



## A Warrior s Guide to Self-Defense

By Kyle Swinehart

First Edition Design eBook Publishing, United States, 2015. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is a practical self-defense guide targeted towards the untrained individual who desires to embody a warrior mentality, and learn how to survive vicious life and death situations with the principles and strategies of close quarters fighting. It was written by former Marine Corps infantry machine gunner and martial arts instructor Kyle Swinehart. The sole purpose of his self-defense guide is to increase your chances of surviving a violent assault to the maximum potential. This is not a style of martial arts; these fighting tactics are extremely violent in nature because they were born on the battlefield, and designed for combating the most savage and deadly encounters in real world scenarios. It combines human biological instincts with self-control to form a completely fluid fighting strategy that is perpetually changing based on your threat and the environment around you. In this warrior s manual, you will learn how your body responds in an emergency, and what you can do to prepare yourself for violent combat. Kyle will describe the advantages of embracing the chaos, and...



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