

Attack Proof: the Ultimate Guide to Personal Protection

DESCRIPTION

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<https://lilinmanissatu.blogspot.com/?read=0736003517> | [PDF] DOWNLOAD Attack Proof: the Ultimate Guide to Personal Protection | "Martial arts can teach people many important lessons about discipline, conditioning, and dedication. But as an effective means of self-defense and survival in brutal, real-world attacks, almost all martial arts come up short. This is because most self-defense applications of martial arts rely on patterned, choreographed techniques that have no relation to the chaos and randomness that rules during life-and-death fights. Attack Proof offers a dramatically different kind of self-defense system that really works. It's based on the insights, real-world experiences, and forensic research of John Perkins, a New York cop who teaches hand-to-hand combat to military and police instructors. A survivor of over 100 documented armed and unarmed violent encounters, Perkins also engaged in unlicensed pit-fights and was a bodyguard with an international clientele. Revolutionary in its approach, the book helps you to become a master of random motion, or "guided chaos", where you create a defense during attacks using principles of movement and physics. These principles are taught through many drills and exercises, which focus on improving balance, looseness, sensitivity, and power. This book provides a wide selection of basic to advanced tactics and principles with nearly 200 accompanying photographs that show correct positioning and maneuvers. You learn what to do and what not to do in potentially life-threatening situations, including muggings, carjackings, abductions, knife fights, and gunfights. Plus, the authors back up their teaching with illuminating real-world anecdotes. Attack Proof is essential for anyone interested in personal safety. If you are already trained in a particular martial art, you will dramatically enhance your combat skills. If you practice tai chi, you may discover secrets that have long eluded you. If you are a novice, you will learn the basics of survival while improving your coordination, timing, and balance. Protect yourself by being prepared for the unexpected and become a martial "realist". Visit AttackProof.com for more information. "

Attack Proof The Ultimate Guide To Personal Protection

Minjie Lin



Attack Proof The Ultimate Guide To Personal Protection:

Embracing the Track of Phrase: An Mental Symphony within **Attack Proof The Ultimate Guide To Personal Protection**

In some sort of consumed by displays and the ceaseless chatter of immediate connection, the melodic beauty and mental symphony developed by the written word usually fade in to the backdrop, eclipsed by the relentless noise and disruptions that permeate our lives. Nevertheless, set within the pages of **Attack Proof The Ultimate Guide To Personal Protection** a stunning fictional treasure full of organic feelings, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, that charming masterpiece conducts visitors on a mental trip, well unraveling the concealed tunes and profound impact resonating within each carefully constructed phrase. Within the depths of this moving evaluation, we shall examine the book is key harmonies, analyze its enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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