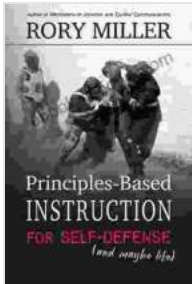


Principles Based Instruction For Self Defense And Maybe Life: The Ultimate Guide to Effective Self-Defense



Principles-Based Instruction for Self-Defense (And Maybe Life) by Rory Miller

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1563 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 244 pages
Lending	: Enabled



In a world where violence is all too common, it's more important than ever to be able to defend yourself. But self-defense isn't just about learning a few physical techniques. It's about developing a principles-based mindset that will help you stay safe in any situation.

In *Principles Based Instruction For Self Defense And Maybe Life*, renowned self-defense expert Marc MacYoung shares his decades of experience teaching self-defense to people of all ages and backgrounds. He'll teach you the essential principles of self-defense, including:

- How to avoid dangerous situations
- How to de-escalate conflict

- How to use physical force effectively
- How to stay safe after an attack

But *Principles Based Instruction For Self Defense And Maybe Life* is more than just a self-defense manual. It's also a guide to living a more confident and empowered life. MacYoung shows how the principles of self-defense can be applied to all areas of life, from relationships to work to personal safety.

If you're looking for a comprehensive guide to self-defense that will help you stay safe in any situation, then *Principles Based Instruction For Self Defense And Maybe Life* is the book for you.

What You'll Learn in *Principles Based Instruction For Self Defense And Maybe Life*

- The essential principles of self-defense
- How to avoid dangerous situations
- How to de-escalate conflict
- How to use physical force effectively
- How to stay safe after an attack
- How to apply the principles of self-defense to all areas of life

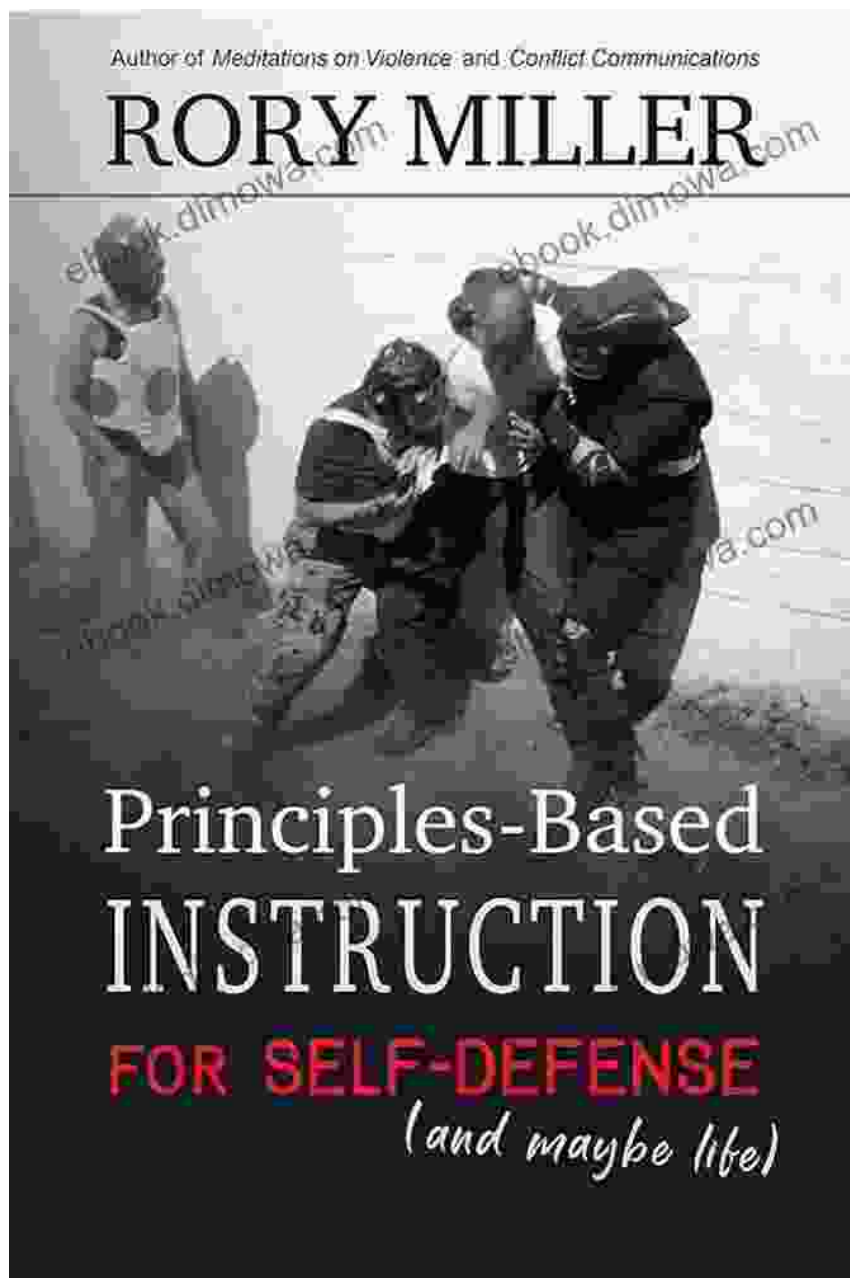
About the Author

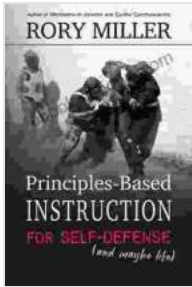
Marc MacYoung is a renowned self-defense expert with over 30 years of experience. He is the founder of the Martial Arts Training Institute, one of the leading self-defense schools in the world. MacYoung has taught self-

defense to people of all ages and backgrounds, from celebrities to law enforcement officers to everyday citizens. He is also a highly sought-after speaker and has appeared on numerous television and radio shows.

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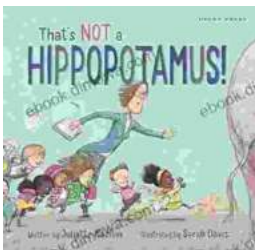




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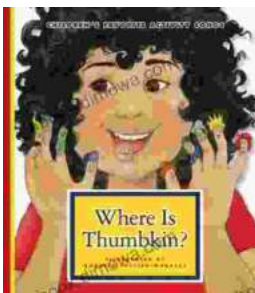
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