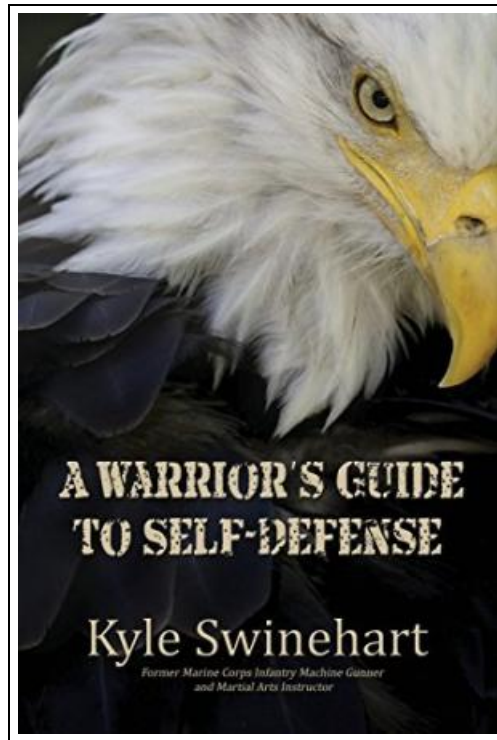


A Warrior's Guide to Self-Defense



Filesize: 7.07 MB

Reviews

*Good e-book and helpful one. It can be written in basic phrases rather than confusing. I realized this ebook from my i and dad recommended this book to find out.
(Ozella Batz)*

A WARRIOR S GUIDE TO SELF-DEFENSE



To read **A Warrior s Guide to Self-Defense** eBook, please refer to the hyperlink listed below and download the file or get access to other information which might be related to A WARRIOR S GUIDE TO SELF-DEFENSE book.

First Edition Design eBook Publishing, United States, 2015. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.This is a practical self-defense guide targeted towards the untrained individual who desires to embody a warrior mentality, and learn how to survive vicious life and death situations with the principles and strategies of close quarters fighting. It was written by former Marine Corps infantry machine gunner and martial arts instructor Kyle Swinehart. The sole purpose of his self-defense guide is to increase your chances of surviving a violent assault to the maximum potential. This is not a style of martial arts; these fighting tactics are extremely violent in nature because they were born on the battlefield, and designed for combating the most savage and deadly encounters in real world scenarios. It combines human biological instincts with self-control to form a completely fluid fighting strategy that is perpetually changing based on your threat and the environment around you. In this warrior s manual, you will learn how your body responds in an emergency, and what you can do to prepare yourself for violent combat. Kyle will describe the advantages of embracing the chaos, and how to respond to being assaulted. You will learn about the systems that allow your body to function, and the most effective way to target these systems on your enemy and successfully shut them off during a physical confrontation. Kyle will use simple physics to demonstrate the importance of speed in motion, and how to produce these effects with your body in the most efficient way. You will learn about his Spartan Defense, a close quarters maneuver that will maximize your offensive and defensive capabilities. He will also cover the various ranges of fighting in combat, and the safest way...



[Read A Warrior s Guide to Self-Defense Online](#)



[Download PDF A Warrior s Guide to Self-Defense](#)

See Also



[PDF] Weebies Family Halloween Night English Language: English Language British Full Colour

Follow the hyperlink beneath to download "Weebies Family Halloween Night English Language: English Language British Full Colour" PDF file.

[Download eBook »](#)



[PDF] The Vacation Religious Day School; Teacher s Manual of Principles and Programs

Follow the hyperlink beneath to download "The Vacation Religious Day School; Teacher s Manual of Principles and Programs" PDF file.

[Download eBook »](#)



[PDF] Abraham Lincoln for Kids: His Life and Times with 21 Activities

Follow the hyperlink beneath to download "Abraham Lincoln for Kids: His Life and Times with 21 Activities" PDF file.

[Download eBook »](#)



[PDF] Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Follow the hyperlink beneath to download "Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade" PDF file.

[Download eBook »](#)



[PDF] Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age

Follow the hyperlink beneath to download "Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age" PDF file.

[Download eBook »](#)



[PDF] Daddyteller: How to Be a Hero to Your Kids and Teach Them What s Really by Telling Them One Simple Story at a Time

Follow the hyperlink beneath to download "Daddyteller: How to Be a Hero to Your Kids and Teach Them What s Really by Telling Them One Simple Story at a Time" PDF file.

[Download eBook »](#)