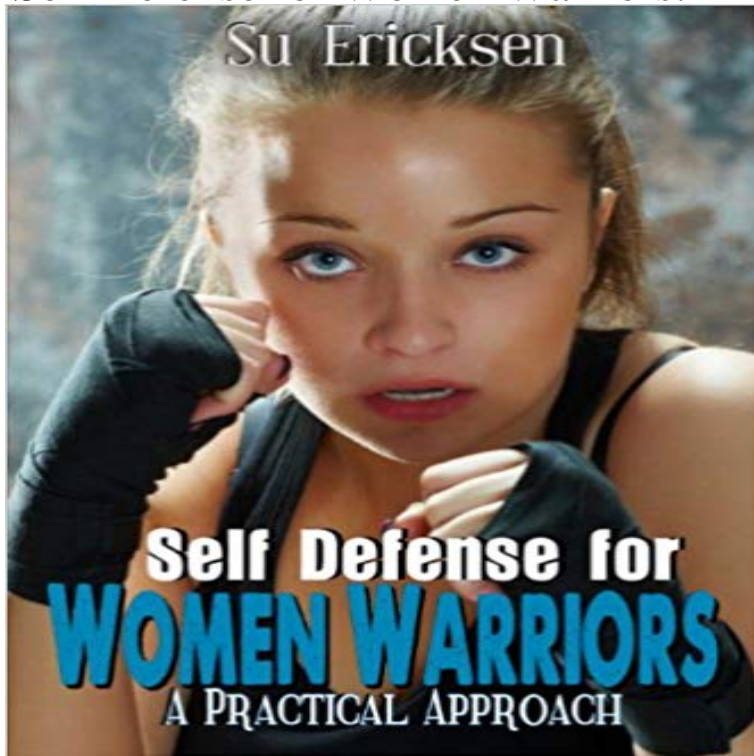


Self Defense for Women Warriors: A Practical Approach



Self Defense For Women is a practical approach to self defense from a womans point of view. First awareness and avoidance techniques are studied. Safety measures where you live, work and play are included. Most of these measures can easily become a habitual part of your day-to-day routine. This book instructs women also how to defend their families and help to keep them safe, as well. Then it has defensive techniques that are tailored for a womens generally smaller size, with pressure point locations and images demonstrating how to use them. Some basic martial arts moves are taught along with how to deliver them most effectively. Various methods of self defense are reviewed including Rape Aggression Defense as well as over 20 different martial arts and which ones can be better for womens self defense. The legalities of self defense, martial arts weapons use and home as well as personal; security are studied. Unhealthy relationships are studied including domestic violence, battered womans syndrome as well as other abuses and how to use intuition to recognize the red flags before it is too late.

A variety of weapons are explored, everything from guns to improvised weapons, including wasp spray. The most common self defense weapons are each discussed in detail as well as how to find and use almost anything as a weapon. Survival kits, lists of items and their uses are shown. From the pocket size first aid kit to the Bug Out Bag along with weather related survival kits are covered.

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