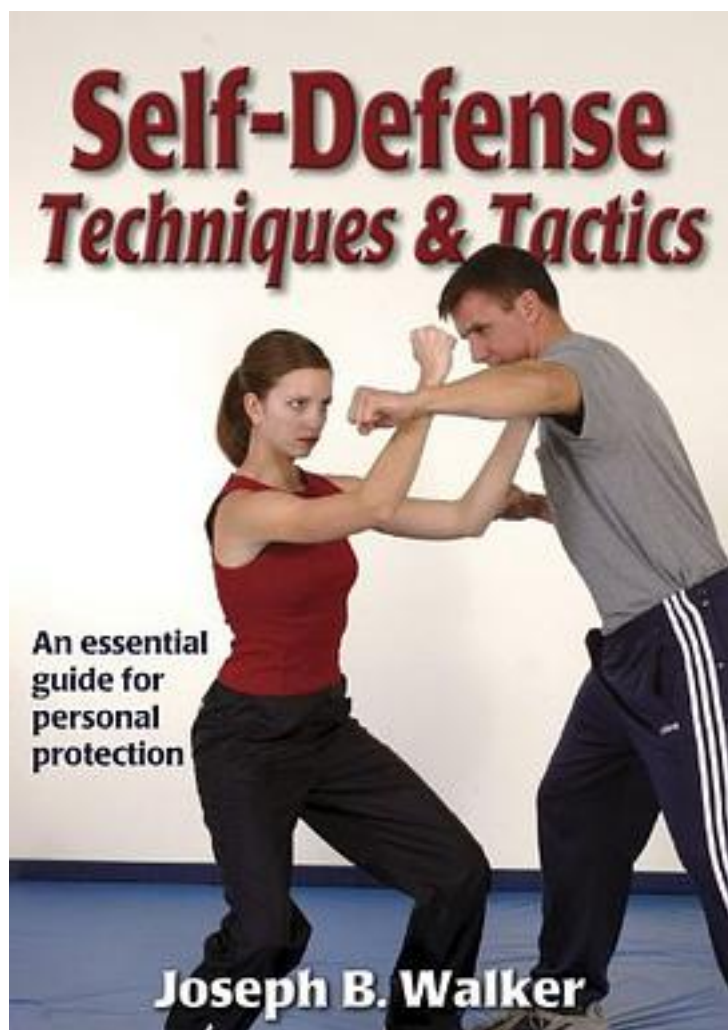


Self Defense Techniques and Tactics



[Self Defense Techniques and Tactics_ 下载链接1](#)

著者:Walker, Joseph B.

出版者:Human Kinetics

出版时间:2003-1

装帧:Pap

isbn:9780736037754

Joseph B. Walker shares his knowledge of self-defence to convey what will and won't

work in self-defence situations. He presents self-defence fundamentals in clear, step-by-step instructional format enabling readers without martial arts experience to successfully learn to protect themselves. Essential information on disarming and defending against offenders with guns or knives is included and physical techniques and mental tactics that have been proved to work in combat are illustrated. Photographs and explanations of techniques are featured so they can be clearly understood and correctly executed.

作者介绍:

目录:

[Self Defense Techniques and Tactics_ 下载链接1](#)

标签

评论

[Self Defense Techniques and Tactics_ 下载链接1](#)

书评

[Self Defense Techniques and Tactics_ 下载链接1](#)