

# SELF DEFENCE UNARMED PRO

SAMMY FRANCO

- 📖 **THE ART OF WEAPONS** Marc Tedeschi, 2015-05-23 This work outlines the essential principles and techniques that define armed and unarmed self-defence involving common weapons. More than 1200 photographs introduce 300 practical techniques encompassing seven basic classes of weapon - knife, short stick, cane, staff, common objects and defence against handguns.
- 📖 **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.
- 📖 **KRAV MAGA DEFENSE** David Kahn, 2016-06-28 David Kahn, U.S. Chief Instructor of the Israeli Krav Maga Association, is back again with Krav Maga Defense: How to Defend Yourself Against the 12 Most Common Street Attacks. Created by the Israeli Army for self-defense, Krav Maga is gaining popularity around the world—especially here in the United States. Kahn is a self-defense expert, teacher, and served as a board member of the original Israeli Krav Maga Association. Kahn will teach you how to gain the upper hand in the twelve most common unarmed street attacks the average person is likely to encounter. He'll show you how to outmaneuver takedowns, rear chokes, ambush attacks, sucker punches while texting, knees to the groin, among other street safety skills. Kahn has instructed everyone from members at the local Y to executives, celebrities, and all major federal U.S. law enforcement agencies, as well as all five branches of the U.S. military. His simple, no-nonsense approach to self-defense is perfect for men and women of all fitness levels. Don't become tomorrow's headline; Krav Maga Defense will teach you to protect yourself today.
- 📖 **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.
- 📖 **REAL WORLD SELF-DEFENSE** Jerry VanCook, 1999-09 If you want practical solutions to the violence that permeates today's society, this book offers savvy advice for dealing with everything from an unwarranted attack to the often ironic legal aftermath. Van Cook covers unarmed defense, improvised weapons, edged weapons, firearms and more and offers something of value for people from all walks of life.
- 📖 **501 UNARMED SELF-DEFENSE SKILLS** Chris McNab, 2017-04-01 Learn to defend yourself without weapons. Are you prepared to defend yourself in any emergency? 501 Unarmed Self-Defense Skills will teach you how to take down an opponent when flight is not an option. Whether you're faced with a fistfight or worse, these skills from survival expert Chris McNab will help you keep a cool head and form a strategy to defend yourself and get away as quickly as possible. Be ready for any situation--no weapons needed!
- 📖 **KUBOTAN POWER** Sammy Franco, 2014-04-12 UNLOCK THE FULL POWER OF THE KUBOTAN KEYCHAIN! With over 290 photographs and step-by-step instructions, Kubotan Power: Quick and Simple Steps to Mastering the Kubotan Keychain is the authoritative resource for mastering this devastating self-defense weapon. In this one-of-a-kind book, world-renowned self-defense expert, Sammy Franco takes thirty years of real-world teaching experience and gives you quick, easy and practical Kubotan techniques that can be used by civilians, law enforcement personnel, or military professionals. Kubotan Power Teaches You: How to choose the right Kubotan for self-defense Tactical flashlight conversions Real world self-defense applications Kubotan hand grip techniques Essential do's and don'ts High and low concealment positions Kubotan striking techniques Escapes from grabs and choke holds Kubotan deployment techniques Target awareness and medical implications Kubotan defensive techniques Kubotan takedown techniques Training and flow drills Ground fighting with the Kubotan And much, much more THE KUBOTAN MYSTERY IS FINALLY GONE! The Kubotan is an incredible self-defense weapon that has helped thousands of people effectively defend themselves. Men, women, law enforcement officers, military, and security professionals alike, appreciate this small and discreet self-defense tool. Unfortunately, however, very little has been written about the Kubotan, leaving it shrouded by both mystery and ignorance. As a result, most people don't know how to unleash the full power of this unique personal defense weapon. But with Kubotan Power, the mystery is finally gone! Everything you wanted to know about this unique personal defense weapon can be found in this unique how-to book. Whether you are a beginner or advanced, student or instructor, Kubotan Powershows you how to protect yourself and your loved ones against any thug you're likely to encounter on the street.
- 📖 **SURVIVAL WEAPONS** Sammy Franco,
- 📖 **CANE FIGHTING** Sammy Franco, 2016-03-16 Cane Fighting Techniques For The Real World! Cane Fighting: The Authoritative Guide to Using the Cane or Walking Stick for Self-Defense is a no nonsense book written for anyone who wants to learn how to use the cane or walking stick as a fighting weapon for real-world self-defense. The Ultimate Self-Defense Weapon for Everyone! While seemingly inconspicuous, the cane or walking stick is both a practical and devastating weapon for all ages, young and old, regardless of size or strength or experience and skill level. Most importantly, you don't need martial arts training to master this incredible self-defense weapon. One Book For All Kinds of Fighting Sticks With over 200 photographs and step-by-step instructions, Cane Fighting is the authoritative resource for mastering