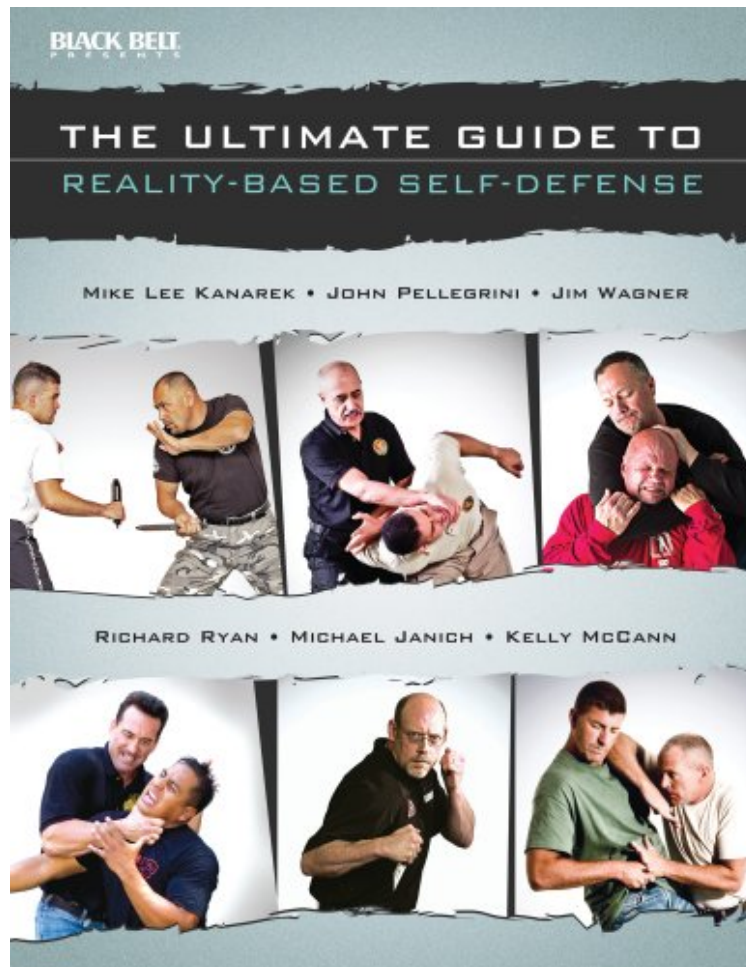


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The Ultimate Guide to Reality-Based Self-Defense (English Edition)

Von The Editors of Black Belt

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Von The Editors of Black Belt : The Ultimate Guide to Reality-Based Self-Defense (English Edition) before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Ultimate Guide to Reality-Based Self-Defense (English Edition):

Kundenrezensionen Hilfreichste Kundenrezensionen 2 von 2 Kunden fanden die folgende Rezension hilfreich. Gute Sammlung von Artikeln aus dem "Black Belt"-Magazin Von Warren Cucurullo Der Band hat auf 128 großformatigen farbigen Seiten fast 20 Artikel und Interviews verschiedener Autoren, die alle bereits in den letzten Jahren im 'Black Belt'-Magazin erschienen sind. Trotz der Zweitverwertung volle Punktzahl, denn die unterschiedlichen Artikel bieten einen guten ber- und Einblick zum Thema "reality-based self-defense". Neben Griffen und Techniken gibt es in den Artikeln viel Theorie und Psychologie. Dies ist interessant und aufschlussreich zu lesen - beispielhaft sei nur das zweiteilige, ausführliche Interview mit Kelly McCann genannt. Da der Band viele Hinweise zu realistischen Übungsszenarien gibt, ist er insbesondere interessant für Trainer. 0 von 0 Kunden fanden die folgende Rezension

hilfreich. Ultimate Guide to Reality-Based Von Jrg Nette Idee von Black Belt alte Artikel zu einem Gesamtthema von verschiedenen Autoren in dieser gut aufgemachten Form und in diesem Style zusammenzufassen. Als Student von Jim Wagner und Fan von Kelly McCann eine Bereicherung fr Training und "Fachbibliothek".

Kurzbeschreibung The Ultimate Guide to Reality-Based Self-Defense gives you the keys to unconditional survival. Featuring some of the best self-defense articles from the Black Belt archives, the book explores a wide spectrum of violent situations, delves into the criminal mind, and teaches you how to effectively assess a violent situation and act accordingly. Using detailed photo sequences and step-by-step instructions, The Ultimate Guide to Reality-Based Self-Defense teaches you battle-tested tactics and self-defense techniques from the worlds most innovative fighting arts, including krav maga, combat hapkido and military combatives. Youll also learn lifesaving lessons from todays top instructors: Jim Wagner Michael Janich Tony Blauer Mike Lee Kanarek Richard Ryan Kelly McCann Ari Kandel When attacked, your ultimate goal is survival. And with The Ultimate Guide to Reality-Based Self-Defense, youll have all the tools you need to overcome any threat you face.

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ber den Autor und weitere Mitwirkende "Black Belt" "Magazine" is the world's leading martial arts magazine and is dedicated to both the classical and the modern martial arts. First published in 1961, "Black Belt" features interviews with the world's most prestigious martial artists and historical pieces on the philosophies of various combat styles, as well as in-depth coverage of the latest techniques, weapons, self-defense systems, training regimens, and industry trends. It also continues to publish instructional books and DVDs from a variety of disciplines, including Jiu-Jitsu, mixed martial arts, reality-based self-defense, grappling, Bruce Lee's own art of jeet kune do, and more. They are based in Valencia, California.