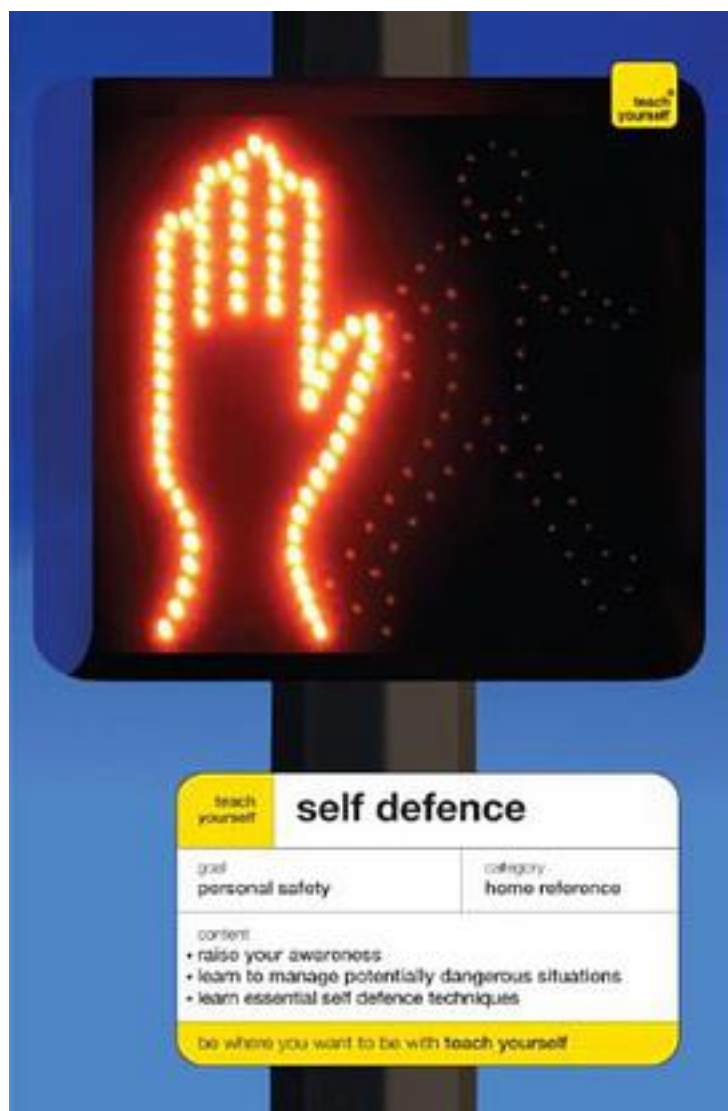


# Teach Yourself Personal Safety and Self Defence



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著者:Ross, Robert G.

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Protect yourself from an attacker with these easy-to-learn techniques From managing a bully to coping with an attacker, "Teach Yourself Personal Safety and Self-Defence" outfits you with easy-to-learn-and-deploy techniques that will keep you safe from aggressors in any public or private venue. Self-defense coach and jujitsu master Robert Ross schools you in how to spot danger before it happens and resolve conflict peacefully, as well as dozens of surefire moves against punches, kicks, grabs, chokes, snatches, garroting, and more.

作者介绍:

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