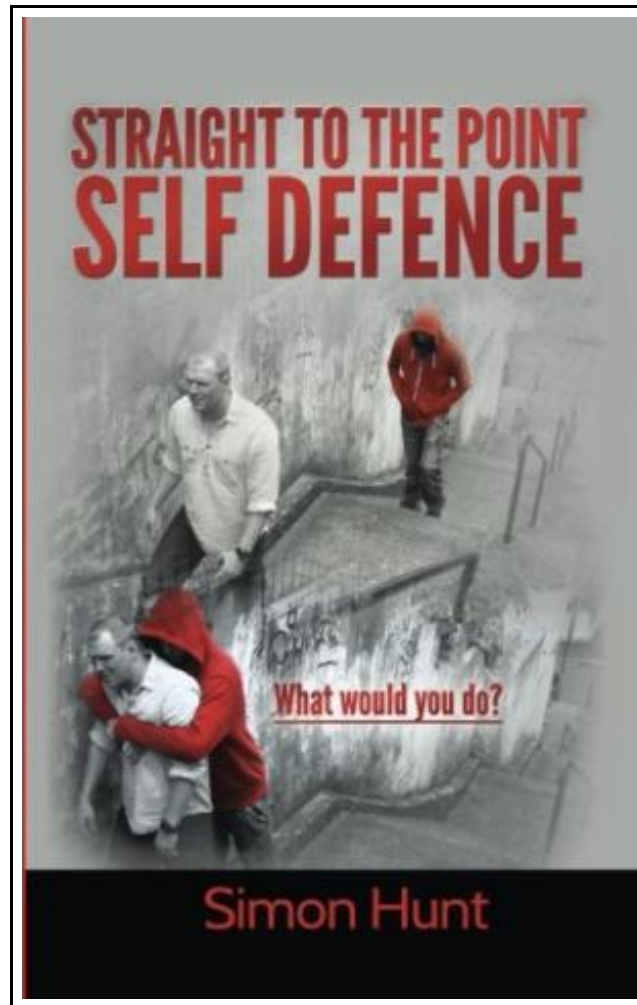


Straight to the Point Self Defence: Your Definitive Guide to Self Protection (Paperback)



Filesize: 6 MB

Reviews

*This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf.
(Alfreda Bradtke)*

STRAIGHT TO THE POINT SELF DEFENCE: YOUR DEFINITIVE GUIDE TO SELF PROTECTION (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Have you ever wanted to learn a few effective self-defence techniques that would keep you and your family safe? Well, now you can follow this STRAIGHT TO THE POINT self-defence book. #1 Best seller in martial arts This is not an overwhelming overcomplicated book. This book is full of easy to do yet extremely effective practical techniques. This book is accompanied by a series of photographs to demonstrate each technique. After you have read this book, you will also have a three step checklist system to prepare you mentally and physically for any situation. We have spent countless hours on the mat recreating actual situations to work out the quickest, most effective route to safety. We have done all the hard work for you. Techniques you will learn: Space Gaining Technique Knife Defence Technique Defence from Kicks Defence from a Punch Defence from a Headbutt Defence from a Behind Grab Defence from an Overhead Attack Defence against a Baseball Swing Close Quarters defence Defence from a Seated Position Click the BUY IT NOW button and you will instantly have access to a manual to return to again and again.

-  [Read Straight to the Point Self Defence: Your Definitive Guide to Self Protection \(Paperback\) Online](#)
-  [Download PDF Straight to the Point Self Defence: Your Definitive Guide to Self Protection \(Paperback\)](#)

Other eBooks



Why Simple Matters: Escape the Complexity Trap and Get to Work That Matters
Bibliomotion. Hardcover. Condition: New. 240 pages. Imagine what you could do with the time you spend writing emails every day. Complexity is killing companies ability to innovate and adapt, and simplicity is fast becoming the...

[Read Book »](#)



The Dash Diet Weight-Loss Plan: Ranked #1 Best Diet Overall by U.S. News World Report 7 Years in a Row (Paperback)

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Dash Diet is Ranked as The Number#1 Best Diet. The Dash Diet has more research backing...

[Read Book »](#)



Definitive Guide to Direct and Interactive Marketing: How to Select, Reach an.

Pearson Financial Times, 2003. Taschenbuch. Condition: Neu. Gebrauch - Wie neu Unbenutzt. Schnelle Lieferung, Kartonverpackung. Abzugsfähige Rechnung. Bei Mehrfachbestellung werden die Versandkosten anteilig erstattet. - We've all been on the receiving end of bad direct...

[Read Book »](#)



e*Study Book CD : to accompany Physics for Scientists and Engineers 4e

Worth Publishers Inc., 2000. Audio Book (CD). Condition: New. Book Description: Worth Publishers, Incorporated, 2000. CD-ROM. Condition: New. 4th Edition. CD only. Each chapter contains a description of key ideas, potential pitfalls, true-false questions that...

[Read Book »](#)



Recycling Advanced English Student s Book (Paperback)

CAMBRIDGE UNIVERSITY PRESS, United Kingdom, 2013. Paperback. Condition: New. 4th Revised edition. Language: English . Brand New Book. Updated and revised for the new CPE examination Papers 1 and 2. Recycling Advanced English, Fourth Edition...

[Read Book »](#)