



How to Defend Yourself: Unarmed Combat Skills that Work (Self-Defense)

Martin J Dougherty

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Effective self-defense is a matter of playing the odds-- increasing your own advantages and decreasing those of your opponent. Written in clear easy-to-understand detail, *How to Defend Yourself* gives readers the tools to safely defend themselves. In this step-by-step illustrated guide, experienced martial arts instructor Martin Dougherty teaches a wide range of defense techniques, including:

- Dealing with grabs, punches and kicks
- Using blocks, deflections and evasions
- Identifying potential threats
- Preemptive hits and counterattacks

Comprehensive and essential, *How to Defend Yourself* is an invaluable guide to get out of potentially difficult situations while coming to minimal harm.

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