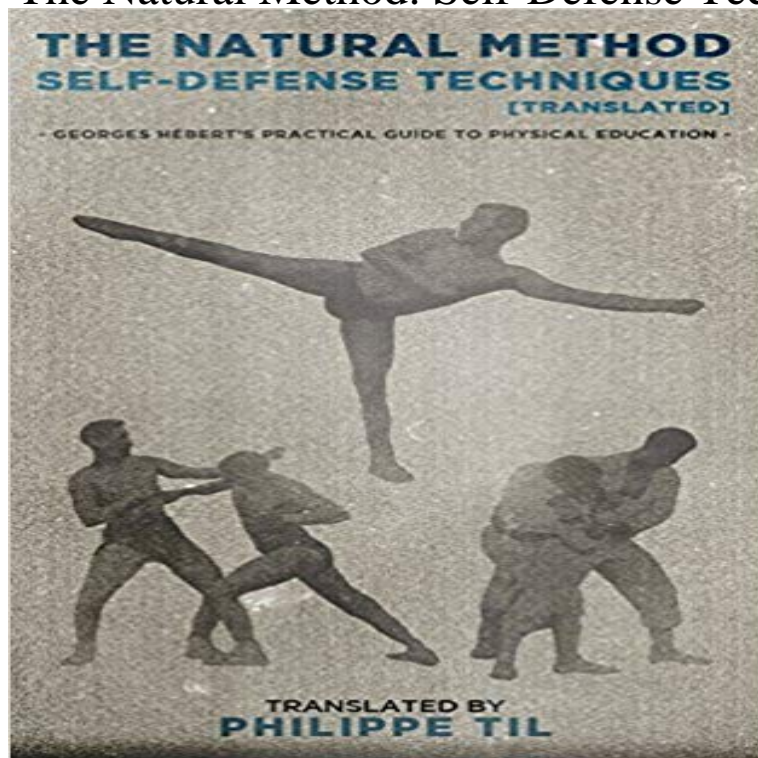


## The Natural Method: Self-Defense Techniques



This is the expanded section of self-defense training, Chapter VIII in The Natural Method: Functional Exercises. It covers, kicking, punching, wrestling take-down basics and partner training to protect oneself or others from dangerous individuals. Regardless of ones training style or martial art of choice, this stand-alone chapter covers the minimum effective dose commonly found across various martial arts, the kind everyone should know. While they carry great effectiveness, it also provides a great insight into History. Martial arts in general have roots that are not just centuries old, but millennia! Bruce Lee himself simplified and adapted arts he was versed in in The Tao of Jeet Kune Do. While this doesnt expand things for the seasoned fighter, it does provide insights always good to revisit from a different perspective. Beginners will find this simple to learn and apply.

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