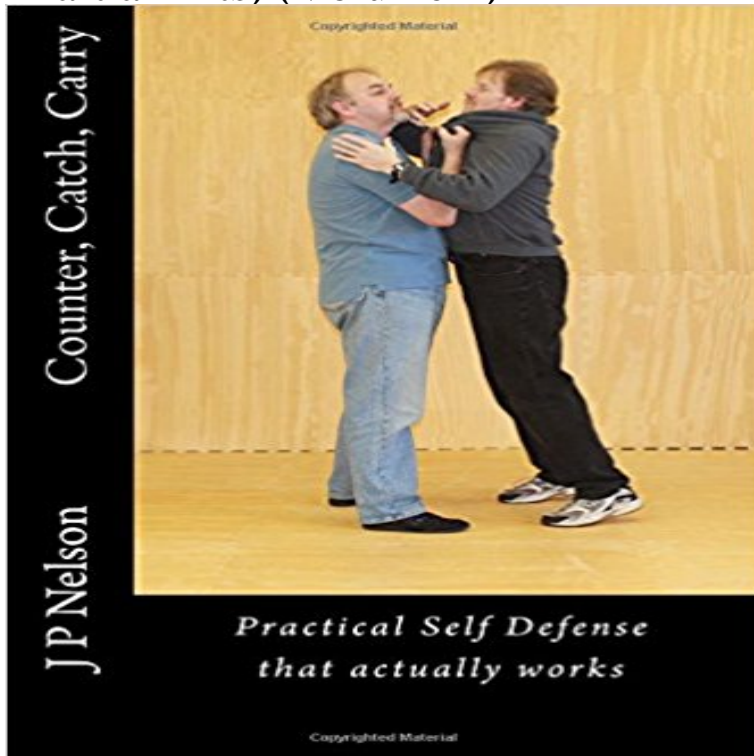


Counter, Catch, Carry: Practical Self Defense that actually works (Nelson Martial Arts) (Volume 1)



With 420 full sized, easy to follow, movement by movement illustrations painstakingly cropped and sized for viewing simplicity, this handbook breaks down 40 of the most common assaults you may encounter in the Real World. There are no flashy, unrealistic Tournament Karate Routines here! Consider this You are walking from the store with goods in one hand, fumbling for your car keys in the other, thinking about your day at work, you just want to go home. Your concealed weapon is well concealed and your pepper spray is in your pocket. Out of the shadows from four feet away you are attacked what do you do? Dont kid yourself! Modern karate and MMA are sports. Point Fighting and One-Step Sparring is worthless in the real world and submissions belong in the safety of the ring. Remember, bad guys do NOT fight one-on-one. The Counter, Catch, Carry series illustrates tried and proven techniques and combinations in detailed, step-by-little-step, with well explained and easy-to-follow full page photographs. Martial art skills are not required and all movements are joint friendly and based on Tai Chi Self-Defense. Old, young, gals, guys, business professionals and factory workers everyone can benefit from this series. Written by a 10th Degree Black Belt in Combat Kempo and Tai Chi Grand Master with actual experience, Counter, Catch, Carry is the most practical and efficient self defense handbook ever produced.

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Counter Catch Carry Practical Self Defense That Actually Works In this video you will learn the ten basic knife

strikes for self-defense, and Take down- 1) Get out of the path of the bullet. . Womens Self-defense That Actually Works! .. 14 Survival Tips That May Save Your Life Someday Vol. II Martial artists need to be able to quickly block oncoming attacks and counter with their own **Explore Self Defence, Martial Artists, and more! - Pinterest** Judo was created as a physical, mental and moral pedagogy in Japan, in 1882, by Jigoro Kano (?????). It is generally categorized as a modern martial art which later evolved into a Olympic sport, Since 1964 (men) and 1992 (women) Strikes and thrusts by hands and feet as well as weapons defenses are a part of **Counter Catch Carry Practical Self Defense That Actually Works** fighting interactive study guide, counter catch carry practical self defense that actually works nelson martial arts volume 1, engineering mechanics statics 11th **Counter Catch Carry Practical Self Defense That Actually Works** This pdf ebook is one of digital edition of Counter Catch Carry. Practical Self Defense That Actually Works Nelson Martial Arts Volume 1 that can be search along : **J P Nelson: Livres, Biographie, ecrits, livres audio, Kindle** This pdf ebook is one of digital edition of Counter Catch Carry. 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