



Self-Defense Encyclopedia

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Binding: DVD

Synopsis

This is a fast paced, information packed collection of self-defence skills and principles. Sang H Kim's approach to self-protection is street-oriented, fluid and direct with an emphasis on ending a confrontation quickly using any means necessary. Discover a wealth of knowledge on self-protection including: 14 essential self-defence principles that you can apply to any confrontation; 22 primary and secondary targets to disable an attacker; 10 defence drills to train your instinctive responses and avoid panicking in an emergency; Defensive tactics against the most common standing, ground and restraint attacks; Multiple defensive options for each attack - use what works for you; Defensive principles against multiple attackers, edged weapons and firearms; Restraint and control locks to immobilise an assailant; Environmental awareness; Escalation of use of force; Coping with Fear; Use of verbal communication to de-escalate a confrontation; Recognising non-verbal warning signals; Understanding the psychology of violence; Coping with stalking and domestic violence; Scenario training and analysis; 7 golden rules of self-defence. Because the techniques taught are presented with both novice and advanced applications, this is an excellent reference for students, instructors and non-martial artists alike.

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