

THE POLICE **SELF-DEFENCE** HANDBOOK

The Police Self-Defence Handbook sets out the basic principles of *Taiho Jutsu*, the unique self-defence system devised by Brian Eustace. This system, derived mainly from aikido and judo, was designed with police officers in mind, but it can be practised by anyone interested in self-defence.

The book takes the reader through from novice to competent exponent by means of a logically connected sequence of effective techniques. All of these techniques have been tested and proved where it counts – on the street. The author emphasises the role tactical thinking can play in helping the reader to become the best exponent of self-defence – by avoiding trouble in the first place.

Brian Eustace is a 7th Dan in aikido and a 2nd Dan in judo. He is Vice-Chairman of the Martial Arts Commission and has given advice on self-defence to police forces in several countries.

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Raffaela Di Napoli



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