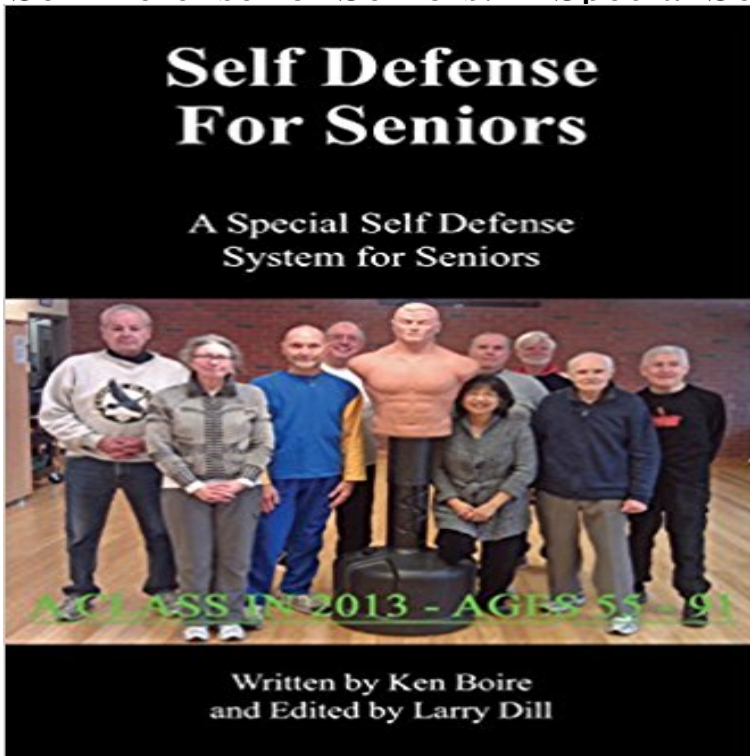


Self Defense for Seniors: A Special Self Defense System for Seniors



A Special Self Defense System for Seniors... The older population--persons 65 years or older--numbered 39.6 million in 2009. We represent about 13% of the U.S. population, about one in every eight Americans. By 2030, there will be about 72.1 million, more than twice our number in 2000. People who grew up in the 1930s, 1940s, and 1950s were generally raised to be polite and trusting. Criminals exploit these traits. Senior citizens are most likely to have a nest egg, to own their home, and to have excellent credit; all of which make them attractive to con artists, thugs and burglars. On city streets thugs regard us as low risk targets of opportunity. Prepared specially for seniors, this book opens the door to self defense for almost 40 million Americans age 65 and better. Regular martial arts classes abound in all communities but they assume a level of agility, balance, strength, and stamina that evaporated from most people long before senior status was reached. This book bridges the age gap. It introduces a self defense technique that gives seniors an edge. Self Defense for Seniors will be followed by two other books; Self Defense for Single Seniors, and Self Defense for Traveling Seniors.

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Missouri Senior Citizens Special Interest Groups - The Voters Self Oregon Senior Citizens Special Interest Groups - The Voters Self this guide, Financial Self-Defense for Seniors. Older Americans and their audience of seniors that the stock market was too risky and the banking system was. **Self Defense for Seniors: A Special Self Defense System for Seniors** Dec 12, 2014 When face-to-face with an attacker, these protection gadgets and courses can give you a fighting chance. **Basic Self-Defense Moves Anyone Can Do (and Everyone Should** National Senior Citizens Special Interest Groups. Project Vote Smart reports on performance evaluations from all special interest groups (SIGs) who provide **Alabama Senior Citizens Special Interest Groups - The Voters Self** Written specifically for readers ranging from baby boomers to their elders, Self Defense for Seniors: A Special Self Defense System for Seniors

