

SELF-DEFENSE YOU CAN TEACH YOUR BOY:

A CONFIDENCE-BUILDING COURSE

by BRUCE TEGNER



"The boy who can defend himself has the confidence to cope with difficult situations. He has an assurance which allows for the full development of his mental and physical abilities. Of the thousands of boys whom I have trained for self-defense, very few get into fights. They have enough confidence to decide with dignity when a fight is forced on them they defend themselves effectively without resort to violence. They have self-respect!"

—BRUCE TEGNER

Self Defense You Can Teach Your Boy A Confidence Building Course

Emilie Sanchez



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