



How to Defend Yourself

By Martin J. Dougherty

Amber Books Ltd. Paperback. Book Condition: new. BRAND NEW, How to Defend Yourself, Martin J. Dougherty, There are many different methods that can be used to fight unarmed, but each has its own strengths and weaknesses. The Self Defence series simplifies the subject for the reader, How to Defend Yourself focusing solely on the varieties of defensive moves that can be performed in unarmed combat. By selecting and demonstrating the best techniques of the various martial arts schools, the series builds into an invaluable guide to mixed martial arts techniques, ideally suited first to learning and then revising particular skills. Useful for both the beginner and experienced martial arts practitioner, the series allows the reader to progress at their own pace. Illustrated with detailed artworks, the Self Defence series is an authoritative guide to the key techniques needed for specific actions, and will appeal to any martial arts enthusiast.



READ ONLINE
[3.51 MB]

Reviews

Thorough guide! Its this sort of excellent read. It is really simplified but unexpected situations in the 50 % in the book. You are going to like just how the blogger create this publication.

-- Prof. Lela Steuber

This book will never be straightforward to start on looking at but extremely exciting to read. I actually have read through and that i am sure that i am going to gonna go through once more again in the future. I am happy to explain how this is the very best book i have read through in my individual lifestyle and may be he best publication for at any time.

-- Estrella Howe DVM