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Basic Instincts of **Self-Defense**



*DEFENSES AGAINST
UNARMED ATTACKS*



real self-defense

Basic Instincts Of Selfdefense Defenses Against Unarmed Attacks Video

Martin J Dougherty



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Self-Defense Zach Williams, 2018-01-08 Would you like to be armed with the right self defense skills so that you know exactly what to do if your life was hanging by a thread It's impossible to know what outcome to expect when facing any life threatening situation Knowing how to react against unexpected attacks is a skill so rare and valuable that unfortunately so few possess in modern times Arming yourself with the right knowledge and tools will dramatically increase the odds of survival in just about any situation imaginable Whether you're out in the wild or facing the effects of a natural disaster there is little margin for error when you're staring danger right in the face How would you like to have well polished survival instincts that can kick in at the exact time you need them Here's some of what you can expect to learn inside the pages of this book Discover exactly which steps to follow to go from clueless to feeling in complete control when facing an unexpected attack The key things you must always have in the back of your head to increase your chances of coming out victorious How to go for weak points in case that you are physically overwhelmed by your assailant Self defense drills that

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