

Self Defence R.a.i.d

C. R. Jahn

Modern Self Defence and Conflict Management Tremaine Kent, 2013-04-01 The ultimate self-defence book which helps you to deal confidently with any violent or threatening confrontation. The guide takes you through all the possible stages of a confrontation in a easy-to-follow style. Modern Self Defence and Conflict Management is your family's personal security guide. It has been developed to provide survivability on today's city streets. The author, Tremaine Kent, is a pioneer within the self-defence industry, with over 18 years martial arts teaching experience and 15 years active military service within our elite special forces. He has created the RAID system (Rapid Action Initiated Defence) – a new system described within this book which is a complete modern self defence guide for personal protection and security. The delivery of RAID is taught through the following five easy-to-follow modules: Deter: Develop more confidence through learning specialist skills which will create a non-victim mentality and provide you with a safer way of living. Detect: Through awareness and visual observation you will be able to foresee potential situations before they arise. Defuse: By following the book's conflict management process, you will be able to defuse the problem while preparing the mind and body to escape or defend if necessary. Defend: The book teaches you defence strategies that work on the body's natural reflexes. These combined with illustrated defence techniques make it easy to learn and easy to remember when in a confrontational situation. Desensitize: After a violent confrontation you may suffer from denial or mental stress. Learn the tools and techniques to enable quick recovery. Fully illustrated, with expert advice and emphasis on confidence, awareness, conflict management, defence and dealing with the aftermath of potential conflict, this is more than just a self defence book and will be a protection bible for people worried about living in a world of increasing violence.

How to Defend Yourself: Self Defence Martin J Dougherty, 2015-02-25 Written in easy-to-understand steps and accompanied by clear illustrations, *How to Defend Yourself* teaches realistic self-defence techniques that can be applied in everyday situations.

Self Defense: What You Need to Know to Survive an Attack on the Street or in Your Home (How to Protect Yourself With the React Self Defence System and Personal Safety)

Grant L Roberts, 2022-01-01 If what you are learning, or more importantly, HOW you are learning, you are in serious trouble should you ever need to use it for self-protection! This book will examine what factors make self-defence training great. It will look at the problems training and the mindset and training changes you can make right now to turn yourself into a formidable force to be reckoned with should you ever need to defend yourself. The self-defense mindset is an honest and open approach to training and the philosophy you need to protect yourself and improve your martial arts and self-defense skill set. Discover powerful crystals for rock-solid protection · Potent and effective crystal combinations revealed · Learn how to use self-regenerating protection shields · Stop psychic attacks and prevent them from happening · Free yourself from psychic energy vampires · Learn high-impact energy clearing techniques · How to repair, heal and strengthen your aura · Shield your home from negative energies · Make crystal grids to protect you and your loved ones · Plus so much more... This book will highlight your natural instincts that can get you out of serious situations as well as point out some that may land you in trouble. It will debunk myths that many people have about defending themselves in real-life situations and give you a clear understanding of the attacker's mind-set as well as that of the person under attack. Much of what is discussed you already know, but it needs to be unlocked. Many of our survival instincts have been suppressed and dulled by the modern era in which we live; others have become outdated.

Fight Back Loren W. Christensen, Lisa Place, 2011 Some experts say that you should be submissive when attacked at home or by a stranger. You will not find that advice here, although you might use it as a ruse before you claw your assailant's eyes and annihilate his groin. Your ultimate goal is to get away but you don't achieve that by being meek and docile. You get away by drawing on that hardwired survival instinct to attack him like an enraged lioness protecting its babies. In this book, martial arts experts Loren W. Christensen and Lisa Place teach you to use your hands, forearms, elbows, teeth, knees and feet to survive the type of attack that unsuspecting women become the victims of every day. And you will learn that you're surrounded by a limitless cache of weapons that you can use to your advantage against a larger assailant. If you are ready to learn to fight back, Loren and Lisa know exactly what you need to survive an attack in your home or on the street.

