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provide some self-defense techniques for those who were only interested in basic self-defense and not a five year Black Belt Course. We found that there were none. So, we have herewith created and published from our extensive library this short manual entitled INSTANT SELF-DEFENSE, available in this PDF

Instant Self Defense - Ashida Kim

There are only two joint locks and one finger lock shown in this manual. Some of us love joint locking, but it is used to control people and often is a more complicated way of addressing a threat than just side stepping and ... Modern Hapkido Self Defense Manual 100% Self Defense Essentials ...

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The Self Defense Training System

and self-defense are vastly different and that individuals needing basic self-defense need not engage in contest nor engage in contest-oriented procedures. That self -defense training need not take many years to learn. Instead of training for a high level of skill (which can only be maintained with constant, continuing

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The Art of Self Defence in the Street with or without weapons

Self-defense is a set of awareness, assertiveness, verbal confrontation skills, safety strategies, and physical techniques that enable someone to successfully prevent, escape, resist and survive violent assaults.

Self-Defense Information

SELF-DEFENSE NERVE CENTERS & PRESSURE POINTS is a practical guide to the most efficient use of weaponless self-defense using the least possible force. The results of self-defense actions are described in the most accurate way possible, taking into account the factors of relative size, strength, health and emotions.

SELF-DEFENSE NERVE CENTERS & PRESSURE POINTS is a practical

Page 5 Instruction 9.260 2009 Edition SELF-DEFENSE method. You may consider whether the use of force reasonably seemed to be the only means of protection in the circumstances.

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As mentioned previously, all of these factors apply to any self-defense situation, regardless of whether the person attacked is male, female, young, old, or has a disability. Therefore, there is no such thing as "handicapped" or "wheelchair" self-defense. There is only self-defense. The greatest danger comes from the highly motivated attacker.

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PSYCHIC SELF-DEFENSE Dion Fortune CONTENTS PREFACE PART I TYPES OF PSYCHIC ATTACK I. SIGNS OF PSYCHIC ATTACK II. ANALYSIS OF THE NATURE OF PSYCHIC ATTACK III. ... these abuses which are only able to flourish because of the general failure to realise their significance. As a young girl of twenty I entered the employment of a woman who I now know ...

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