



SELF DEFENSE FOR SENIOR CITIZENS
... AND EVERYBODY ELSE

STEVEN R. BRILL

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**Fight Back: Self Defense for Senior Citizens... And
Everybody Else**



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Defend yourself – fight back! Based on self-defense classes taught by the writer, a contributor to nationwide fighting techniques magazines. Geared toward older persons – and useful to all age groups. Practice self-defense with a focus on consciousness and breakaways. Scenarios talked about include protection while at home, traveling, in public spaces, malls and parking lots. Learn avoidance tactics, escape methods, and counterattacks proven with illustrations.



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Not just for senior citizens.If a physical attack can't be avoided, the publication explains how to proceed. The instructions are clear and concise and the photographs reinforce the techniques being taught. Loved it! I bought FIGHT after attending a class taught by the writer. I practiced the breakaway and getaway techniques against males twice my size. And they function.Beyond the practical skills, the ideas in the publication help with a sense of personal security and confidence in being able to respond to a number of stressful situations. Combine distraction with an evasion technique, and leave your attacker (or teaching partner) befuddled about how you got away.FIGHT also outlines the legal environment of violent assaults, what things to expect in the aftermath, and how exactly to cooperate with responding police officers.. This easy-reading guide book tells me about important things that I should prepare for. This is an extremely practical book for just about any age person to understand personal protection techniques. Step-by-step photos illustrate breakaways and, if necessary, effective counterattacks. The concepts outlined by the author are accurate, effective and so are easy to apply. With practice (and maybe the occasional surprise attack from an exercise partner), it's easy to understand the techniques.It all's self-defense created for anyone.This book condenses decades of martial arts teaching into simple tactics that sometimes make you feel just like a magician practicing them. We all have to understand what is coming for all of us ultimately. The techniques take minutes to learn and feel how they work. Personally i think that that it could both beneficial to not only seniors but to everyone else, just as the name suggests. I cannot recommend this book extremely enough. Five stars to the author, a very well crafted book. We all have to understand what is coming for all of us .. The publication opens by explaining how to avoid confrontation, whether a physical strike, home invasion, or cyber infiltration. This book was very easy to read and understand This book was very easy to read and understand. It touches on personal safety issues including domestic abuse, scams, and drug misuse.



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