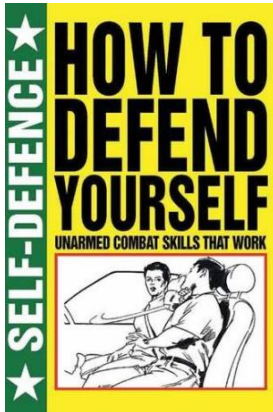


Find Kindle

## HOW TO DEFEND YOURSELF



Amber Books Ltd. Paperback. Book Condition: new. BRAND NEW, How to Defend Yourself, Martin J. Dougherty, There are many different methods that can be used to fight unarmed, but each has its own strengths and weaknesses. The Self Defence series simplifies the subject for the reader, How to Defend Yourself focusing solely on the varieties of defensive moves that can be performed in unarmed combat. By selecting and demonstrating the best techniques of the various martial arts schools, the series...

### Download PDF How to Defend Yourself

- Authored by Martin J. Dougherty
- Released at -



Filesize: 3.33 MB

### Reviews

---

*This ebook is great. It is definitely basic but shocks from the 50 percent of your publication. Its been printed in an exceedingly basic way and it is only right after i finished reading this book where basically changed me, modify the way in my opinion.*

-- **Mckayla Ritchie**

*This is the finest book i have got study right up until now. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Keanu Johns**

*This is the finest book i have read until now. It is filled with wisdom and knowledge You can expect to like just how the author compose this ebook.*

-- **Tobin Lesch**

---