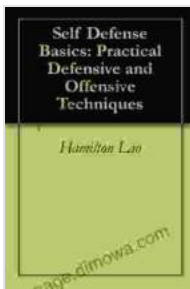


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Self Defense Basics: Practical Defensive and Offensive Techniques by Troy Anthony Platt

★★★★★ 5 out of 5

Language : English
File size : 23659 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 188 pages
Lending : Enabled



This book is perfect for anyone who wants to learn how to protect themselves and their loved ones. Whether you're a beginner or have some experience with self-defense, you'll find something valuable in this book.

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About the author

I'm a self-defense expert with over 20 years of experience. I've taught self-defense to people of all ages and backgrounds, and I've seen firsthand the difference that self-defense training can make in people's lives.

I wrote this book to share my knowledge and experience with you. I want to help you learn how to protect yourself and your loved ones from harm.

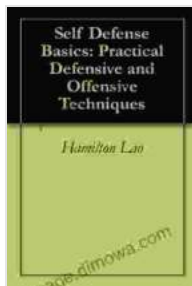
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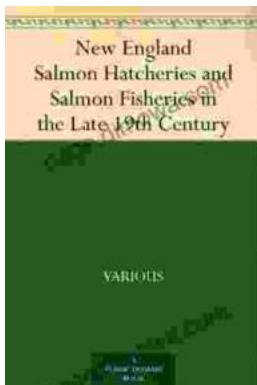
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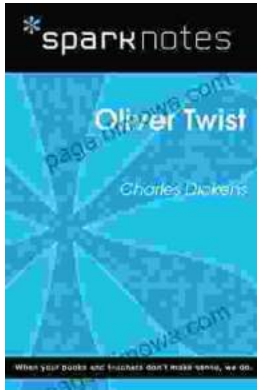
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