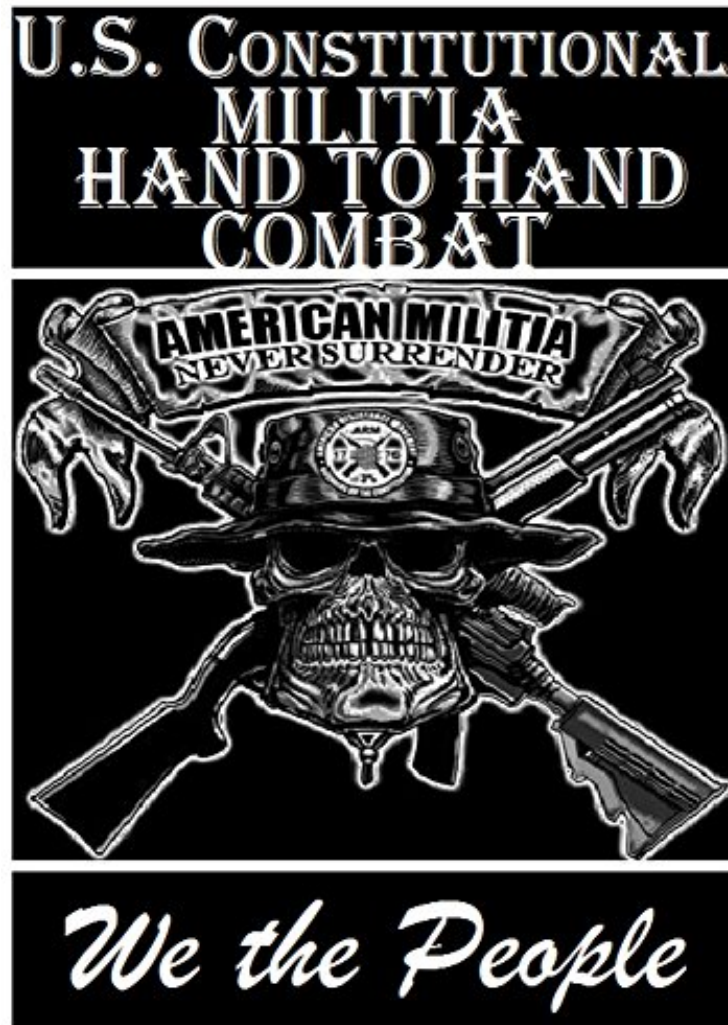


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U.S. Constitutional Militia, Hand to Hand Comabt: easy to learn self defense system that will maim or kill any violent attacker you encounter (English Edition)

Von Mark Allan

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Von Mark Allan : U.S. Constitutional Militia, Hand to Hand Comabt: easy to learn self defense system that will maim or kill any violent attacker you encounter (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised U.S. Constitutional Militia, Hand to Hand Comabt: easy to learn self defense system that will maim or kill any violent attacker you encounter (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Not bad

!Von Mr. Magnus O.k. this is what we need if it really works and I believe the author that it works because it sounds logical. Everything about a self defense system which is based on natural movements and so will work under stress. Also I wouldn't call all the moves natural, they are all quiet simple !If you trust the author it is the same system which is used by a lot of special forces etc. So in fact quiet practical and believable. There are three reasons why I dropped two stars: 1. The description of the techniques is quit rough and even if this is based on natural movements would be fine to see and get some information of how to practice. 2. No pictures to show the techniques. Even if they are simple would make sense to see them. 3. The writing stile is quiet hard to read I changed my rezension during my vacations because I read the book more carefully again and tested the things written. It is better than I thought. Just some pictures or fotos are missng so it would be better to understand !!!

Kurzbeschreibung Never before has there been a better time to learn self defense. This guide will point out all the best self defense techniques for hand to hand combat whether you are a man or a woman. There are no rules when it comes to fighting for your life. These techniques are based on world war two combatives. They are based on gross motor movements not complex motor skills. These techniques are meant to seriously maim or kill any attacker you may encounter. These method are still used by our elite military units, such as the Navy Seals, Green Berets, Army Rangers and many other elite combat units. If you use a partner to practice these techniques you need to be extremely careful because you can kill someone a lot easier than you may realize. As you will see you are not learning a million different moves to fend off an attack, that is because in a real world situation where your fear is heightened or your life is in real danger you are not going to be able to remember any specific strategic moves, all these moves are used in different scenarios and are very effective and deadly to when used on any attacker. Whether you are a small women or a large man these techniques can save your life in any violent attack. This system of hand to hand combat is very easy for anyone to learn quickly. Once you learn this system you will feel confident about handling any violent attacker you may encounter. Kurzbeschreibung Never before has there been a better time to learn self defense. This guide will point out all the best self defense techniques for hand to hand combat whether you are a man or a woman. There are no rules when it comes to fighting for your life. These techniques are based on world war two combatives. They are based on gross motor movements not complex motor skills. These techniques are meant to seriously maim or kill any attacker you may encounter. These method are still used by our elite military units, such as the Navy Seals, Green Berets, Army Rangers and many other elite combat units. If you use a partner to practice these techniques you need to be extremely careful because you can kill someone a lot easier than you may realize. As you will see you are not learning a million different moves to fend off an attack, that is because in a real world situation where your fear is heightened or your life is in real danger you are not going to be able to remember any specific strategic moves, all these moves are used in different scenarios and are very effective and deadly to when used on any attacker. Whether you are a small women or a large man these techniques can save your life in any violent attack. This system of hand to hand combat is very easy for anyone to learn quickly. Once you learn this system you will feel confident about handling any violent attacker you may encounter.