



Self Defense Handbook: A Book Filled With Valuable Self-Defense Information, Moves and Techniques for Immediate Use and Protection

Rick Everfield

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Self-defense is a concern of many people and it seems to be more and more widely talked about subject and self-defense classes around the world seem to grow at the same speed. There is no doubt that self-defense should not be completely ignored in your life as threatening situations can come at any time. Avoiding any possibly dangerous situation is your first move to make but being able to defend yourself verbally and physically shall any such situation occur is the key for your safety and safety of your close ones.

This book serves a particular purpose. It is written with intention to provide most useful self defense information, including law enforcement and legal restrictions, non-physical defense such as verbal self defense, how to use any object as a self defense weapon, and many moves and techniques taken from most useful martial arts, war combat, and Western self-defense classes that can and should be practiced in your daily life so that you are truly able and will always be able to defend yourself and others at all times against any number of attackers.

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Larry Young:

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