

4 SELF-DEFENSE MOVES EVERYONE SHOULD KNOW



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Smart Moves Commonsense Self Defense

Annelies Wilder-Smith



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How To Recognize the Devil Common Sense Self Defense, Safety, & Security Judith A. Yates, 2012-06-12 Criminologist Judith Yates combines over 20 years in law enforcement with her education to bring you common sense self defense tips anyone can use to protect yourself your valuables your children and loved ones Learning from the criminals themselves this unique book teaches you travel safety home security on a budget and discusses how you can live without fear of crime no matter your age or disposition Includes worksheets and pages for notes **S.M.A.R.T. Self-defense** Kevin J. Robinson, 2003

Black Belt , 1995-01 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Fight Like a Girl . . . and Win** Lori Hartman Gervasi, 2007-08-21 A kick ass practical guide that packs a major punch without even throwing one Self defense lecturer and no nonsense blonde bombshell Lori Gervasi lays out simple actions and important decisions women must make BEFORE they find themselves in physical danger to eliminate surprise and panic It s an unfortunate reality that women are susceptible to random acts of aggression from sexual harassment and stalking to physical assaults domestic violence date rape and worse But women can learn how to protect and defend themselves with this groundbreaking guidebook Let martial arts black belt and accomplished journalist Lori Hartman Gervasi walk you through easy to follow everyday steps for taking charge of your personal safety training your reflexes and if and when the time comes using force Her program consists of 26 potentially life saving decisions that every woman must make including DECIDE TO BELIEVE IN YOUR FIGHT Battles are waged from the inside out Your conscience intelligence and guts must be committed to the cause You and those you love are the things worth fighting for DECIDE TO DEVISE A STRATEGY Create a one way ticket out of every imaginable circumstance from back door escape routes to getaways in public places Think what if plan for the unexpected and be ready for anything DECIDE TO RECOGNIZE THE THREAT OF THE INITIAL ATTACK When practicing awareness you can detect danger before it happens The bad guy will take steps to get close to you Watch carefully and identify these for what they are the preludes to an attack DECIDE TO MOVE If an attacker strikes don t freeze get moving Break through your fear with instant mobility You have limitless options and any movement works as long as it leads to your safety DECIDE TO ACT ON YOUR INSTINCTS Your intuition is your guide but you must respond physically in order to be successful When something isn t right take action change plans redirect yourself and control your destiny along with Defense Do s And Don ts inspiring Power Points and other survival tactics that can help you to be prepared stay strong and FIGHT LIKE A GIRL AND WIN **Black Belt** , 1994-10 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of

self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

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