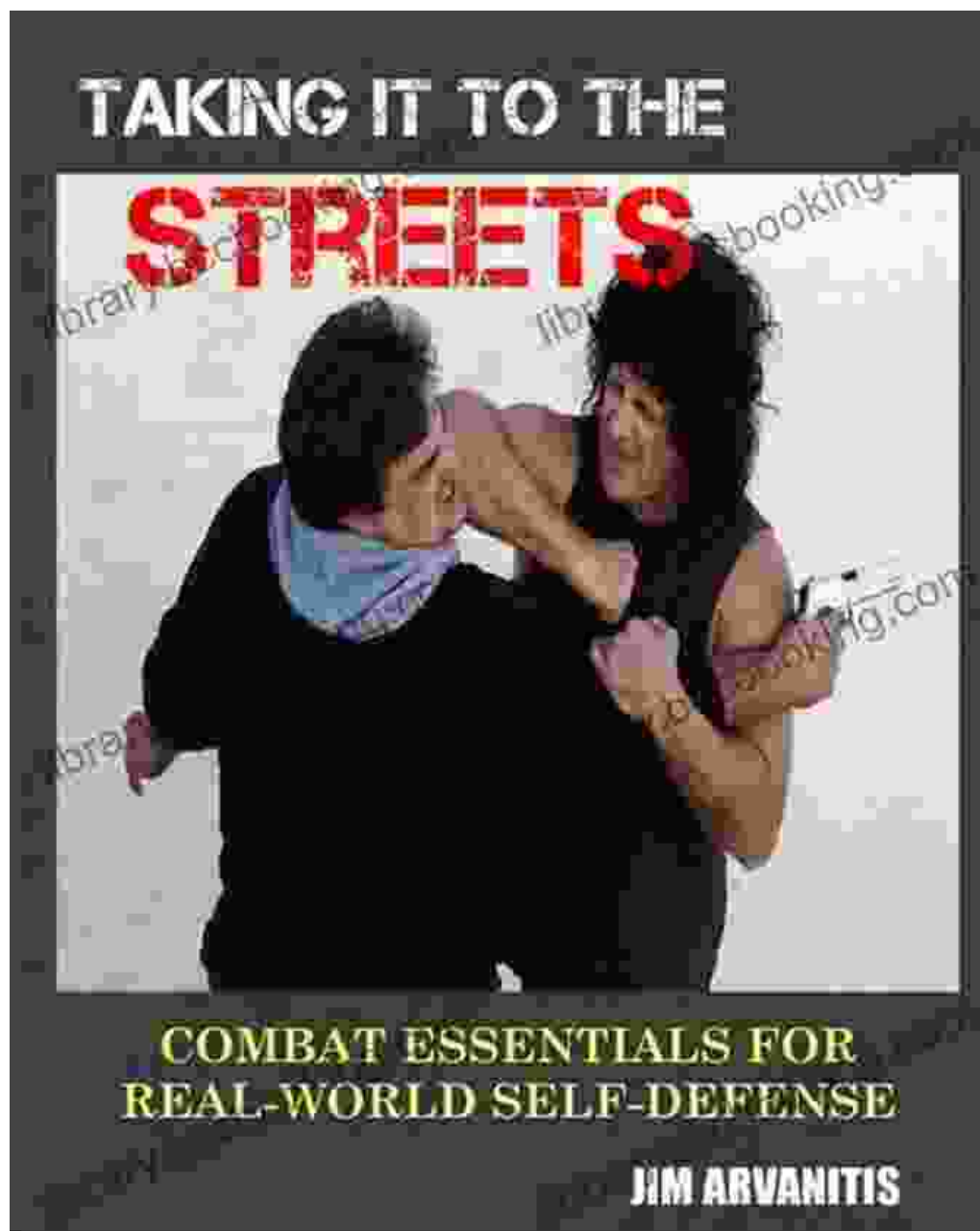
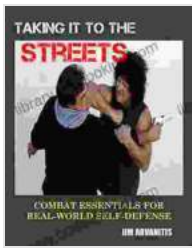


The Ultimate Guide to Real World Self Defense



In a world where violence seems to be on the rise, it's more important than ever to know how to protect yourself. *Combat Essentials For Real World Self Defense* is the definitive guide to self defense, providing you with the essential techniques and strategies you need to stay safe in any situation.



Taking It to the Streets: Combat Essentials for Real-World Self-Defense

★★★★☆ 4.6 out of 5

Language : English
File size : 348448 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 229 pages



Written by a team of experienced martial artists and self defense instructors, this book covers everything you need to know to defend yourself, from basic strikes and blocks to more advanced techniques like grappling and weapon defense. You'll also learn about the psychology of self defense, including how to avoid dangerous situations and how to respond to an attack.

Whether you're a complete beginner or you have some experience in martial arts, *Combat Essentials For Real World Self Defense* is the perfect resource for learning how to protect yourself. This book is packed with clear, step-by-step instructions and over 500 photographs and illustrations, making it easy to learn the techniques and strategies you need to stay safe.

What You'll Learn in This Book:

* The basics of self defense, including how to strike, block, and grapple *
Advanced techniques for defending yourself against weapons, including
knives, guns, and clubs * The psychology of self defense, including how to
avoid dangerous situations and how to respond to an attack * How to use

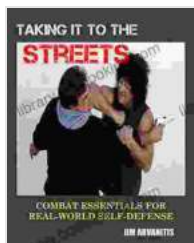
everyday objects as weapons for self defense * How to stay safe in different environments, including at home, at work, and on the street

Why You Need This Book:

* You want to learn how to protect yourself and your loved ones from violence * You want to be prepared for any situation, no matter how dangerous * You want to gain confidence and peace of mind knowing that you have the skills to defend yourself

Free Download Your Copy Today!

Combat Essentials For Real World Self Defense is the essential guide to self defense for anyone who wants to stay safe in today's world. Free Download your copy today and learn the techniques and strategies you need to protect yourself and your loved ones.



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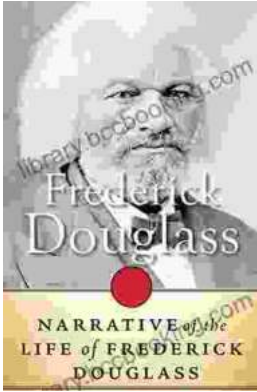
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