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If you don ' t have any pre-purchased self defense weapon on you, you can quickly create one yourself, in a matter of seconds IF you got the right materials on you. It can be as simple as grabbing your keys, and sticking them out through your fingers so you create a wolverine like blade

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Self Defense made simple This blog will include simple techniques for the everyday person. It's not about what type of training that you've obtained, it's about what you need to use to get out of a bad situation. Your life is more important than someone else's. At the end of the

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day, YOU must be the one who goes home, safely.

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Use the end point of the weapon (it should be hard) this end is where it hurts most. Also, hold it where the two ends stick out. Hold them together, and make sure the hard point is upwards in your hand, and the two endpoints point downwards. Ask Question.

~~How to Make an EASY Self Defense Weapon : 4 Steps ...~~

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Do you want to learn how to easily and effectively protect yourself - whatever your age, size or skill?! The new #1 Self Defense Bestseller - Grab Your Copy Now! Discover 'Self Defense Made Simple' from Bestselling Self Defense Author Phil Pierce: Your blueprint for smarter, easier and more intuitive self-protection without the years of training or complicated lessons. Do you want to learn how to ensure you never get hit using one special technique? Or how to use psychology 'hacks' to prevent violence before it happens and stay in control? Learn how to really use everyday objects as weapons (90% of people get this wrong!) Discover the truth behind pressure points - and how you can use them How to defend yourself against the most common attacks How to use the powerful self-defense tools your body already has Learn the exact exercises you can use to quickly and easily build a 'self-defense body' How to find the weak points on an attacker ... that you can exploit! How to choose the perfect self-defense class (and which ones are just wasting your time) Understand how to identify a threat before it ever happens How to avoid the No.1, life-threatening self-defense mistake And more! Based on the tactics of Self-Defense experts, top Martial Artists and security personnel the simple techniques included are all designed to enable you to stay safe on the streets whatever your age, size or skill! Ever wondered what it takes in a real life or death situation to make the right choices? Or how to dominate any violent encounter on the streets without even throwing a punch? You may be surprised at the answers... Grab Your Copy Now!

Unlock the powerful secrets of easy Self Protection in "How to Defend Yourself in 3 Seconds or Less: The Self Defence Secrets You NEED to Know!" A simple and insightful guide for beginners and experts alike! How to Unlock Your Brain's Secret Power... How Can You Win Every Single Fight... The 3 Second Rule (That most people have no idea about)... How can you

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train your brain to deal with panic... Illustrated Techniques Distraction and Evasion How to Fight...even when you can't see! The Most Common 'Mistake' with a popular technique... and much more! With most violent encounters the ability to defend yourself comes down to a matter of seconds where the right actions can be the difference between life and death. Developed with input from Top Martial Artists and Self Defence experts this illustrated guide reveals the secrets of real Self Defence and exposes the truth behind street violence. All designed to give you straight-forward, practical advice and keep you safe when it counts. Stay safe out there and get the edge today! Grab Your Copy Now!

Teach Yourself Self-Defense! Inside this four-part self-defense training manual, you will learn:

- * The Principles of Self-Defense. The information in this section is more valuable from a self-defense point of view than any of the individual techniques.
- * Basic Self-Defense Techniques. Simple and effective moves to escape your attacker(s) and get to safety.
- * Advanced Strikes & Strategies. Use these tactics when the basic self-defense techniques are too aggressive, such as in a "friendly" pub or schoolyard brawl.
- * Weapon Disarms. Advanced lessons on how to disarm an attacker and fight multiple opponents. This is the only self-defense training manual you need, because these are the best street fighting moves around. Get it now. Discover Real Street Fighting Tactics
- * The best target areas for self-defense and which strikes to use.
- * How to achieve street fighting knockouts.
- * Ground fighting techniques for self-defense.
- * Easy to apply strategies for attack and defense.
- * The correct way to use choke holds and how to escape them.
- * The best self-defense objects from everyday items.
- * Weapon vs weapon street fighting training.
- * How to adapt what you learn to any situation. Adapted From Proven Street Fighting Styles

This no-nonsense self-defense training manual focuses on the most effective techniques from a wide variety of martial arts, including (but not limited to):

- * Jeet Kune Do (Bruce Lee's martial art)
- * Vortex Control Self-Defense (eclectic self-defense)
- * Kali/Escrima Arnis (Filipino weapon-based martial arts)
- * Wing Chun (efficient Chinese martial art)
- * Krav Maga (Israel military)
- * Systema (Russian military)
- * Mixed Martial Arts (strikes and ground fighting) ...and more. Limited Time Only... Get your copy of The Self-Defense Handbook today and you will also receive:
- * Free SF Nonfiction Books new releases
- * Exclusive discount offers
- * Downloadable sample chapters
- * Bonus content ... and more! Teach yourself self-defense that works, because this is one of the best street fighting books around. Get it now.

