" or not "having what it takes". Do not expect to get more than 1 instant date for every 10-20 approaches in the beginning. Further, if you don't accept the probabilities, you will find it difficult to improve, because you will constantly try to extract information from your failed approaches in order to improve. I am not going to lie to you: it is hard to figure out what you are doing right and what you should do to improve. My advice is to just do more. Spend more time infield. My second piece of advice is to follow as closely as possible the Straight Line Seduction System. The system is one of the few things that you know has been tested to exhaustion (see the Process Focus section below). Analyse yourself as you go along, but embrace the fact that spending more time infield is the only solution even if it feels like progress is slow. If you over-analyse yourself it will have negative consequences for you state, vibe and confidence. Let me explain to you why it is key to focus on rolling the dice of seduction as often as possible.

**Heads-I-Win-Tails-I-Don't-Lose.** This is an extremely important concept to understand in life in general and in particular as it pertains to seduction. Any big decision in life should be reviewed using this concept. It allows you to stay calm and rational in the face of seemingly difficult life decisions. In life, there are various bets that you can take - those bets all have some upside and some downside. The best bets have very high upside potential and little or no downside. Those are asymmetric bets and they are worth taking. Bad bets are of course those bets that have no upside and a very large downside. Let me illustrate using an example: let's assume you play Russian Roulette with a \$100m payout in case you survive - obviously, you have a very large upside. However, you have an even larger downside: in the worst case you die. Similarly with the game of poker. You put your capital at risk and in the best case you can win the capital other people are betting. Obviously, depending on the set of cards you have, the ratio of upside to downside changes in poker. Four aces are better than four random cards. That's the whole trick behind playing poker - assessing your upside against your downside. Some bets in life, when reviewed using this framework, are obviously stupid. For example, buying a very fast motorbike and racing it around town: the upside is 1h of fun and the downside is death. That's why I decided to not buy a motorbike a few years ago. Similarly, it is irrational to be afraid of flying in airplanes, while driving around in your car completely relaxed and calm - airplanes are by far the least risky way of travelling. The number of people that die per flight mile is miniscule when compared to car fatalities by miles driven. Then there are some bets in life that sound too good to be true and seducing extremely beautiful women the same day is one of those bets. While the chances of success are relatively low at the beginning, the upside to downside ratio is phenomenal: what is the upside? The upside is having sex or a relationship with an extremely beautiful girl the same day. That's a pretty good upside in my view. Most people would pay thousands of dollars to have sex with a model. As a matter of fact, I happen to know that models get paid about \$10k to \$15k per night if sex is expected. Of course, not all of them do it, but those that do charge this type of money. What is your downside when seducing beautiful women? Your downside is almost zero. That's about as good as it gets.

### **Logistics Reconnaissance**

Logistics Reconnaissance is essentially a part of Passive Frame Control (see The Close). It's of vital importance for the SDL; if you do not have your 3 Step Logistics under control, you don't have the SDL under control. It's like flying a plane without knowing where you are going - probably not a good idea.

To work on your logistics you need to know four data points:

- 1) Location of your place (most likely 3rd Venue as well)
- 2) Location of her place (possible 3rd Venue, but less likely)
- 3) Location of 2nd Venue
- 4) Location of 1st Venue

Then you need to know how those locations are connected:

- public transport
- cab/taxi
- walking routes
- rent bicycles
- other means of transport

I describe in detail how I set up logistics so Passive Frame Control works in my favour.

### **Handling Her Plans and Friends**

This part of seduction can be either extremely gut-wrenching, or it can be very convenient and supportive for your goal to SDL. Her friend and plans can either derail you, or you can use them to your advantage. You will need to master the traits of the Patient Pusher (see The Close) as her plans and friends often require you to leave the straight line to sex. That doesn't mean it's not Straight Line Seduction - it just means that you won't close in 30min. For that reason, if possible, I try to avoid following her plans and meeting her friends. As so often, Active Frame Control is king when it comes to seduction and this is no different when it comes to her plans and friends. If you have established a strong frames, you can simply impose those frames to actively control the situation.

