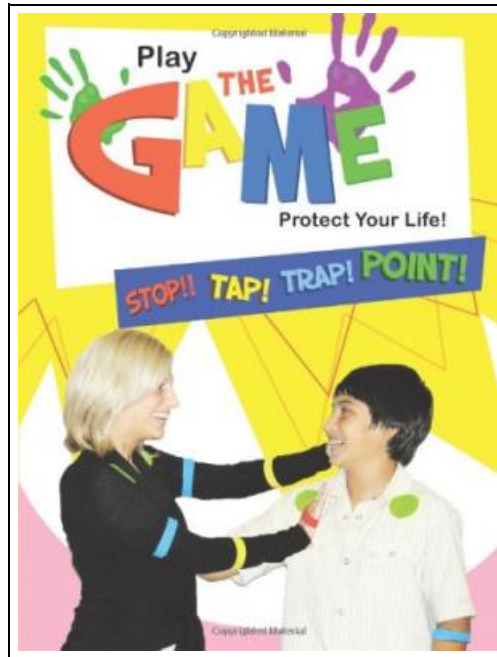


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Reviews

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)

PLAY THE GAME-PROTECT YOUR LIFE!: SELF-PROTECTION FOR EVERYONE (PAPERBACK)



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Trafford Publishing, Canada, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Learn how to protect yourself anytime and anywhere-and have fun at the same time. Play the Game-Protect Your Life! presents instructions for playing a simple game that teaches you methods to protect yourself from predators. Developed by Master Dominick Ruggieri, who has more than twenty-six years of experience in the martial arts, this method provides an easy and straightforward approach to self-defense. Appropriate for people of all ages and from all walks of life, Ruggieri relates simple movements to typical life experiences. This non-combative approach draws from actions, ideas, and concepts you already know. With step-by-step instructions accompanied by color photographs, learning to Play the Game Protect Your Life! is fun. Within minutes of playing, you will find yourself comfortable with the methods, laughing as you attempt to score points, and assured you will be able to defend yourself. Play the Game-Protect Your Life! provides you with the tools and confidence so you can act when confronted with a threatening situation.



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