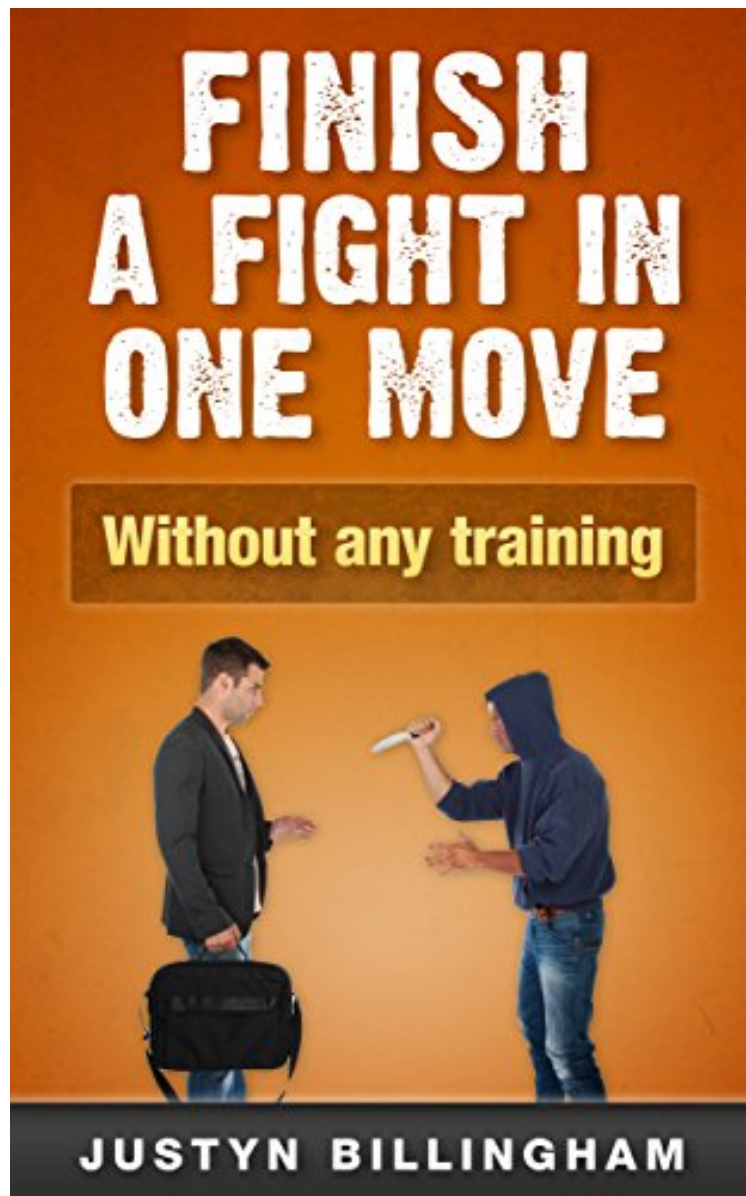


[Pdf free] Finish a fight in ONE move: Without any training (Martial Arts for Beginners Book 4) (English Edition)

## Finish a fight in ONE move: Without any training (Martial Arts for Beginners Book 4) (English Edition)

*Von Justyn Billingham*

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Von Justyn Billingham : Finish a fight in ONE move: Without any training (Martial Arts for Beginners Book 4) (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Finish a fight in ONE move: Without any training (Martial Arts for Beginners Book 4) (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. Practical guide to self defense and more !Von Mr. MagnusFirst of all this book is interesting to read and entertaining. Also it is mostly a book to learn some thing this makers it even better to read and to remember so thanks to author for some nice hours to read. So this is really about reality based and a lot of martial artist will be upset when reading this but also a lot of the people from the reality based systems will be upset just because the author is honest to the bone and really tells everything even about is own mistakes and what his experience are with these systems. His instruction are quiet simple, easy to understand and do not start with the techniques but also with the avoidance, attention an how to do and try everything before a fight starts. Also some knowledge about self defense law. But everything on a quiet pragmatic/down to earth level. i think the only who will not like this book will be the owner of martial arts schools, because he really puts into question if training a martial arts will help you a lot. Also the author trained some of them on his own like he quotes in his book. But again he just thinks from the very basically point of view. So for every one who is not an expert cage fighter and wants to know something about street wise and about how defend you self on a very basic, pragmatic level I would recommend to read this book. The only thing missing some photos perhaps to show the techniques alittle bit better also nothing to complicated !

KurzbeschreibungWith street attacks on the up, this book is a must read for anyone that likes to venture outdoors every once in a while. Written in an easy to follow format, the simple to grasp information you'll gain from this book, is easy to comprehend, simple to put into practice and will stay with you for ever... which is exactly what you need to survive on the streets in this day and age. Inside you will learn:- How to avoid an attack altogether, even when an attack is imminent.- How to finish a fight instantly with just one simple move.- How to deal with that 'frozen with fear' factor.- How to control adrenaline and nerves.- How to be more switched on.- How to set up for maximum impact.- What the BEST form of self defence is.- What your natural weapons are.- What NOT to do if you're to survive an attack.- How to build a secure wall around you.- Identify the signs that most people miss leading up to an attack.- What to do should it all go wrong. With no prior fighting experience required and no further ongoing training necessary (so no need to join an expensive gym or martial art school), this is an ideal starting point for the complete novice or anyone worried about the chances of ever being involved in a street confrontation. Currently the No1 BEST SELLING Martial Arts Book

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ber den Autor und weitere MitwirkendeJustyn Billingham (1971 - present) was born in Stourbridge in the West Midlands. He started studying Tae Kwon Do at the age of fourteen after he was the victim of a vicious street attack by two youths. An experience that would later go on to change his life. Soon after enrolling in Tae Kwon Do he added Karate to his weekly training programme and finally kickboxing and Thai Boxing. He spent ten years competing on the national fighting circuits and after he retired from competitive fighting began to focus his training more towards reality based systems adding arts such as The Keysi Fighting Method, Pencak Silat, Jeet Kune Do and Brazilian Jui Jitsui to his repertoire. He opened his very first full time martial arts school in Windsor, Berkshire, UK in 2002, followed soon after by a second in Ascot, Berkshire, UK a third in Bracknell, Berkshire, UK and a fourth affiliated school in Wokingham, Berkshire, UK. These are now some of the biggest martial arts schools in the area. He has written several books on Martial Arts including a No1 Best seller on . He writes a regular monthly column for the No1 selling martial arts magazine in the UK, 'Martial Arts Illustrated'. He has been introduced into the Martial Arts Hall of Fame and taught people from every walk of life including celebrities, footballers, pop stars and Hollywood movie stars. Through his thirty plus years in Martial Arts he has been fortunate enough to work with and train under some of the greatest instructors in the world.