Think ACT Stay Safe with the R.E.A.C.T. Approach to Self Defence Stephen W. Collins, 2001 As the newspapers and television constantly remind us, violent crime is on the increase, violence that can strike at you anywhere and at any time - on holiday, at work, on nights' out or during any one of a thousand everyday situations. But even if you are confronted by the unthinkable, you don't have to become a victim. This important new book shows you how you can protect yourself regardless of your age, sex or level of fitness by using the simple but effective REACT formula: R: Recognise E: Evaluate A: Alternatives C: Concentrate T: Terminate Using clear and concise step-by-step instructions, reinforced with many illustrations and diagrams, each of these five basic principles is expanded and explained in such a way that they quickly become 'second nature'. Following this sequence in any circumstance will allow you to recognise potential threats, decide on the best form of action to take and equip you carry to this through. While The R.E.A.C.T. Self defence System does

concentrate on a dozen or so straightforward but effective self-protection combat techniques, it is not just another self-defence book, full of impractical or ineffective martial arts routines. What it does is heig

Dead Or Alive Geoff Thompson, 2004-02-29 Learn how to be streetwise and how to protect yourself in unarmed combat with this guide by martial arts expert Geoff Thompson. The author outlines the latest techniques in self-defence and interviews criminals, asking why and how they target certain people for attack.

The Art Of Self Defence Tom Hill, 2014-03-12 This book gives the reader a whole host of tools - both practical and psychological - which will help them achieve the status of a self-defence master. With thirty-two chapters covering a range of subjects from fitness to body language to eye contact, this book is not your run-of-the-mill martial arts manual. It is written by self-defence expert and 6th Dan Tom Hill, and those with an interest in the mental techniques of attack and defence will no doubt enjoy it greatly.

Attack, Avoid, Survive: Essential Principles of Self Defence Phil West, 2011-06 A5-sized version. Very few combat manuals choose to explain the mechanics and principles on which techniques are based. This book does. Not only are the essential principles explained, but they are also illustrated with practical real world applications. Examples are drawn from proven martial arts including Wing Chun, Jeet Kune Do, Karate, Combat Tai Chi, Capoeira, Jujitsu, Bagua, Boxing and the Filipino Martial Arts. Included in this book is a detailed section on Dim mak or Vital points which features a new simplified system for learning the point locations. Contents include: - *Advice on avoiding trouble before the fighting starts. *Defence against Knives and other armed attacks. *The use of Dim mak Vital points and Pressure Points *Locks, Throws, Takedowns, Strikes and Kicking. *Use of

Knives and everyday objects for defence. *Selecting firearms for close range defence. Foreword by Erle Montaigue, Co-Author of the Encyclopaedia of Dim-Ma

Self-defense in International Law Timothy L. H. McCormack, 1996

The Right of Individual Self-Defense in Public International Law Jan Kittrich, 2008 The book examines in detail one of the most controversial topic in current international law, namely the scope and extent of the right of individual self-defense. The book carefully traces the paths which have been followed in the developing legal debate on self-defense. The author uses numerous case-studies of incidents involving the use of force in alleged self-defense (such as the Entebbe Incident 1976, the Nicaragua Case 1986 or the Israeli-Lebanese conflict of 2006) which have formed the central point of scholarly debate. The author's conclusions are based not only on thorough analysis of academic discussions but also of the practice of States and international bodies, especially of the United Nations Organization. At the outset of the book the author reviews the historical context and the customary evolution of the right of self-defense. Reference is made to the famous Caroline Case of 1837, which set the necessary conditions of lawful exercise of self-defense. Next, the author examines the concept and legal nature of self-defense, carefully assessing the customary conditions of necessity, proportionality and immediacy derived from the Caroline Case. As the occurrence of an armed attack is a *conditio sine qua non* of lawful invocation of self-defense, several modalities of an armed attack are attentively evaluated such as its constituent elements, beginning or scale. The author explores, whether reactions to acts of international terrorism committed by a non-State may be based on the right of self-defense. In times of global terrorist networks it is highly desirable to attach special attention to use of force in self-defense as a remedy against serious acts of terrorism. Thorough analysis of State practice is shown on several examples from recent history - the U.S. air

raid on Libya in 1986 and on Baghdad in 1993 and relatively recent air strikes on Sudan and Afghanistan in 1998. Reference is also made to the most striking example - the Al-Qaeda attack on the United States in 2001. The validity of claims of anticipatory/preventive self-defense is examined on a theoretical level and then applied to the specific details of the Israeli air strike on the Osiraq Nuclear Reactor in 1981. The two main approaches to preventive self-defense - restrictive and traditional - are then discussed in detail. Brief analysis is also devoted to the nature of the so-called - pre-emptive - self-defense indicating its current position under international law.