Sang H Kim adapts traditional Taekwondo skills for the modern day Taekwondo classroom. The self-defence techniques presented blend Taekwondo kicking, blocking and striking skills with locks, throws and takedowns drawn from other Korean self-defence arts. Learn how to use your Taekwondo skills to defend against a wide variety of common empty hand attacks including holds, locks, chokes, punches, kicks and pins. Plus, learn defences against an attacker wielding a blunt weapon, knife or gun. Each defensive scenario is illustrated with high quality photographs and explained in step-by-step detail that includes key points to successfully applying advanced techniques, multiple ways of defending against the most common attacks and alternative responses to help you prepare for the fluid reality of a real-life self-defence situation. Features defences against: Strikes; Punches; Arm Locks; Wrist & Arm Grabs; Wrist Locks; Bear Hugs; Kicks; Tackling; Ground Pins; Choking; Headlocks; Club & Stick Attacks; Gun Attacks; Knife Attacks.

If you are going to fight, you might as well fight to win! This book presents 20 simple fighting techniques that will win any fight, any time! Fight to Win teaches you how to fight with a minimum of technical jargon. It allows you to quickly develop the ability to win by learning a small number of techniques that always work in every situation. This is far more effective than learning hundreds of movements and variations which work only in specific

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Circumstances (and are easily forgotten in the heat of the moment!) With 400 full-color photos and easy-to-follow instructions, this martial arts book presents self-defense techniques such as: The Hammerfist—delivered by straightening a bent arm and striking with the base of the fist The Double Leg Takedown—will make the opponent land so hard he'll be stunned and unable to defend himself The Triangle Choke—uses the opponent's arm and shoulder to compress the carotid arteries and cut off blood supply to the brain and more!

Cane Fighting Techniques For The Real World! Cane Fighting: The Authoritative Guide to Using the Cane or Walking Stick for Self-Defense is a no nonsense book written for anyone who wants to learn how to use the cane or walking stick as a fighting weapon for real-world self-defense. The Ultimate Self-Defense Weapon for Everyone! While seemingly inconspicuous, the cane or walking stick is both a practical and devastating weapon for all ages, young and old, regardless of size or strength or experience and skill level. Most importantly, you don't need martial arts training to master this incredible self-defense weapon. One Book For All Kinds of Fighting Sticks With over 200 photographs and step-by-step instructions, Cane Fighting is the authoritative resource for mastering the following weapons: The Hooked Wooden Cane, The Modern Tactical Combat Cane, Walking Sticks of all types, The Irish Fighting Shillelagh, and The Bo Staff Powerful Cane Fighting Techniques At Your Fingertips Cane Fighting is devoid of tricky or flashy cane fighting moves that can get you injured or possibly killed when defending against a determined attacker. Instead, it arms you with practical and powerful cane fighting techniques that actually work in the chaos of real-life street assaults. In fact, the skills and techniques found in these pages are surprisingly simple and easy to apply. Cane Fighting Covers These Essential Topics: How to choose the right tactical cane for your needs, advantages of the combat cane, weapon requirements, grips, essential dos and don'ts, weapon terminology, high and low concealment stances, strikes, power swings, preparing for impact shock, first strike techniques, combinations, striking angles, cane chokes, self-defense stages, blocks, deflections, footwork skills, cane fighting attributes, target areas, medical implications of cane strikes, use-of-force concerns, workout routines, conditioning exercises, and much more! Whether you are a beginner or advanced practitioner, student or instructor, Cane Fighting: The Authoritative Guide to Using the Cane or Walking Stick for Self-Defense teaches you powerful street-oriented techniques and proven fighting methods to get you home alive and in one piece.

Master Your Self-Defense Techniques Today! It seems as though everywhere you turn there is a news story about some new type of violence erupting either at home or abroad. With so many people on edge, the number of physical altercations that occur on a daily basis is ever on the rise. If you are looking for a way to prevent you or those you love from becoming a victim, then this is the book that you have been waiting for. This book is the culmination of years of practice and extensive thought when it comes to understanding self-defense. The techniques and principles discussed in the following chapters can be used in extreme situations to survive or even avoid potentially violent situations including things like beatings, sexual assault or even murder. First and foremost, however, it is important to understand that you are ultimately responsible for your protection and the following pages will help you learn to be as competent at it as possible. While it is important to always try and avoid a physical altercation at any cost, sometimes that is simply not going to be possible. When the time for unmitigated violence arises, this book will help you to be prepared by providing an overview of several different self-defense styles along with the basic moves of each to give you a basic idea of how to defend yourself and where you can turn for more in-depth instruction.

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Whether it is the hand-to-hand combat techniques of Krav maga, the science behind the body's many pressure points put forth by Dim Mak, the ground control training that many police officers receive or the joint-lock techniques that the Korean martial art known as Hapkido favors, when you are finished you will have a better idea of how to defend yourself than most of the would-be attackers out there. Here Are Some Things That You Are Going To Learn Hand to Hand Self-Defense Vulnerable Point Self-Defense Ground Control Self-Defense Joint-Lock Self-Defense Common Self-Defense Mistakes to Avoid And Much Much More... Do Not Wait Any Longer And Get This Book For Only \$8.99!

Demonstrates simple and advanced self-defense techniques, including ground and falling techniques, kicks, punches, blocks, and throws

This book gives women and girls ideas and skills they can use to defend themselves against the big, bad world without telling them that they must use a certain technique or they must fight a certain way. It gives women resources for getting out of a bad situation without blaming them for getting into it. Someone else's violence is not your fault. Only the woman defending herself can decide what is right for her to do under the circumstances. But the book will empower you by offering a range of choices, many of them not physical techniques, that you can use to take control back from the attacker.

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