First, there are two options: she either tells you about her plans and friends and you have a chance to avoid both by changing her mind or it comes as a surprise to you. Often you can figure out her plans during the time you spend up to the 2nd Venue. In the second case, she doesn't tell you about her plans and friends or they appear by chance (e.g. you meet her friends at a bar by pure coincidence). Obviously, it's better to know about it as you have a chance to influence it and prepare for it. I describe in detail how to handle her plans and friends.

I conclude the section: as soon as her friend walks in, watch her body language and eye contact. Girls give each other very clear signals using body language: within 5 seconds they check whether everything is ok and whether they want to leave or stay - it takes practice, but it's actually easy to spot. What you will see is that she will turn her back to you to have full eye contact with her friend so you are closed out of the communication. That's when she tells her friend with big eyes: "Thanks for coming, let's get the fuck out of here. He is creeping me out." If she is however very open with her body language and invites you to talk to her friend, trying to facilitate the conversation then it's a good sign. Those are the nuances of seduction that you learn over time and through real life pain. Just remember: allow nobody on this earth to make you feel like shit. Hold your head high, stay positive, leave the situation and go onto the next victim! There is a whole football stadium of models waiting outside the door of that shabby bar - those hot girls are all desperate to meet a hustler with big beautiful balls dangling between his thighs.

## **Rhythm of Seduction**

As explained in the Straight Line Seduction Cycle in *The Close*, seduction fluctuates between attraction-escalation and comfort-trust. The seducer varies the amount of each element depending on where he is in the seduction process. Review the section in *The Close*.

For SDLs it is particularly important to follow the same Rhythm of Seduction in each part of the 3 Step Logistics. The pattern is the following: first, the girl needs to adapt to the new situation; this could be letting her sit down in the 1st Venue, taking off her jacket and sipping on the hot chocolate. In this section you are a horse whisperer: you let her settle in. Very light attraction-escalation and a lot of comfort. It's perfect to find out logistics. Once we have established comfort and she feels safe, we can start with Active Frame Control and some light attraction-escalation. We may also reveal things about our person, start Planting Seeds and practice Objection Prevention. Finally, when she has accepted us as the Male Leader, we drive forward towards attraction-escalation. We do this to generate more sexual tension, to make clear why we are interested in her and to filter out girls that are time wasters. All along the way, we keep running the Straight Line Seduction Cycle: we always swap between attraction-escalation and comfort-trust, but we vary the amount of each element throughout the SDL.

## **Managing Yourself**

Although seduction is an intrinsically outward focused activity, your worst enemy is your own mind. First, you need to convince yourself that it is a good idea to get out of the house to talk to random hot women in the streets. Then you need to get over your anxiety to approach. As if that's not enough, you get dealt a lot of rejection for no good reason. Lastly, once you are over your anxiety and start enjoying the process and you finally get some results, your wingman wants to go for a beer, or you just are happy that you got that one number and call it a day (prematurely). But the fun doesn't stop here. Now you have to start texting with the girl and it can get really frustrating. Then you start doubting yourself: "Am I just not meant to do this? Am I not good enough? Am I too old/ugly/weird/shy/thing/fat or, even worse, am I too "Indian-looking"? The next day you finally meet your dream girl for a date and after 10min she loses interest and comes up with an obviously lame excuse: "I have to go see my sister in 1h, but it was really nice to meet you." When you finally get sick of texting girls and start focusing on SDLs, it gets even worse - the feeling of getting a hot girl right up to your doorstep and then hear the famous words: "Sorry, I am not coming upstairs. I think I have to go now." is gut-wrenching. But hold on, it gets worse. I had girls in my flat that ran out of my flat when I was in the bathroom. Trust me, it's emotionally draining and annoying if you do not prepare for it mentally.