the following weapons: The Hooked Wooden Cane, The Modern Tactical Combat Cane, Walking Sticks of all types, The Irish Fighting Shillelagh, and The Bo Staff Powerful Cane Fighting Techniques At Your Fingertips Cane Fighting is devoid of tricky or flashy cane fighting moves that can get you injured or possibly killed when defending against a determined attacker. Instead, it arms you with practical and powerful cane fighting techniques that actually work in the chaos of real-life street assaults. In fact, the skills and techniques found in these pages are surprisingly simple and easy to apply. Cane Fighting covers these essential topics: How to choose the right tactical cane for your needs, advantages of the combat cane, weapon requirements, grips, essential dos and don'ts, weapon terminology, high and low concealment stances, strikes, power swings, preparing for impact shock, first strike techniques, combinations, striking angles, cane chokes, self-defense stages, blocks, deflections, footwork skills, cane fighting attributes, target areas, medical implications of cane strikes, use-of-force concerns, workout routines, conditioning exercises, and much more! Whether you are a beginner or advanced practitioner, student or instructor, Cane Fighting: The Authoritative Guide to Using the Cane or Walking Stick for Self-Defense teaches you powerful street-oriented techniques and proven fighting methods to get you home alive and in one piece.
- 📖 **LETHAL UNARMED COMBAT** Malcolm Harris, 1973
- 📖 **MAXIMUM DAMAGE** Sammy Franco, 2014-07-29 Maximum Damage teaches you the quickest ways to beat your opponent in the street by exploiting his physical and psychological reactions in a fight. Learn how to stay two steps ahead of your adversary by knowing exactly how he will react to your strikes before they are delivered. In this one-of-a-kind book, reality based self-defense expert Sammy Franco reveals his unique Probable Reaction Dynamic (PRD) fighting method. Probable Reaction Dynamics are both a scientific and comprehensive offensive strategy based on the positional theory of combat. Regardless of your style of fighting, PRD training will help you overpower your opponent by seamlessly integrating your strikes into brutal fighting combinations that are fast, ferocious and final! Maximum Damage teaches you how to: Think two steps ahead of your opponent Blend techniques into logical fighting combinations Attack with explosive energy Spot the best vital point targets Psychologically cripple your adversary Overwhelm your opponent's defenses And much, much more With over 240 photographs and detailed step-by-step instructions, Maximum Damage teaches you the best ways to deliver devastating compound attacks that will take the fight out of your opponent and your opponent out of the fight! In this informative book, you'll see Sammy Franco's PRD system put into explosive action with dozens of real-life street encounters. Whether you are a military specialist, martial artist or self-defense student, Maximum Damage teaches you brutally effective skills and proven strategies to get you home alive and in one piece.
- 📖 **THE ULTIMATE GUIDE TO UNARMED SELF DEFENSE** David Erath, 2014-04-02 The Ultimate Guide to Unarmed Self Defense covers a comprehensive combination of techniques, training methods, and strategies designed to provide practitioners with highly efficient and effective self defense skills. In addition to physical techniques, non-physical awareness and prevention are also covered in great detail. The progression of techniques and training methods are presented as they would be taught in private lessons, and hundreds of easy to follow photos with directional arrows and ghost imaging make learning easier than ever -- page [4] of cover.
- 📖 **UNARMED DEFENSE AGAINST WEAPONS** Frank Seinsheimer III M.D., 2009-08-17 There is no available information at this time.
- 📖 **THE BIGGER THEY ARE, THE HARDER THEY FALL** Sammy Franco, 2014-06-09 When you're about to fight a thug on the street and you have to look up to stare into his eyes, you're bound to feel up pang of fear. But follow the solid strategies and self-defense techniques presented by self-defense maverick and innovator Sammy Franco, and the fight will end with your attacker looking up at you in confusion as he crashes to the ground. Sammy Franco was concerned that no book on the market successfully tackled the specific problem of fighting a larger, stronger opponent. In The Bigger They Are, The Harder They Fall, he addresses that all-important issue and delivers the solid information you'll need to win a street fight when the odds seem stacked against you. The Bigger They Are, The Harder They Fall will teach you: How to avoid panic and intimidation • The do's and don'ts of fighting a massive fighter • The five best knock-out targets • What works, what doesn't, and why • How to avoid the ground fight • Workout routines • Equipment training • Step-by-step fighting combinations • And much, much more. In this one-of-a-kind skill building workbook, Sammy Franco calls upon his 30+ years of experience as a reality-based self-defense expert to prepare you both mentally and physically for the fight of your life. Unless you're a lineman for the NFL, there may come a day when you will face an opponent who can dominate you through sheer mass and power. Read and study this book before that day comes.

