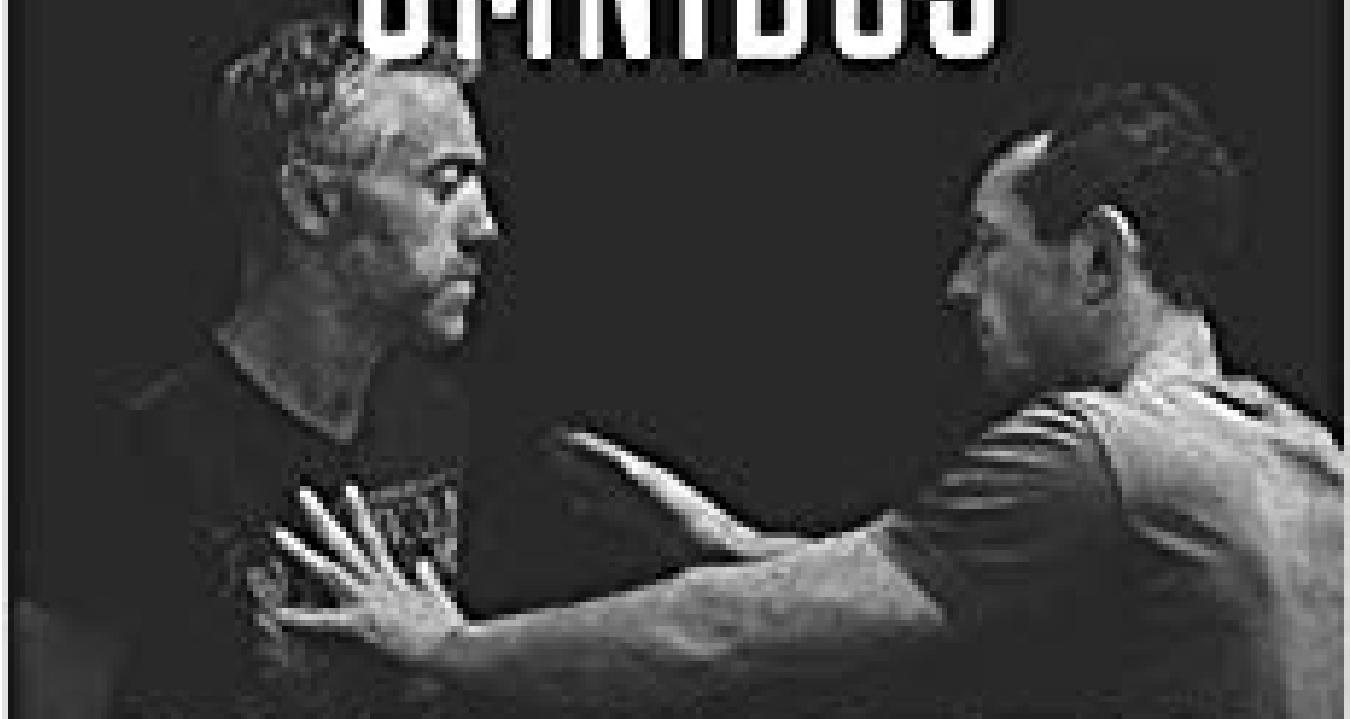


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THE SELF DEFENSE AND COMBATIVES OMNIBUS



NEAL MARTIN

From the author of the #1 self defense bestsellers,
Self Defense Tips Everyone Should Know and *Combatives Instruction*.

Neal Martin

Self Defense And Combatives Omnibus



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Proven techniques to improve on your own awareness and help to keep "switched on" when needed. Do you wish to confidently walk down the street without being afraid? Discover how to formulate a self-defense game plan made to keep you safe and sound— Understand how to sharpen your awareness abilities — Uncover the very best ways to manage dread and adrenaline— Learn how to hit hard — Are you struggling to understand to find a self-defense game plan that actually works? Would you like actionable information that you can use best now to create yourself a harder target for individuals who might wish to damage you or take advantage? Do you wish to build the most efficient self-defense game program possible, a casino game plan that will serve you for life? A complete self defense idea, building from the first essential stage of taking responsibility to how to in fact practice and apply the techniques that will help you manage any situation— Expert Essential Self Defense Skills and Establish Great Habits for a Lifetime— Here's everything you get:— Instantly apply these techniques to raise your level of personal safety Combatives and Self Defense: 3 Books in a single! The art of situational control and the main one simple trick to help manage your individual space and keep undesirable people out of it— Knowledge of how exactly to manage the battle or flight response more effectively, providing more control and allowing for the best possible final result— Mastering these methods alone will make sure you prevent 99% of physical confrontations— Most people have a small knowledge about self-defense, but few actually recognize that it is fast and simple to expand that understanding into a complete self defense game plan that may work to preserve them safe for life. The Combatives and Self Defense Omnibus will educate you on to create a self defense game plan that actually works to keep you safe, and which gives you options that put you in control of your individual safety. Bonus One: A complete combatives schooling syllabus with all techniques fully explained, as well a list of self defense training drills, each one explained to get the most out of it— Reward Two: Advanced self-defense concepts and ways to take your schooling to another level Are you Missing Part of the Puzzle? The secrets of hitting solid, and the tricks that allow you to hit first when required— This book is not simply a shallow list of tips, it is an overview for a complete self-defense game plan that teaches you how exactly to practice for a life of good self-defense habits. From the basics of taking responsibility and awareness, through to more advanced techniques like experiencing your innate aggression and learning how to hit hard, you will be guided in small, friendly steps.



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