Necessity and Proportionality and the Right of Self-Defence in International Law Chris O'Meara, 2021-03-11 States invariably justify using force extraterritorially by reference to their right of self-defence. In doing so, they accept that the exercise of this right is conditioned by the customary international law requirements of necessity and proportionality. However, these requirements are notorious for being normatively indeterminate and operationally complex. As a breach of either requirement renders ostensibly defensive action unlawful, increased determinacy regarding their scope and substance is crucial to how international law constrains military force. This book examines the conceptual meaning, content, and practical application of necessity and proportionality as they relate to the right of self-defence following the adoption of the UN Charter in 1945. It provides a coherent and up-to-date description of the applicable contemporary international law and proposes an analytical framework to guide its operation and appraisal. This book argues that necessity and proportionality are conceptually distinct and must be applied in the foregoing order to avoid an insufficient 'catch-all' description of legality or illegality. Necessity determines whether defensive force may be used to respond to an armed attack and where it must be directed. Proportionality governs how much total force is permissible and prohibits excessive responses. Both

requirements are shown to apply on an ongoing basis throughout the duration of an armed conflict prompted by self-defence. Compliance with necessity and proportionality ensures that the purposes of self-defence are met, and nothing more, and that defensive force is not unduly disruptive to third party interests and to international peace and security.

FTW Self Defense C. R. Jahn, 2012-01-09 FTW SELF DEFENSE FTW Self Defense is a revolutionary text which addresses, in great detail, many important yet controversial topics which most instructors do not discuss with their students. This is the reality of self defense, and these topics are not entered into lightly. Intended for mature and open minded students only. This is the long awaited companion volume to the underground bestseller Hardcore Self Defense.

Scientific Self-Defence W. E. Fairbairn, 2020-08-02 The classic close-quarters combat manual that offers practical fighting skills and historical insight into the evolution of this self-defense technique. Scientific Self-Defence is William E. Fairbairn's seminal manual on his complete, close-quarters combat system of the same name. Covering both armed and unarmed moves as well as a variety of restraint techniques, students will find a wide range of easily learnable skills that will be useful everywhere from home to the streets to the battlefield. The material is clearly presented and can be useful to everyone from the light weight beginner to a powerful martial artist. The knowledge you gain just might save your life! Fairbairn influenced the world of hand-to-hand combat as a member of the Shanghai Municipal Police in the 1930s and a trainer of elite-unit soldiers during World War II. He is a modern legend in the history of fighting and self-defense skills and is widely regarded as one of the fathers of modern hand-to-hand combat. Fully illustrated with over 200 demonstrative photographs

War, Aggression and Self-Defence Yoram Dinstein, 2017-09-28 Yoram Dinstein's influential

War, Aggression and Self-Defence is an indispensable guide to the international legal issues of war and peace.

Streetwise Peter Consterdine, 1998-02 This illustrated guide covers all aspects of self-defence and personal security in the street, car and home. In addition to providing explanations of the various combat and martial arts techniques, the author describes how to recognize an impending attack and how to deal with the attack.

Self Defense for Dummies J Steele, 2020-03-31 If you have walked down a dark alley in the dark of the night with no companions, you may identify with the feeling of your heart thumping against your chest. You keep looking over your shoulders, anticipating someone to mysteriously appear out of nowhere and pounce on you. You feel uneasy and afraid that someone will attack you or mug you. However, if you have had the ability to defend yourself, you would feel more confident and less afraid of being attacked. This is also the reason why many people have signed themselves up for self defence classes. Self defence simply means to be able to fight off the aggressor and successfully protect yourself. It is also a legal justification for any force exerted by someone when his or her wellbeing is being threatened. There are various methods to do so; hence if you are interested to learn how to defend yourself, the first thing you should do is to learn more about the styles of self defence that you can choose from. The most common method of dealing with aggressors would be to respond physically by dealing moves that will disarm him or throw him off long enough for you to escape. When you choose to utilise this style of self defence, you will be able to choose between fighting with your bare hands or with a weapon. However, besides using physical techniques, you can also use verbal skills to convince the aggressor to back down. This is a technique which may be preferred by ladies, especially those who do not have sufficient strength to

fight back. Regardless of whichever self defence method you prefer, one thing is for sure - by learning how to defend yourself successfully, you will be able to prevent injuries and also increase your chances of surviving any assaults.

