

501

UNARMED SELF-DEFENSE SKILLS

**DEFLECTIONS, LOCKS, HOLDS,
THROWS, PUNCHES AND KICKS**



Chris McNab

501 Unarmed Self-Defense Skills



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Learn to defend yourself without weapons. Be equipped for any situation--no weapons required! Whether you're faced with a fistfight or even worse, these skills from survival expert Chris McNab can help you keep a cool mind and form a technique to defend yourself and get away as quickly as possible. 501 Unarmed Self-Defense Abilities will teach you how to remove an opponent when air travel is not a choice. Are you prepared to defend yourself in virtually any emergency?



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Disappointed . Not what you might expect... practice quickly on partner! Informative and useful; We intend to practice on each other, but only we're in peace with one another!!!!



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