

# HOW TO WIN A FIGHT

A GUIDE TO AVOIDING AND  
SURVIVING VIOLENCE



LAWRENCE KANE and KRIS WILDER

Lawrence Kane and

## How to Win a Fight: A Guide to Avoiding and Surviving Violence



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Two veteran martial arts instructors and a renowned comic publication illustrator deliver the ultimate course in self-defense. A lot more than three million people in America get excited about a violent physical encounter every year. If a fight is unavoidable, the authors give clear guidance for being the victor, alongside advice on legal implications, including the way to handle a law enforcement interview following the attack. The protection begins by scanning the surroundings for dangerous circumstances and using verbal de-escalation to defuse tense situations. Veteran fighting techniques instructors and masters within their field, Kane and Wilder, have got teamed up with DC Comics artist Matt Haley to make a step-by-step instruction revealing the secrets of surviving and preventing violent encounters. In these situations, knowledge is certainly power, and few teachers are better equipped to deliver that understanding than Lawrence Kane and Kris Wilder.



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how to avoid and de-escalate and -- if unavoidable -- survive and "gain" a fight I bought this for my nephew when he surely got to public senior high school. He went to some BS personal grammar school and my sister and her ex-husband didn't teach him anything about surviving. Look inside: there's nothing to discover. Nor shall I. I just gave it 3 superstars because, all though the tips is great, it had been really without the diagram department."Broken into 3 sections - before the battle, during it, and afterward - HOW EXACTLY TO Win a Fight brings up legal questions constantly, a poignant reminder that, first, we live in a litigious country, and second, the fighting techinques techniques we practice and train to a fault (meaning we don't fully execute the technique unless we're striking a pad or performing in the atmosphere) actually do have effects when put on people. 3.. How To Get a Fight about a lot more than just combat As provocative as the title of this book is - How To Gain a Fight - there's a lot more to this book than just that.A key point for me personally is in the subtitle - "A Guide to -Avoiding- and Surviving Violence. I feel just like the authors could have shown more drawings on the basic techniques of self defense. They talk about the importance of awareness, an integral word throughout in probably every single chapter. Be aware of what's happening around you, and what you could be carrying out to add gas or drinking water to the fire.This assortment of chapters is excellently assembled, almost as if the authors had kept a blog and edited that content because of this book. First find out about it on the "Cool Tools" website, got it and it is a reserve I would recommend to everyone. Which I guess qualifies as "winning" a fight. Four Stars Good purchase.In conclusion, this is an excellent basic guide for anyone concerned about avoiding violence and self-defense.Rating: 5 Stars. (Kane and Miller also add a 6th level in Scaling Push).I'm pleased to add this reserve to my "Suggested Reading" for my lower ranks. An excellent basic guidebook to avoiding and coping with violence if that is clearly a last resort. This is a book that should be read by anyone who's thinking about a practical and effective guide to avoiding trouble. That is also an excellent guide for martial arts instructors, law enforcement defensive methods instructors and anyone who teaches self-defense. Despite the fact that the title may give you the impression that you'll discover ways to "win a battle" this book is more about how exactly to win by avoiding incidents and situations which put you into harm's way. Truncate (Writer: Monadnock Defensive Tactics Program) Good advice, but . What's the use of such a ridiculous preview. This text is arranged into three sections. Section one emphasizes the factors involved before violence begins. Chapters include: The significance of awareness, not really allowing people to get into position for an strike, using terms wisely, living to combat a later date and food for thought. Section two deals with what you can in fact do throughout a violent encounter. In the event that you have to combat, it should only be achieved in true self-defense. 2. Chapters consist of: Once it's over, know your priorities, learn how to perform first aid, don't exaggerate, don't threaten, legal matters, keeping out of jail.If the book boiled down to one simple takeaway, though, it would probably be this:Despite the fact that the books were published under different companies, I view this book as a precursor to Scaling Force. That is a much more detailed publication discussing each one of the levels of force - presence, tone of voice, empty-hand restraint, nonlethal force and lethal drive - which are only briefly outlined in How exactly to Win a Combat. Joseph J.I've browse and reviewed several books by these authors which cope with similar themes;.. Overall this publication was an easy read. It is geared towards young adult males. Some guys allows the slightest comment or look from another man make them angry. Some men will battle over a woman. Some guys get so drunk that they can't remember what began the combat to begin with. Nevertheless, the authors encourage never to combat unless there is no way out.The forword is by Rory Miller, a man who

is a specialist in violence. Miller jolts the reader into knowing that fighting isn't glorious. 4. You won't earn the honor and respect of everyone in town. Rather it will be quite the opposite. Nothing about fighting (actual street fighting) is reasonable. You and your adversary will most likely get hurt. HIGHLY recommended.. compiled by knowledgeable people. One individual might visit the E.R. while the other person winds up at the undertaker. The primary points the authors try to make are: 1. If you can avoid fighting, do so by all means. The ultimate section is seldom explored, that is the aftermath of violence. Five Stars good guide to self-defense. (movies are fake and The UFC has rules).. I actually haven't bought the reserve. You will not have your arms raised by a ref by the end of the fight. Chapters six through eight emphasize only using that amount of force as the circumstance warrants, four techniques you may use in a fight, make your strikes count, down and dirty techniques, seven mistakes to avoid in a battle and what to keep in mind. This would make a good gift a young adult male. At any rate, this book doesn't seem to be about how exactly to fight just as much as how to try to prevent violence and de-escalate, and -- when that fails -- how to survive, dodge, disable your attacker, and get it over with as fast as possible. Kane and Wilder, two of the best fighting techniques authors today, spend the entire first third of the reserve discussing what goes on before violence even occurs. Good for anyone who is merely beginning their journey on the martial arts. This book did an excellent job of showing precisely how deadly the majority of the strikes a martial artist uses could be deadly. I sensed the reserve also did an excellent job of continuously stating the very best advice "to avoid a battle all together". Great Instructions Nice teaching text for training. Lawrence is usually concise and thorough. Don't overestimate that. Fighting isn't like you see in the films or on UFC. examine, look and practice !! I doubt he read it, but We felt better for having trained with to him... Fighting over something stupid isn't worthy of the legal, physical, and mental toll that may be place on you following the battle. I get that community institutions supposedly have a lower tolerance for bullying and violence these days, but anyone who thinks it has been eliminated is out of their mind. however, this reserve is a great basic overview of their self-protection philosophy. A preview is supposed to whet your appetite, not annoy you using its stingy brevity. A book everyone should read Great book!. The chapters are pretty short and also have catchy, "listicle"-design headlines, such as for example "Know How to Perform MEDICAL" and "Seven Mistakes in order to avoid in a Fight. Cheap, an instant read, and filled with great common sense strategies for how to stay out of canger and how to deal with it when it occurs. Imagine if the guy you select a fight with includes a knife or worse.



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