Complete Krav Maga Darren Levine, John Whitman, 2016-06-14 From “one of the best [Krav Maga] instructors in the world . . . this book gives you access to his experience and knowledge.” (Amir Perets, Krav Maga 4th degree black belt, former hand-to-hand combat instructor for elite units in the Israeli Defense Force) Learn the ultimate form of self defense with the top-selling guide to Krav Maga in an updated and expanded edition from Darren Levine. All the defense moves in Complete Krav Maga—from beginner Yellow Belt to advanced Black Belt—are described in depth and illustrated with step-by-step photos: • BEGINNER: Punches, kicks, knee strikes and defense movements • INTERMEDIATE: Counterattacks against knives, guns and sticks • ADVANCED: Advanced strikes and ground fighting techniques Based on the principle that it is best to move from defense to attack as quickly as possible, Complete Krav Maga teaches fast-escape maneuvers combined with powerful counterattacks. Whether you are big or small, male or female, young or old, you can use Krav Maga to protect yourself by exploiting an assailant’s vulnerabilities. “Darren Levine has my unqualified support and gratitude for his contributions to Krav Maga.” —Imi Lichtenfeld, founder of Krav Maga

Self Defence Techniques and Advice Noah Daniels, 2014-10-24 No one ever wants to find themselves in a fight or having to defend themselves whether it's a mugging, and attempted rape, a bar fight, or another reason you find yourself in an altercation. Knowing how to protect yourself is important. In this book you read the best self defense tips you should know.

SAS and Elite Forces Guide Extreme Unarmed Combat Martin Dougherty, 2018-08-01 Duck

punch, cover block and knee strike. Boxing, wrestling and Ju-Jitsu. Gameplan, lines of attack and final disengagement. If taking flight isn't an option, fighting is a necessity. Extreme Unarmed Combat is the authoritative handbook on an immense array of close combat defence techniques, from fistfights to headlocks, from tackling single unarmed opponents to armed groups, from stance to manoeuvring. Presented in a handy pocketbook format, Extreme Unarmed Combat's structure considers the different fighting and martial arts skills an individual can use before having to consider at the areas of the body to defend. It teaches how to attack without getting hurt, and how to incapacitate an opponent. With more than 120 black-&-white illustrations of combat scenarios, punches, blocks and ducks, and with expert easy-to-follow text, Extreme Unarmed Combat guides you through everything a person need to know about what to do when escaping trouble isn't an option. This book can save lives.

Protect You Sylvan Clarke, 2020-08-27 This Third and last book of the 'Protect You' series has been comprehensively revised and updated to incorporate the New and Final addition titled 'Protect You - Communication Management' The Ultimate Self Defence Guide offers the complete 'Protect You' Trilogy in one exclusive book; • Protect You - Communication Management • Protect You - Understanding Bullying and Aggressive Behaviour • Protect You - The Street Smart Way Self defence remains a worry for everyone and is integral to self preservation. Sylvan Clarke's books continue to provide practical advice on understanding modern day street psychology and the physics of self defence protection. Capturing and analysing the processes of struggle and management over conflict Sylvan shows how to develop better communications by improving the way in which unspoken messages and attitudes are exchanged to help develop and manage disruptive behaviour in a non confrontational way. The Ultimate Self Defence Guide offers a complete and balanced

account of the philosophy and skills required to deal with everyday challenges. It offers dozens of tested techniques and proven action strategies that show you how to; • Be more assertive with friends, family members and difficult co-workers • Defend yourself if physically attacked • Develop your own complete self defence system. • Empower you to take control of your life and enjoy new levels of personal success. This book is written in simple, clear language and is designed to provide immediate, practical and effective guidance on Self Defence Management to all readers. Includes two exclusive Short Stories written by Sylvan Clarke; The Hunter - A man and his dream and Queens Gambit - Sauce for the Goose.

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