

No Second Chance: A Reality-based Guide To Self-defense - Mark Hatmaker

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When violence becomes unavoidable, it's best to be informed, and this self-defense book provides revolutionary information that could mean the difference between life and death in the event of a physical assault. Included are drills to increase awareness, examples for using the environment as a self-defense tool, and methods that allow victims to best use their inherent strengths to repel an attack. An interesting look at the psychology of an attack-exploring the mindset of both attacker and victim, and illuminating the dynamic between the two-this manual puts the power back into the hands of concerned citizens. Author: Hatmaker, Mark Publisher: Tracks Publishing Illustration: N Language: ENG Title: No Second Chance: A Reality-Based Guide to Self-Defense Pages: 00000 (Encrypted PDF) On Sale: 2009-09-04 SKU-13/ISBN: 9781884654329 Category: Sports & Recreation : Martial Arts & Self-Defense

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