## **Observe Yourself**

First, when you are under emotional or physical stress you will tend to block out a lot of the rational thinking. Your heart rate increases, you start to sweat, your breathing becomes heavier and your blood pressure rises. Your body gets ready for a fight. You need to counter this natural instinct. T

## **Picking Yourself Up**

The SDL approach is intrinsically a repetitive strategy that filters for women that are interested in you sexually. As you go through the 3 Step Logistics, the girl may drop out at any given point. Sometimes girls do not come to the 1st Venue or even do not stop when you approach and other times you lose them when you are just about to enter the 3rd Venue. The Doorstep Moment blows up in your face so to speak. The earlier she drops out, the easier it is to digest as you have invested less time, money and energy. The worst moment to lose a girl is at the Doorstep Moment. That's the Candy Effect in full swing (see the Candy Effect section in the Flywheel of Frustration).

First, you have to accept that seduction is a messy process - it's not like gravity: you know that the stone will fall to earth every time you drop it. In seduction you don't have this certainty. The sooner you accept this reality the better. That's why we do many and short approaches always with the aim for the instant date - we want to filter for girls that are interested.

The biggest success factor when it comes to SDLing is to never give up . It's very tempting to stop after a failed SDL, because you feel exhausted and maybe you feel emotionally drained or disappointed. Play close attention right now because this is probably the single most important piece of advice you will ever come across - in seduction as well as in life more generally:

“Success is going from failure to failure without loss of enthusiasm.” Winston Churchill

## Beating Down the Little Bitch



One of my favourite movie scenes is when the young Leonidas is initiated to the Spartan army in the movie 300. It's baptism by the fire of combat. The young boy is expelled from the safe confines of Sparta as a teenager and plunged into the rough winter wilderness. The only weapon he is carrying is a spear. Hiding in a cave the juvenile Leonidas is stalked by a menacing predator - a black wolf. Leonidas has no choice - the only way out is to face and kill the predator. There is no space for fear. Unfortunately, we have softened up as men ever since the Spartans. Today we live comfortable lives and avoid discomfort by any means. That comfort avoiding behaviour slowly breeds a Little Bitch in your brain. That Little Bitch seeks reward and avoids pain and conflict like hell. That Little Bitch likes certainty and hates uncertainty - that's why you never started that company and still take monthly pay checks. That Little Bitch loves to be loved by everyone and hates to be regarded as a social outcast that doesn't want to play by the rules of society. Since that Little Bitch drives your decisions, that Little Bitch drives your life. The quicker you accept that the Little Bitch is running the show, the quicker and more effectively you can start managing it.

## **Personal Hall of Fame**

Another way of handling your Little Bitch is to tap into your Personal Hall of Fame. It's a collection of your proudest achievements. Select a room that you are very familiar with (e.g. your parents' living room) and put thumbnails (i.e. those little YouTube pictures you always click on) of the 5 proudest moments of your life on the walls. When you walk through that room in your mind, you can look at the thumbnails and playback those videos to remind yourself how much of a badass you are.

## **Managing State**

One of the most frustrating parts of seducing women are the mood swings we go through in the process. There are days when we are on fire and everything seems to work. We open, she hooks, we bounce, she follows, we speak and she laughs and complies. Other days, girls do not stop, tell us to walk on, and nothing we say seems to get a good reaction whatsoever. While we can generally live with not being able to be on fire all the time, we crave to get ourselves into this god-like state on command - we want control over it. As a matter of fact, many seduction coaches prey on unassuming newbies with promises of having found a magic pill that gets you into state without fail within minutes. I personally have beaten myself up for years to find the holy grail for getting into state: I was an extreme example of state volatility. People that knew the young me can testify: when I was in state, it was game over for anybody within the radius, male or female. However, I rarely got into state, so I always felt like I was gaming at 80% of my potential - it drove me mad to say the least.

Along came a Chicago psychologist who gave me some more insight into my behaviour and how it relates to state. In his excellent book called *Flow - The Psychology of Happiness* written by Mihaly Csikszentmihalyi he explains how state is generated. It occurs when a highly skilled individual encounters a task that is challenging, but not impossible to handle. Think of two world class tennis players - the marginal difference in skill makes it highly challenging to beat the opponent; but it is possible. In state, time and space warps - you forget to eat, time flies and the individual gets an obsessive focus on the task at hand. Most people experience state when they play computer games or when they get lost in a very good book. Others get it when doing sports or playing an instrument.