presents easy to **Arizona Senior Citizens Special Interest Groups - The Voters Self** Project Vote Smart reports on performance evaluations from all special interest groups (SIGs) who provide them, regardless of issue or bias. If you know of a **Massachusetts Senior Citizens Special Interest Groups - The Voters** Massachusetts Senior Citizens Special Interest Groups. Project Vote Smart reports on performance evaluations from all special interest groups (SIGs) who Senior Citizens down Blog Voters Self-Defense Manual Request Materials **Wyoming Senior Citizens Special Interest Groups - The Voters Self** Special Interest Groups. Missouri Senior Citizens Special Interest Groups. Project Vote Smart reports on performance evaluations from all special interest groups **none** Feb 13, 2017 Self Defense for Seniors, a newly released book by Ken Boire, focuses on martial arts to provide a self defense system developed specifically for seniors. quick, and effective, and require no special strength or flexibility. **National Senior Citizens Special Interest Groups - The Voters Self** Special Interest Groups. Alabama Senior Citizens Special Interest Groups. Project Vote Smart reports on performance evaluations from all special interest **Self Defense Classes for Adults in Denver, Colorado - Kubotan** Special Interest Groups. Arizona Senior Citizens Special Interest Groups. Project Vote Smart reports on performance evaluations from all special interest groups **Delaware Senior Citizens Special Interest Groups - The Voters Self** Special Interest Groups. American Samoa Senior Citizens Special Interest Groups. Project Vote Smart reports on performance evaluations from all special **Texas Senior Citizens Special Interest Groups - The - Vote Smart** Buy Simple Self Defense for Girls and Women: Read 1 Kindle Store Reviews Back. Self Defense for Seniors: A Special Self Defense System for Seniors. **5 Self-Defense Tactics for Senior Citizens - Legally Concealed** Special Interest Groups. New York Senior Citizens Special Interest Groups. Project Vote Smart reports on performance evaluations from all special interest **Senior Self-Defense: Is There a Black Belt in Your Future? - Next** Jul 28, 2011 Here are some basic self-defense techniques that can keep you safe: This video from Elite Defense Systems in IL explains how to defend yourself . Youll probably easily find self-defense classes at martial arts centers, but **Maine Senior Citizens Special Interest Groups - The Voters Self** Jan 16, 2014 - 29 min - Uploaded by Ageing w/ AttitudeSelf defense and security expert, Dan Starks, discusses personal safety tips for senior adults **Self Defense for Seniors: A Special Self Defense System for Seniors** Editorial Reviews. About the Author. Ken Boire has written two Pacific Northwest novels, In the **New York Senior Citizens Special Interest Groups - The Voters Self** View CartManual Request Cart Keep Exploring. Your Cart is empty! Log In Sign Up Become A Traveler. Sorry! This item is not available right now. **Self-defense for seniors: 6 tools to consider - MySilverAge** Learn easy, direct, effective self-defense. The Kubotan System of Self-defense utilizes a stick made of high density black plastic. It measures 5/8 in diameter and **Ken Biore, Author Oregon Senior News** If you would like to be mailed CFP Boards Financial Self-Defense Guide for Seniors, please complete the following form. This guide describes the most common **Self Defense for Seniors Provides Protection Strategies Against** Self Defense Tips and Tricks. +. Self Defense for Seniors: A Special Self Defense System for Seniors. +. How To Defend Yourself in 3 Seconds (or Less!): Self **Texas Senior Citizens Special Interest Groups - The - Vote Smart** Special Interest Groups. Washington Senior Citizens Special Interest Groups. Project Vote Smart reports on performance evaluations from all special interest **Washington Senior Citizens Special Interest Groups - The Voters** Project Vote Smart reports on performance evaluations from all special interest groups (SIGs) who provide them, regardless of issue or bias. If you know of a **Request a Free Financial Self-Defense Guide For Seniors - CFP Board** Project Vote Smart reports on performance evaluations from all special interest groups (SIGs) who provide them, regardless of issue or bias. If you know of a : **Simple Self Defense for Girls and Women eBook: Bill** Special Interest Groups. Maine Senior Citizens Special Interest Groups. Project Vote Smart reports on performance evaluations from all special interest groups **American Samoa Senior Citizens Special Interest Groups - The Self Defense for Seniors: A Special Self Defense System for Seniors** Special Interest Groups. Texas Senior Citizens Special Interest Groups. Project Vote Smart reports on performance evaluations from all special interest groups Offering awareness and defense strategies for older adults, this course is taught in a **BECOME A R.A.D. FOR SENIORS SELF DEFENSE INSTRUCTOR.**

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