



## Defending Against Attack for Women: Teaching Self Protection to Women by Preparing the Mind & Body for Physical Conflict (2nd Revised edition)

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By Frank Nezhadpournia

Frank Nezhadpournia. Paperback. Book Condition: new. BRAND NEW, Defending Against Attack for Women: Teaching Self Protection to Women by Preparing the Mind & Body for Physical Conflict (2nd Revised edition), Frank Nezhadpournia, This is the fully revised 2nd Edition of the popular book teaching how to Defend Against Attack. Based on over 1000 workshops completed and 25 years of experience in coaching students at all levels! With the aid of over 300 photographs showing attack reconstructions, Frank teaches with ease the safest forms of grappling, punching, kicking and blocking against individual, multiple and knife attacks. The manual will help to empower women to curb their fears. The techniques are explained simply and teach body mechanics and movement. Helping you achieve more confidence, alertness and overall fitness, whilst reducing stress and the fear of attack by preparing for it.



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