📖 **Advanced Krav Maga** David Kahn,2008-09-16 Based on the principles of enhancing natural instincts and using appropriate force for self-protection, anyone can master the moves of Krav Maga - the international self-defense and fitness sensation designed by the Israel Defense Forces. This follow-up to Krav Maga: An Essential Guide to the Renowned Method - for Fitness and Self-Defense explores essential combative tactics, including standing, clinch, and extensive groundwork from yellow, orange, and green belt levels, to help you update and improve your skills. Regardless of strength, size, age, or gender, you can learn advanced techniques for fending off an unarmed attacker - swiftly, powerfully, and simply and the conditioning you will achieve by practicing these techniques will tone your muscles, improve your reflexes, and get you fighting fit.--BOOK JACKET.

📖 **War Machine** Sammy Franco,2014-02-01 WAR MACHINE - BECOME A MODERN DAY WARRIOR! WAR MACHINE: How to Transform Yourself into a Vicious and Deadly Street Fighter is a book that will change you for the rest of your life! This unique combat conditioning system is specifically designed to transform you into a vicious and deadly street fighter. When followed accordingly, War Machine will forge your mind, body, and spirit into iron. Once armed with the mental and physical attributes of the War Machine, you will become a strong and confident warrior that can handle just about anything that life may throw your way. In essence, War Machine is a way of life. Powerful, intense, and hard! A Powerful Transformation Program! In this powerful transformation program, world-renowned combat expert Sammy Franco shares his secrets for building explosive speed, bone crushing power and unparalleled mental strength. In this unique book you will first learn about: Range proficiency Combat stances Strategic positioning Footwork and mobility Target orientation, target recognition, target selection, target impactation, target exploitation Target zones Medical implications of combat techniques Speed development techniques Impact power development The importance of ambidexterity in combat Improving offensive reaction time How to improve balance Non-telegraphic movement when fighting Auto pilot fighting The killer instinct A Combat Conditioning Animal! Reading this book is like getting a shot of testosterone! It motivates and inspires you to train harder. Every aspect of combat conditioning is also covered in this powerful transformation program, including: Physical appearances during pre-contact stages of combat Combat body compositions Warm-ups, stretching Strength training exercises Split workout routines Combative utility of muscle groups Cardio conditioning Working out with training partners Coping with pain and discomfort when training Rest and burnout Diet and nutrition to maximize your training gains The confidence of a lion! War Machine is not only designed to develop physical strength, agility, and endurance but also help you overcome the fear and inhibitions toward physical combat. It provides the mental and psychological tools to confidently handle the rigors of both armed and unarmed combat. Topics include: Developing the “hard core” attitude Improving self-confidence Decisiveness in combat Follow-through Courage Combative desensitization Viciousness Self-discipline Philosophical resolution Emotional masking Overcoming combat related stress reactions Visualization techniques And much more... Forge your Mind, Body, and Spirit into Iron! War Machine also bridges the gap between the technical and philosophical aspects of combat with a chapter devoted to the philosophy of warfare. Subjects include courage, pacifism, good vs. evil, the ego, laws of reality, loyalty, leadership, honor, frustration, and fighting strategies. War Machine How to Transform Yourself into a Vicious and Deadly Street Fighter is ideal for military personnel, law enforcement, martial artists, self-defense students or anyone regardless of age or gender who wants the winning edge in modern day combat.

