



Urban Warfare (Special Forces: Protecting, Building, Teaching and Fighting)

Jack Montana

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All elite soldiers know that at times our towns and cities can be as dangerous as any wilderness. That's why they train hard to defend themselves from attack, looking at ways of staying out of trouble or handling it if it happens. Explore the essential techniques of self-defense needed for an urban setting. Under elite forces tuition, you can learn how to protect yourself against physical assault by either one person or several, or even cope with a riot. Blocking, punching, grappling, and kicking are all covered, but you will also learn how to avoid trouble before it even begins. The skills covered in the book include:

- How to handle an attack from someone with a knife.
- How you can tell when a person will attack.
- Ways of restraining someone without damaging them.
- How to generate maximum power from your body.
- Ways of training for self-defense situations.
- The most vulnerable areas of the human body.

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Urban Warfare (Special Forces: Protecting, Building, Teaching and Fighting) can be one of your starter books that are good idea. All of us recommend that straight away because this book has good vocabulary that will increase your knowledge in vocab, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to put every word into delight arrangement in writing Urban Warfare (Special Forces: Protecting, Building, Teaching and Fighting) nevertheless doesn't forget the main point, giving the reader the hottest and based confirm resource facts that maybe you can be one among it. This great information may drawn you into new stage of crucial pondering.

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