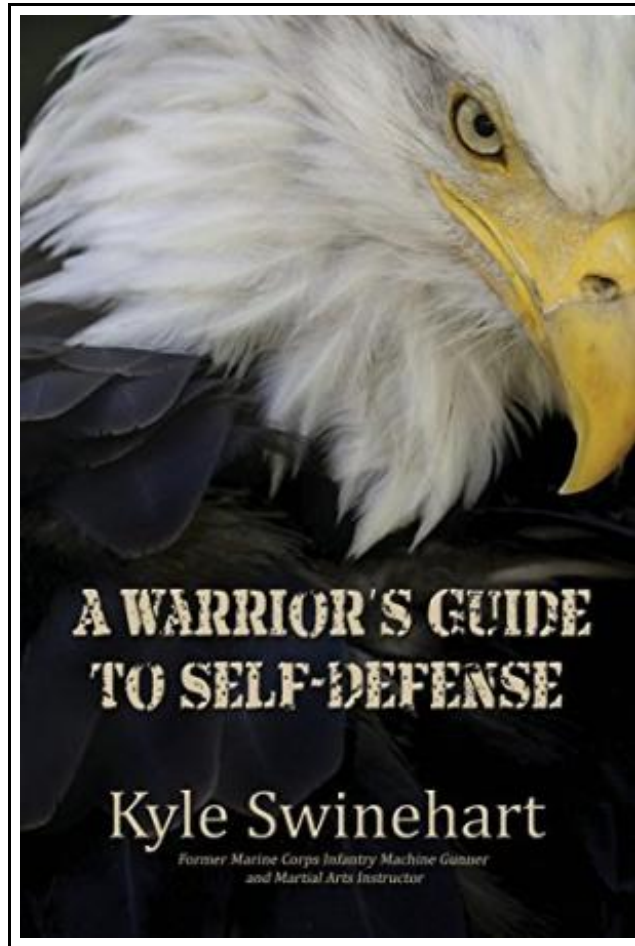


## A Warrior s Guide to Self-Defense (Paperback)



Filesize: 8.69 MB

### ***Reviews***

*These sorts of ebook is the best publication accessible. It is amongst the most amazing ebook i actually have read. It is extremely difficult to leave it before concluding, once you begin to read the book.*

*(Jace Gusikowski IV)*

## A WARRIOR S GUIDE TO SELF-DEFENSE (PAPERBACK)



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 \(Paperback\) Online](#)



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

## Relevant Books

---



### **Readers Clubhouse B Just the Right Home (Paperback)**

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Marilee Harrahd-Pilz (illustrator). 224 x 147 mm. Language: English . Brand New Book. This is volume seven, Reading Level 2, in a comprehensive program...

[Save Document »](#)

---



### **New Chronicles of Rebecca (Dodo Press) (Paperback)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author...

[Save Document »](#)

---



### **Fox All Week: Level 3 (Paperback)**

Penguin Putnam Inc, United States, 2004. Paperback. Book Condition: New. James Marshall (illustrator). Puffin Easy-To-Read ed.. 224 x 147 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin...

[Save Document »](#)

---



### **Fox at School: Level 3 (Paperback)**

Penguin Young Readers Group, United States, 1993. Paperback. Book Condition: New. James Marshall (illustrator). Reissue. 224 x 147 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched...

[Save Document »](#)

---



### **Bluebeard (Paperback)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author...

[Save Document »](#)