



Counter, Catch, Carry: Practical Self Defense That Actually Works (Paperback)

By J P Nelson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. With 420 full sized, easy to follow, movement by movement illustrations painstakingly cropped and sized for viewing simplicity, this handbook breaks down 40 of the most common assaults you may encounter in the Real World. There are no flashy, unrealistic Tournament Karate Routines here! Consider this . You are walking from the store with goods in one hand, fumbling for your car keys in the other, thinking about your day at work, you just want to go home. Your concealed weapon is well concealed and your pepper spray is in your pocket. Out of the shadows from four feet away you are attacked . what do you do? Don t kid yourself! Modern karate and MMA are sports. Point Fighting and One-Step Sparring is worthless in the real world and submissions belong in the safety of the ring. Remember, bad guys do NOT fight one-on-one. The Counter, Catch, Carry series illustrates tried and proven techniques and combinations in detailed, step-by-little-step, with well explained and easy-to-follow full page photographs. Martial art skills are not required and all movements are joint...



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