



## How to Defend Yourself

By Martin J. Dougherty

Amber Books Ltd. Paperback. Book Condition: new. BRAND NEW, How to Defend Yourself, Martin J. Dougherty, There are many different methods that can be used to fight unarmed, but each has its own strengths and weaknesses. The Self Defence series simplifies the subject for the reader, How to Defend Yourself focusing solely on the varieties of defensive moves that can be performed in unarmed combat. By selecting and demonstrating the best techniques of the various martial arts schools, the series builds into an invaluable guide to mixed martial arts techniques, ideally suited first to learning and then revising particular skills. Useful for both the beginner and experienced martial arts practitioner, the series allows the reader to progress at their own pace. Illustrated with detailed artworks, the Self Defence series is an authoritative guide to the key techniques needed for specific actions, and will appeal to any martial arts enthusiast.



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