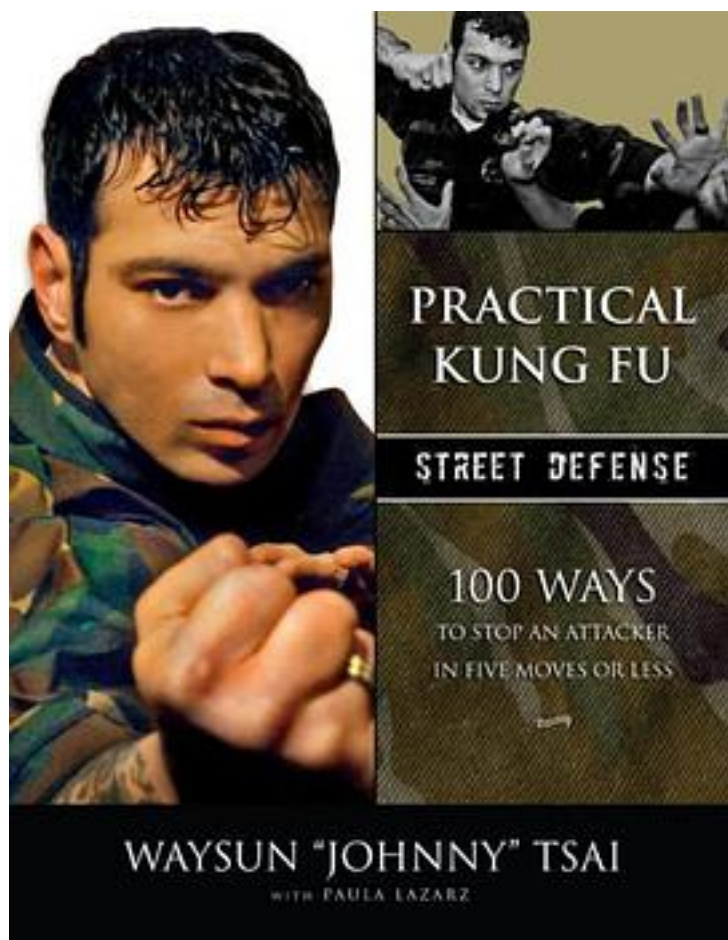


Practical Kung Fu Street Defense



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Kung Fu's power lies in teaching a practitioner to defend himself against impossible odds and fearful situations. The key to shifting the fear found in a violent situation into self-defense confidence turns on the quality of the training received. Now,

internationally renowned Master Waysun "Johnny" Tsai shares his practical and effective street defense techniques. The same techniques he has personally taught to more than 3,000 students in more than 21 years. Master Tsai's 8th-degree of black sash is certified and recognized on two continents. The study of Shaolin Kung Fu traditionally leads to a better understanding of violence and consequently how to avoid conflict. However, in today's uncertain world, a student may find himself faced with an attacker that cannot be avoided. Master Tsai can teach the novice or experienced martial arts enthusiast to focus on their goal of personal safety and stop and drop an attacker as fast and as furiously as possible--to survive and be safe. With detailed, step-by-step photos, Master Tsai helps you understand and control combat distances and defense angles. You will be able to read your attacker's moves to protect yourself, block the assault, and stun or cripple the aggressor. These proven methods have been used by women, executives, and FBI agents, among others, to provide personal confidence to help them defend themselves in any threatening situation.

作者介绍:

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