



## The Ultimate Guide to Reality-Based Self-Defense

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Following the interpretation of defensive moments within this modern mixed martial art over the last decade by some of the most influential instructors in the field, this detailed guide is the definitive companion for self-defense practitioners. Compiled from articles from the *Black Belt* magazine archives, it features profiles, interviews, lessons, and training techniques from authorities in the field. Styles that are covered include combatives, combat hapkido, krav maga, haganah, kapap, and defense against guns and knives. Covering the most up-to-date tactics for avoiding, confronting, and defending in life-threatening situations such as home invasion, street crime, sexual assault, and terrorist attacks, this survey is a must-have for law enforcement and military personnel, executive bodyguards, and civilians alike. Sound advice on appropriate and recommended protective gear is also included.

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