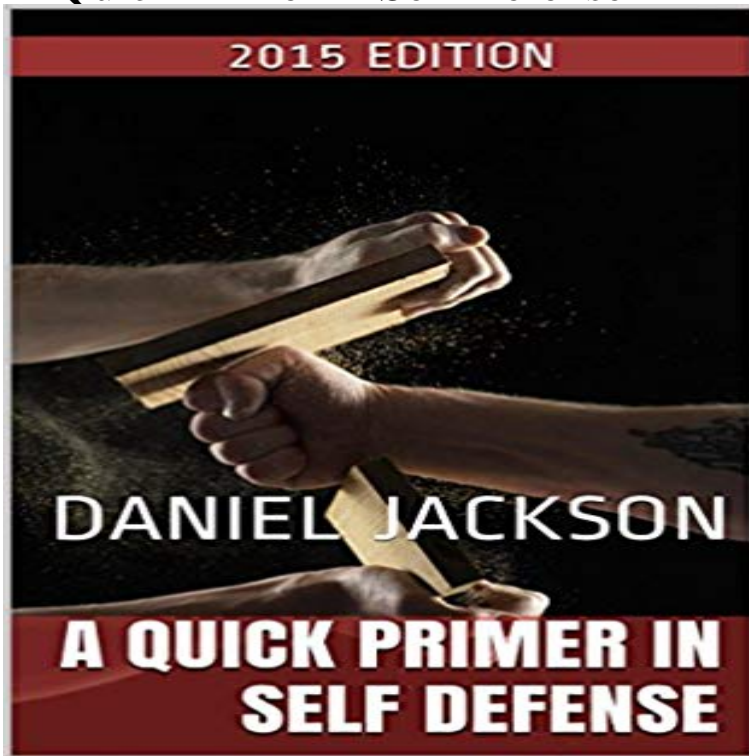


## A Quick Primer in Self Defense



Learn how to defend yourself, whether you're male or female, these techniques are proven to be effective in neutralising any combat situation. What's covered? We cover a number of scenarios in chronological order from how to get the upper hand before a combat situation arises to finishing moves to take down your opponent. Pre-combat advantages Slowing the approaching attacker Striking the attacker Defending from attack scenarios Attacking the attacker Finishing moves How is this taught? Learning combat tactics from a book can present certain challenges so we use very descriptive language, human body diagrams and give you small tasks to perform to ensure that you have understood the concept of the technique. We include a wide number of moves that can be adapted and combined to form strong attacks to neutralise any threat. By the end of this short eBook you'll know the dos and don'ts of self-defence mastery.

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