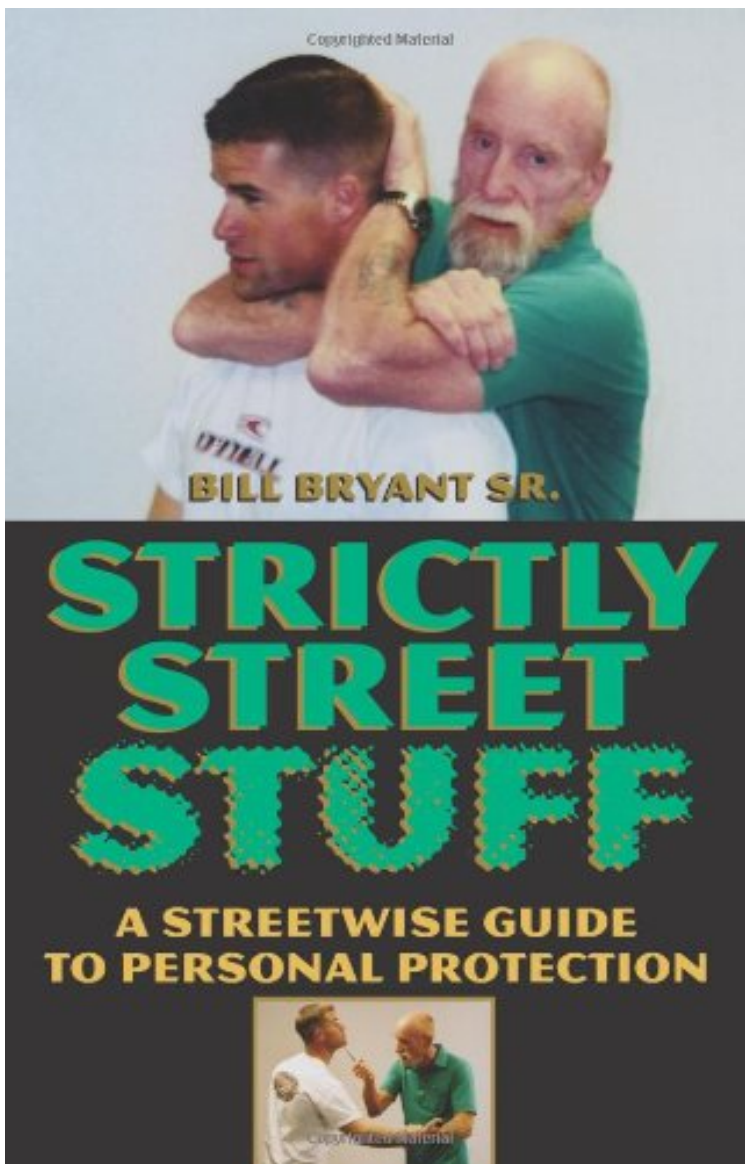


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this book so don't bother. The ones who are potential victims of life's atrocities will enjoy this no bars down system of defence. 1 of 1 people found the following review helpful. Self Defense By The Nerd The introduction is very motivational. Makes you think that the self defense knowledge in this book is going to be insane! Then when you read the entire book, you're like, are you kidding me clown? It's becomes very obvious that this man carries a fake resume! 4 of 4 people found the following review helpful. No Nonsense Self Defense By Ignatius Malibu Good practical stuff. Great Anecdotal tales that demonstrate how things happen, why techniques work and, more importantly, why they don't in some situations. Good section on Physical Conditioning. The Author knows his stuff and has garnered a ton of information over the years. To the point and a great addition to a Martial Artists or Student of Self Defense' Library.

Get no-b.s. techniques for close-quarter combat - with and without weapons - from a former navy man who brawled his way through the barrooms and back alleys of the world's major ports for 20 years. Peppering his prose with gritty war stories that both entertain and enlighten, he passes on the lessons of a lifetime like he's sitting on the barstool next to you. From punches, kicks, throws and pressure points, to breakaways, blocks and bobs to ground grappling techniques, dirty fighting and street weapons, Bryant lays out his bag of brawling tricks and backs it up with a kickass physical training regimen. Then he shows you how to integrate them into a unique "personalized combat form" tailored to your needs.