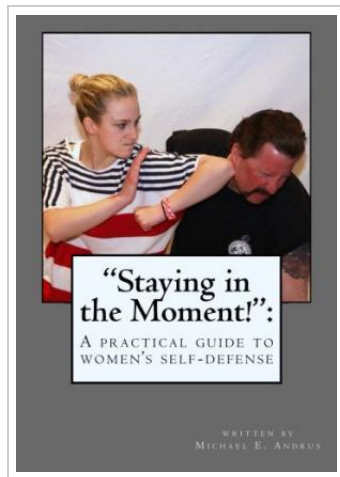



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Staying in the Moment: A Practical Guide to Womens Self-Defense: Staying in the Moment a Practical Guide to Womens Self-Defense

By Mr. Michael E Andrus

Createspace. Paperback. Condition: New. This item is printed on demand. 74 pages. Dimensions: 10.0in. x 7.0in. x 0.2in. The world is changing every day. Its not the relaxed, safe place we once knew. These days, it is wise to understand your surroundings, have better awareness and be able to defend yourself if needed. Those who say, It always happens to someone else, never me! may regret those words if and when a tragedy strikes. Having the confidence to face our new culture is important for a happy and healthy life. The book includes: Effective self-defense techniques explained in simple terms Easy to follow pictures to help you practice at home Practical tips that can keep you out of trouble Identification of vital targets and pressure points to maximize effectiveness. Master Mike Andrus has learned and developed effective techniques from many years of training in multiple styles of martial arts. For this book he has selected the most effective practical self-defense techniques for women to use against an attacker who may be bigger and stronger. His book, seminars and workshops teach self-defense for individuals and their families. The training includes practical techniques designed to properly defend against attackers in a home or...



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