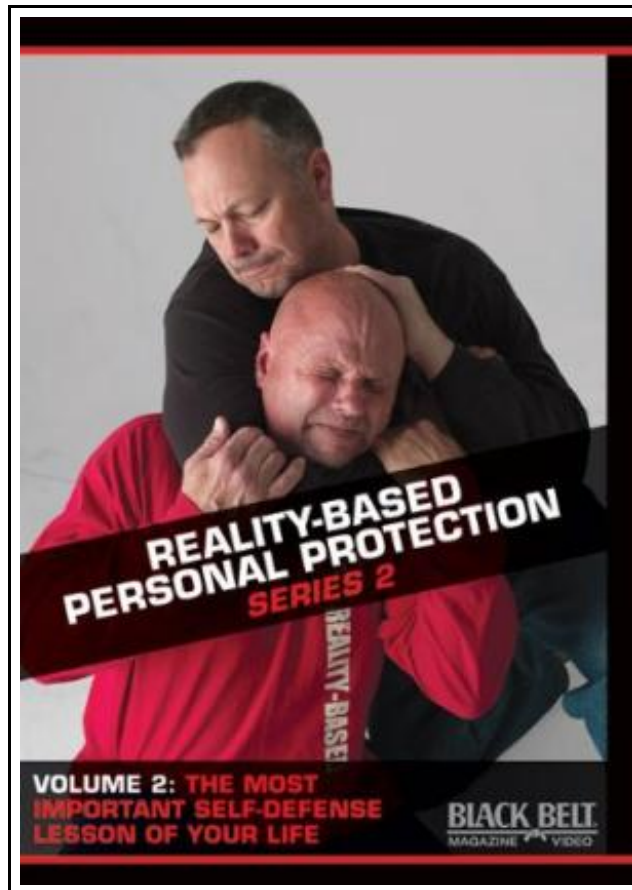


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BLACK BELT BOOKS, United States, 2010. DVD video. Book Condition: New. 180 x 138 mm. Language: English . Brand New Book. Taking self-defense tactics and training to a whole new level, this series features a variety of real-life scenarios, clearly illustrating how to diffuse a dangerous situation, make a safe and speedy escape, or practice smart and legal self-defense. All techniques are given a concise breakdown to ensure they are easily retained and practiced by civilians, active practitioners, members of law enforcement, and military personnel alike. Reviewing an array of essential techniques, this reference focuses on 12 basic movements that have proven successful time and again in various street-fighting situations. Emphasizing these fundamental elements and their importance in combat survival, this collection of tactics includes the one-knee strike, choke escape, ground-conflict and recovery positions, awareness exercises, and counterstrike training.

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