



Combatives for Street Survival: Hard-Core Countermeasures for High-Risk Situations, Volume 1: Index Positions, the Guard and Combatives Strikes

By Kelly McCann

BLACK BELT BOOKS, 2011. DVD video. Condition: New. Language: English . Brand New Book. The essentials of combativespractical self-defense strategiesare detailed in this series of three distinct volumes. The first disc defines combatives, reviewing introductory concepts such as index positions; various footwork and blocks; defensive skills; hand, elbow, and knee strikes; and kicks. The second disc explores how to counter attacks by armed assailants, illustrating scenarios such as pistol attacks to the abdomen and head as well as from behind, slashing knife attacks and bludgeon attacks, and how to use the jugular and clavicle notch as advantages in a counterattack. Take-down tools, situational self-offense scenarios, and full-speed sparring demonstrations are also included, broken down for easy understanding and application to individual training. The third and final disc explores combative principles that apply to nearly every attack scenario, incorporating how to effectively train with a partner for maximum street-fighting efficacy and the psychological dynamics of conflict for hard-hitting retaliation within legal limits. Six real-world scenarios depict the do and don t mandates for surviving assaults in parking lots, loading zones, stairways, kitchens, and inside cars.



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Reviews

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This ebook is indeed gripping and fascinating. it had been writtern really properly and helpful. I am very easily could possibly get a satisfaction of reading a published publication.

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