

4 SELF-DEFENSE MOVES EVERYONE SHOULD KNOW



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Smart Moves Commonsense Self Defense

Laura Talamo



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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

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