

A GUIDE TO BASIC SELF DEFENSE TIPS



Self Defense A Basic Course

M Walker



Self Defense A Basic Course:

Self-defense, a Basic Course Bruce Tegner, 1979 The techniques are easy to learn and remember Prevention and assault deterrence are emphasized **Pro-Systems: Combatives Volume One** Joseph Truncale, 2015-03-14 This is the first volume of the Pro Systems Combatives PSC system This manual has all the basic techniques principles and essential warm up drills required to learn the entire basic Pro Systems Combatives PSC selfdefense offense system This volume also covers responses to punching attacks kicking attacks wrist arm grab attack counters body grab counters and drills Volume two covers the Pro Systems Combatives PSC self defense responses to chokes head locks knife gun multiple subjects and ground attack counters

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