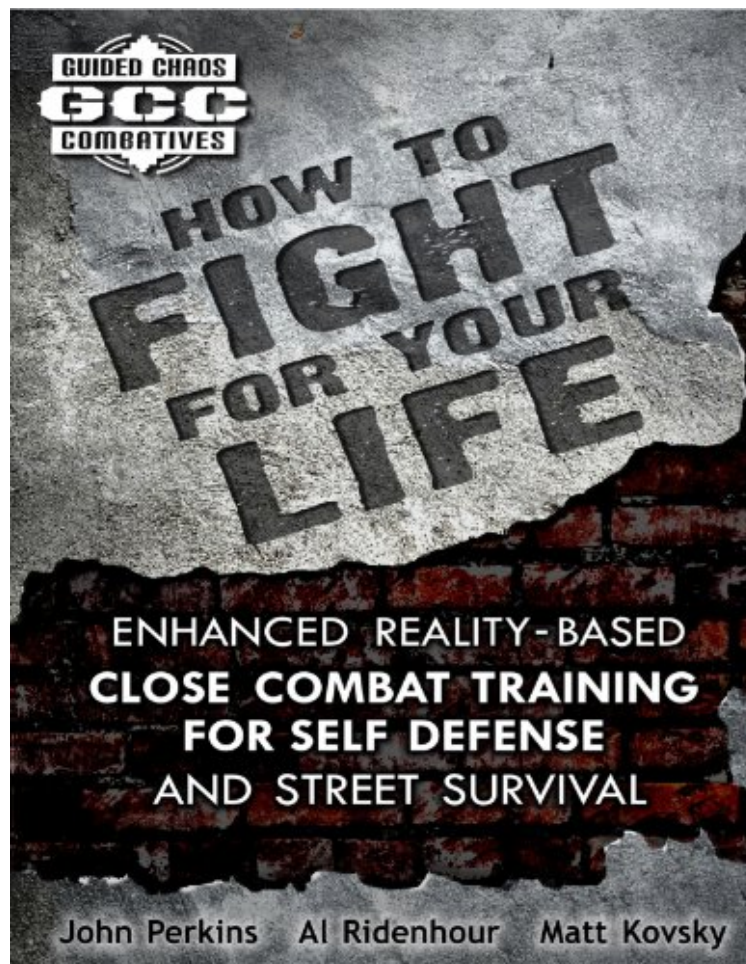


(Free pdf) How to Fight for Your Life: Enhanced Reality-Based Close Combat Training for Self-Defense and Street Survival (English Edition)

How to Fight for Your Life: Enhanced Reality-Based Close Combat Training for Self-Defense and Street Survival (English Edition)

Von John Perkins, Al Ridenhour, Matt Kovsky
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Von John Perkins, Al Ridenhour, Matt Kovsky : How to Fight for Your Life: Enhanced Reality-Based Close Combat Training for Self-Defense and Street Survival (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Fight for Your Life: Enhanced Reality-Based Close Combat Training for Self-Defense and Street Survival (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Very realistic - good job !Von Warrior74The "guided chaos" idea is very realistic and and I really like these concepts and

principles. If you are looking for real training and if you are open minded - I could recommend to read that book !

KurzbeschreibungIn 1978, John Perkins created Guided Chaos, an ORIGINAL, advanced system of free-form ADAPTIVE self-defense. It is completely unique, stunningly effective and takes many years to master. However, not everyone has that kind of time...and violent criminals aren't going to wait. The average person needs street and battle-tested methods that can be learned and mastered quickly. That's where Guided Chaos COMBATIVES (GCC) comes in. GCC is the first part of Guided Chaos and is remarkably simple. It is a self-contained system comprised of basic World War II-era strikes and strategies that were designed to be taught to our troops in mere hours before shipping out for jungle warfare in the Pacific against the Japanese, who were all presumed to be karate and judo experts. John Perkins, who is a certified Grandmaster in Combat Martial Arts under the International Combat Martial Arts Federation, has modified and improved these techniques by imbuing them with some of the far more advanced motion principles of Guided Chaos, the most important of which being Dropping Energy, a way of delivering powerful strikes without winding up or chambering. It also improves dynamic balance, which is essential for survival when fighting for your life. GCC is extremely easy to learn and practice on your own and can be mastered in mere weeks with diligent practice. "How to Fight for Your Life" contains principles, photos, diagrams, checklists, strategies and training regimens found nowhere else and designed to quickly maximize your ability to survive criminal violence.

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ber den Autor und weitere Mitwirkende* Former Yonkers, NY Detective. * Forensic crime scene reconstruction expert interpreting blood spatter patterns of horrific homicides; analyzing dynamics of how people fought and died. * Police veteran of over 100 documented brutal arrests of extremely violent criminals, where people ended up in the hospital or morgue. * Engaged in unlicensed Pit-fighting on the docks of Newark and New Orleans pre-UFC (no rules except for don't kill the other guy). * One of the top Close Contact and Point Shooting instructors in the U.S. * Student of Thomas Loughnan "The fastest man in the world" with a Colt 45 1911 semi-automatic. * Holds the rank of Grand Master in Combat Martial Arts under the International Combat Martial Arts Federation along with John McSweeney, Jeff Jarrett, Master Visitacion, and Col. Rex Applegate. * Bodyguard to Billionaire publisher Malcolm Forbes, Israeli Defense minister Moshe Dayan, EST founder Werner Erhard; trained bodyguards to Pope John Paul II. * Trained by his father from the age of 5 in World War II Close Quarters Combat and Native American Catch Wrestling; Combat Hapkido by Master Ik Jo Kang (instructor for the Korean ROK Army during the Vietnam War); Elephtheri Pali (Greek: "Ruthless Combat") by George Kaperonis and by Temple Trained Chicago Tai Chi Master Waysun Liao. * In 1978, Perkins created GUIDED CHAOS, a completely original system of self-defense that ADAPTS to violent attacks. * Author of best-selling self-defense books, used as training manuals for members of the U.S. Marines, U.S. Army, Royal Canadian Mounted Police, NYPD, the Guardian Angels Capetown South Africa chapter ("The most violent city in the world") and select Reality-based and kung fu schools around the globe.