📖 **Self Defence : Armed and Unarmed Tactics** John M. Cleland,Rob Seaton,1988

📖 **01 Unarmed Self-Defence Skills** Chris McNab,2017-02-28

📖 **The WidowMaker Program** Sammy Franco,2014-07-26 The Widow Maker Program: Extreme Self-Defense for Deadly Force Situation is a shocking and revolutionary fighting style designed to unleash extreme force when faced with the immediate threat of an unlawful deadly criminal attack. In this one-of-a-kind book, self-defense innovator Sammy Franco teaches you his brutal and unorthodox combat style that is virtually indefensible and utterly devastating. However, the true power of the Widow Maker Program comes from its ability to psychologically terrorize a street predator while simultaneously ripping him to pieces. LEARN HOW TO: PROTECT YOURSELF AND LOVED ONES FROM VICIOUS STREET CRIMINALS, SAFELY CLOSE THE DISTANCE GAP BETWEEN YOU AND YOUR ATTACKER, EVOKE PSYCHOLOGICAL TERROR IN YOUR ADVERSARY, SHIFT FROM PREY TO PREDATOR DURING AN ASSAULT, MASTER QUARTER BEAT STRIKING TECHNIQUES, UNLEASH POWERFUL WEBBING TECHNIQUES, QUICKLY DISORIENT AND DEMOLISH YOUR OPPONENT, SHUTDOWN THE OPPONENT’S COGNITIVE BRAIN, MASTER OFFENSIVE AND DEFENSIVE ANCHORING, PERFECT THE WICKED ART OF RAZING, SELECT THE BEST TARGETS TO ATTACK TO MAXIMIZE DAMAGE DURING A FIGHT, CONDITION YOUR LIMBS TO MAXIMIZE YOUR WidowMaker techniques, design your own WidowMaker workout routine, and much more. RATED H FOR HARDCORE SELF-DEFENSE With over 250 photographs and detailed step-by-step instructions, The Widow Maker Program teaches you Franco’s surreptitious webbing and razing techniques. When combined, these two fighting methods create an unstoppable force capable of destroying the toughest adversary at will. The Widow Maker Program is a must-have for anyone interested in real world self-defense and who wants the ability to dispense extreme punishment when faced with a deadly force self-defense situation.

📖 **Hardcore Self-Defense** C. R. Jahn,2002-02 HARDCORE SELF-DEFENSE is totally unlike any other martial-arts book you’ve ever read. It is the result of a lifetime of experience by one who walks the Warrior’s Path. Jam-packed with useful information, no space is wasted with filler material like training methods, foreign terminology, or photographs of the author pretending to spar. No, this book gets right to the point and tells you the best ways to defend oneself, as well as commonly taught nonsense that will not work against a real opponent. This book is heavy on combat psychology and weaponscraft, and is intended for those who are truly serious about protecting themselves and their loved ones. Be warned, this book is NOT for the meek!

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SELF DEFENCE UNARMED PRO INTRODUCTION

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SELF DEFENCE UNARMED PRO :

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