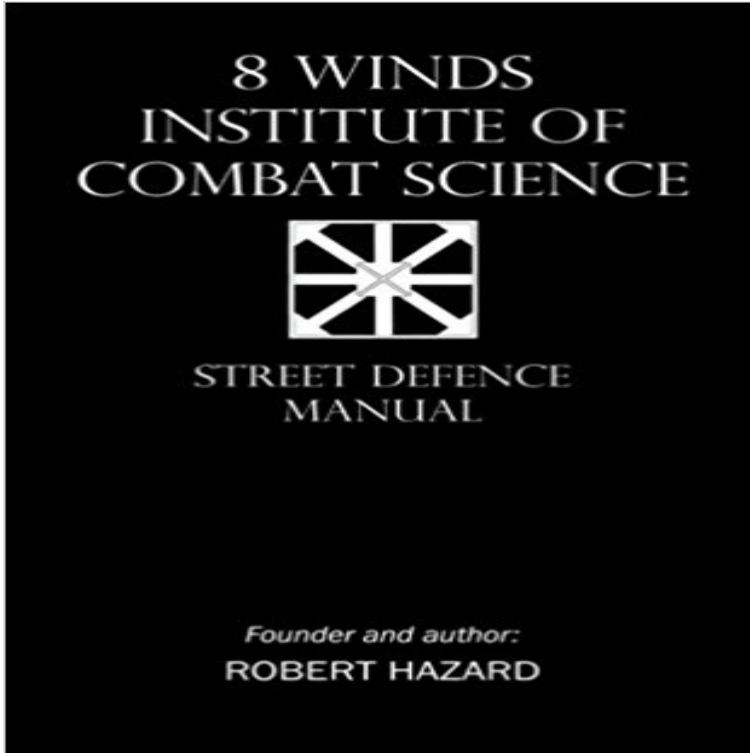


# 8 Winds Institute of Combat Science: Street Defence Manual



This is quite possibly the best self defence manual for beginner martial artists or martial arts enthusiasts available on the market today. It has been designed as a quick and effective means of teaching how to fight against the most common street attacks used by thugs and street criminals with no nonsense techniques and training. The techniques in this manual will transform you from a would be victim of the streets to a story of survival. With the Street Defence Manual of the 8 Winds Defence System you will be taught the most effective martial arts secrets to protect you and your loved ones.

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