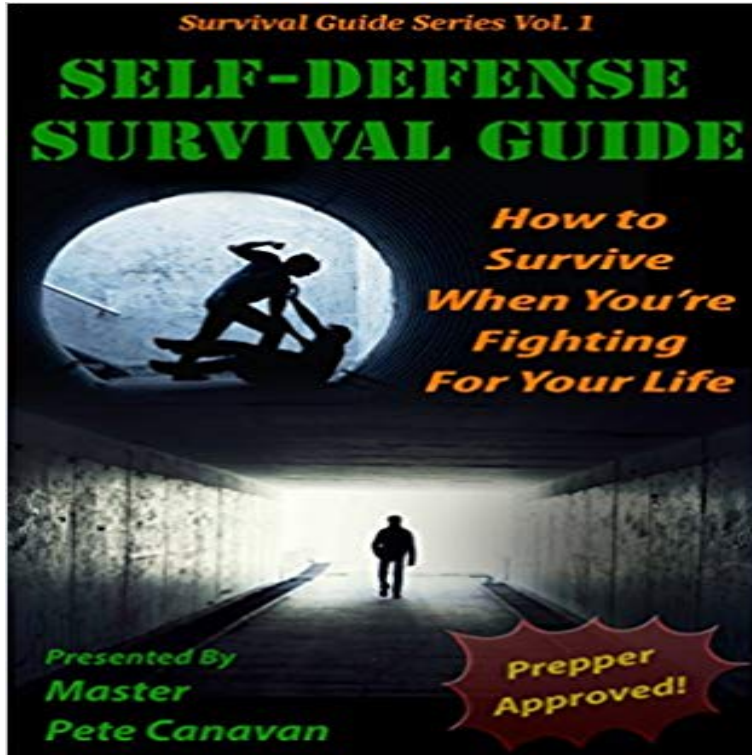


Self-Defense Survival Guide: How To Survive When You're Fighting For Your Life



Featuring over 200 high-quality photos, detailed step-by-step instructions and an online video companion, you can now learn how to effectively escape, block, strike, trip and throw your attacker - regardless of your prior experience. The Self-Defense Survival Guide will boost your confidence, reduce your worry and stress, and allow you to enjoy a better quality of life through a greater sense of personal security. Gain the skills, confidence and proper warrior mindset that will allow you to survive and keep yourself and your family safe from harm when faced with the unthinkable. Instantly learn from this comprehensive guide how to prepare yourself both physically and mentally in order to know what it takes to survive when your life depends on it! Your personal safety and the safety of your family is one of the most important responsibilities you have. In order to protect yourself and your loved ones, you need 3 main things: 1. the right knowledge 2. the right mindset 3. the right skills This book condenses Master Pete Canavans 20+ years of experience teaching martial arts and reality-based self-defense classes into a simple, practical self-defense guide that can be used by anyone - from regular people with zero prior knowledge to law enforcement and military professionals. This guide will teach you the following:

- Identifying The Threats You May Face
- Discussing The Physical Positions You May Be Attacked In
- Defining Your Bodys Natural Weapons That Are Always With You
- How To Properly Strike and Kick Using Your Bodys Natural Weapons
- How To Escape A Variety of Holds and Chokes
- How To Trip and Throw Your Attacker From Different Physical Positions
- What The Most Effective Targets To Strike Are
- What Everyday Carry Items Are Best Suited For Self-Defense
- How To Develop The Warrior Mindset So You Are Prepared For Fighting
- And Much More! You will

learn how to use simple, effective and natural body motions in a hand-to-hand combat survival situation to emerge the victor. Anyone from the novice to the experienced person will gain some measure of knowledge from this book depending upon their prior exposure to this type of content. In today's unstable and increasingly violent world, knowing some basic self-defense skills is a must. You never know when violence will erupt around you or to you. It isn't a matter of if, but when it will occur. Criminals are criminals all the time, and therefore have a big advantage over you. They are bold, often violent and many times have with little regard for human life. If you fail to act, you may be seriously injured or killed. Don't be a victim! How much would you be willing to pay to know exactly what to do when your life or the lives of your family are in danger? Would you be willing to pay a million dollars to save their lives? How about \$100,000 or \$10,000? No matter what the price, it's safe to say that you would gladly pay any amount you could if it was to ensure their safety. Now you can protect yourself, your family, your home, and your way of life...all for less than the cost of today's lunch or a single self-defense seminar or martial arts class - and you can get started right now without wasting another minute. The detailed descriptions, photos and online videos let you learn at your own pace - and review the material as many times as you need until you are comfortable. It's like having your own instructor ready to teach you anytime, anywhere. Your complete satisfaction and safety is our goal, and we offer you a full 60-day money back guarantee. If you feel you are not getting many times the value of your purchase price, we will happily refund your money - no questions asked.

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