What is generally sold as state in the seduction industry is euphoria in reality. Euphoria is not state. Euphoria is provoked by some extremely anti-social behaviour - since it is completely out of reality for the newbie, it provokes an extreme physiological reaction: a survival reaction. The body releases chemicals that block receptors in the brain that are responsible for sense such as fear, anxiety and shame. It's a short lived boost of adrenaline that is similar to a feeling you would experience when confronted with death. The body adjusts to prepare for survival. We are in fight or flight mode. This feeling lasts possibly for several hours, but it is as fleeting as it appears. The next day we wake up and we are back to the old us. Clearly, it is unsustainable for the body to be in survival mode for extended periods of time and it takes serious energy to get

into this state. This is what the seduction industry sells as state to unassuming clients. When you hear people talk about state in the seduction industry, be extremely careful. The likelihood is that they are preying on your wishful thinking of becoming a god-like seducer and they do not understand state correctly themselves.

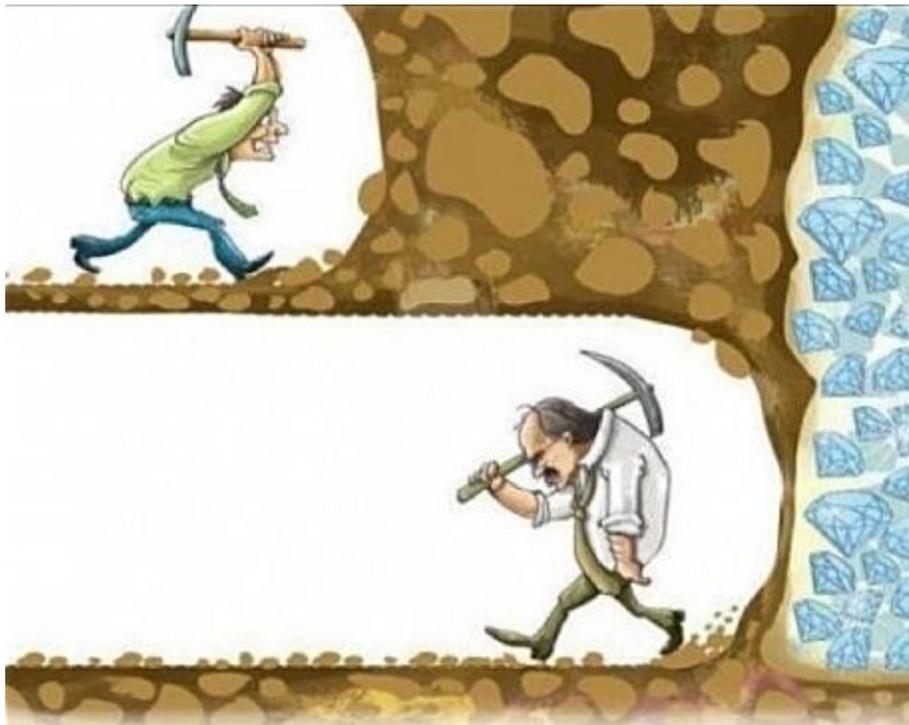
So what is state? Let's examine people that are in state regularly - soldiers, musicians and sportsmen. Do you think a world class tennis player is in survival mode every time he plays a match? Similarly, do you think an elite soldier is in survival mode when he infiltrates a building? They are not. Their pulse rate is heightened, but it is not racing. They are calm and collected with laser focus. However, if you put a regular civilian into a war type situation, his physiology will go through the roof. He might perform well based on pure survival instinct, but relative to the trained elite fighter his performance is dismal. Moreover, it is not predictable - who knows whether he can get into the same mental state again next time? Maybe he burns out, freaks out or simply cracks under the pressure and starts crying.

This leads me to the definition of state. To me state is the ability to perform near the top of my trained abilities in a predictable manner. That means, I will be able to go out and seduce women on command with a high level of consistency, following a repeatable process that I have internalised through countless hours of deliberate practice. It means that, if I was to analyse my statistics I would consistently perform at the top of my abilities if the sample of seduction attempts is large enough. State is not a temporarily heightened performance level that you achieve by putting yourself through extreme social situations (or through substance abuse).

