



# **The Ultimate Self Defense Guide: easy to learn self defense system that will maim or kill any violent attacker you encounter**

*Mark Allan*

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## **The Ultimate Self Defense Guide: easy to learn self defense system that will maim or kill any violent attacker you encounter** Mark Allan

Never before has there been a better time to learn self defense. This guide will point out all the best self defense techniques for hand to hand combat whether you are a man or a woman. There are no rules when it comes to fighting for your life. These techniques are based on world war two combative's. They are based on gross motor movements not complex motor skills. These techniques are meant to seriously maim or kill any attacker you may encounter. These method are still used by our elite military units, such as the Navy Seals, Green Berets, Army Rangers and many other elite combat units. If you use a partner to practice these techniques you need to be extremely careful because you can kill someone a lot easier than you may realize. As you will see you are not learning a million different moves to fend off an attack, that is because in a real world situation where your fear is heightened or your life is in real danger you are not going to be able to remember any specific strategic moves, all these moves are used in different scenarios and are very effective and deadly to when used on any attacker. Whether you are a small women or a large man these techniques can save your life in any violent attack. This system of hand to hand combat is very easy for anyone to learn quickly. Once you learn this system you will feel confident about handling any violent attacker you may encounter.

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