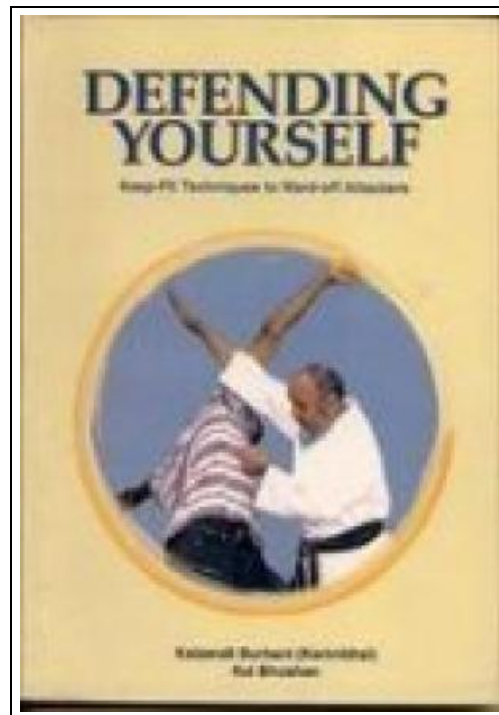


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Reviews

This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf.

(Alfreda Bradtke)

DEFENDING YOURSELF KEEP-FIT TECHNIQUES TO WARD OFF ATTACKERS



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Konark Publication, New Delhi, 2006. Soft cover. Condition: New. 136pp. There is so much violence in the world today, bag-snatchers are lurking in almost every street corner, ordinary muggers and other bad elements are always looking for their prey. So everybody thinks about safety and security. There are several ways to defend oneself but the best is unarmed self-defence. The book contains easy-to-follow instructions to face any physical assault. It is meant for the people who are keen to attain self-defence proficiency. Defending Yourself is a simple guide to everybody to develop the ability to foil any physical attack.



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