A quote by Archilochus, a Greek philosopher, that is often attributed to the US Navy Seals best summarises state for me:

“We don't rise to the level of our expectations; we fall to the level of our training.”

## Persistence to Breakpoint



Persistence is one of the key traits of a master seducer. Persistence is the ability to keep going while waiting for success.<sup>1</sup> You don't just have to keep going, but you have to keep going without loss of energy. Because when you persist, but you proceed with no energy or a lack of drive, then you will eventually fail. That is by the way why it is also so important to love the process - because if you love the process of improving and getting good at seduction, the outcome of any specific interaction cannot hurt you.

### Process Focus

The huge advantage you have over me is that you can learn the patterns I have found through countless hours of infield training and improvement. Your best bet is to take what I say at face value for now and apply it. If over time you find better strategies or you find that certain of my strategies don't work for you, you adapt your approach. That's what I describe in the Know Thyself part of The Close. Look at it like this: if Michael Jordan tells you through the basketball in a specific way, do you doubt him and try your own way, or do you believe him and do as he says? I am pretty sure that you are better off following his advice - I would. I am not saying that I am the Michael Jordan of seduction - all I am saying is that I urge you to consider my method first before you invent your own method.

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<sup>1</sup> A note of caution: game responsibly. If a girl says "No!" and you are in doubt whether she is uncomfortable or not, stop. Respect the girl's freedom to decide at all times. If you do not respect the girl's decision you could end up with serious legal charges.

So what does this have to do with process focus? The most important factor for becoming good quickly is to follow the process as closely as possible. Why? Because if you don't follow the process, you will never have a reference point. You could run some terrible game and get lucky with a girl. What then? You pat yourself on the shoulder for the great job you did and brag about it to your friends. Then you backwards rationalise all the things that got you laid with the girl and you internalise them. Because you got lucky and your game was actually bad, you are internalising a lot of mistakes, because you think you are following the right strategy, but in reality you are not. What happens next? What happens next is that your game actually gets worse - you will start losing some of the girl that you would get if you followed my structure, because now you have internalised some bad habits. Then you go back to my material and you review it, looking for mistakes and sticking points. You internalise my structure again and go out. Now you run some solid game, but you get unlucky with the girl. This time around your game is solid, but it's just a no-girl (see The Close). In the end, you lose her despite some solid game. The result is a high level of frustration and most importantly, you are very confused. What is going? It seems like the results are random whether or whether not you are following the Straight Line Seduction System. That's a bad position to be in, because you will lose motivation. However, if you keep focus on the Straight Line Seduction System, there is one thing you know for sure: you are following a system that is proven, so the only possible problem is that you have to get better at every single part of it until you figured it out and internalised it. Think Wolf of Wall Street: watch the scene when Jordan Belfort gives the script to the pink sheet brokers at the Investors' Center. I am Jordan Belfort, the Straight Line Seduction System is the script and you are one of the brokers.

One piece of advice and you are might rightly think: "Yeah, Tony, but you are biased. Clearly, you would say that. It makes sense for you." Hear me out for a second: there are many schools of seduction out there. I won't list them here - that's not the point. My point is this. When you learn a new art form such as seduction or a martial arts, you best focus on one school. I don't care what it is that you are doing, but it's important to focus on one school. Why? Because It goes back to the old Bruce Lee quotes:

"I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times."

If you have read this book and it doesn't strike a chord with you. If you just can't warm up to my style or disagree with my Straight Line Seduction System, then I am the last one to tell you to practice Straight Line Seduction. The opposite is true: if this doesn't resonate with you, please find something else that really resonates with you. You can only get good at seduction if you find a system that works for you.

This free PDF summarises the main concepts of my book, SDL King - A Step-by-step Guide to Getting Laid with Super Hot Women the Same Day.

The BOOK is AVAILABLE on LULU.COM under the following LINK:

[SDL KING - A Step-by-step Guide to Getting Laid with Super Hot Women the Same Day](#)

