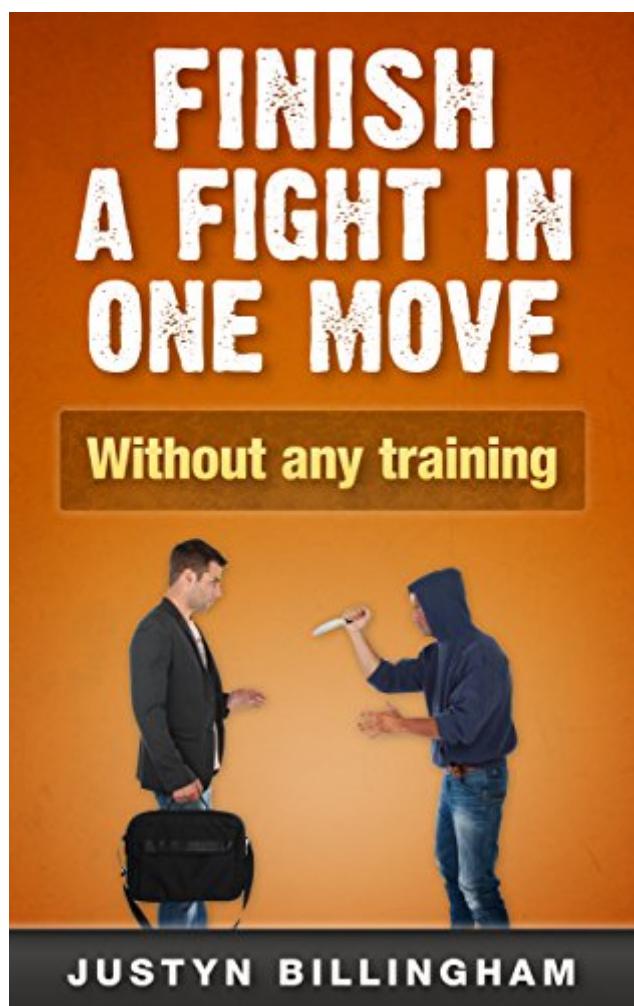


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Finish A Fight In ONE Move: Without Any Training (Martial Arts For Beginners Book 4)



Synopsis

With street attacks on the up, this book is a must read for anyone that likes to venture outdoors every once in a while. Written in an easy to follow format, the simple to grasp information you'll gain from this book, is easy to comprehend, simple to put into practice and will stay with you for ever... which is exactly what you need to survive on the streets in this day and age. Inside you will learn:- How to avoid an attack altogether, even when an attack is imminent.- How to finish a fight instantly with just one simple move.- How to deal with that 'frozen with fear' factor.- How to control adrenaline and nerves.- How to be more switched on.- How to set up for maximum impact.- What the BEST form of self defence is.- What your natural weapons are.- What NOT to do if you're to survive an attack.- How to build a secure wall around you.- Identify the signs that most people miss leading up to an attack.- What to do should it all go wrong. With no prior fighting experience required and no further ongoing training necessary (so no need to join an expensive gym or martial art school), this is an ideal starting point for the complete novice or anyone worried about the chances of ever being involved in a street confrontation. Currently the No1 BEST SELLING Martial Arts Book

Book Information

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Customer Reviews

I have over 6 years of MA experience and I have worked the door at nightclubs and bars and also public security and have been in real physical confrontations, aka fights. This book rings very true and while basic (some will mistake this for superficiality), the insights are deep. The chapter on body areas to target is worth the price of admission alone. He describes what works and what doesn't. This is all very solid advice and I recommend this short book.

It was a fairly good read. The reason that I qualify my endorsement is that nobody can really promise to teach you to finish a fight with one move. The author is pretty straightforward and honest. He doesn't pretend that he can magically train somebody with a book. He actually says that the best option is to flee if possible, or try to calm the other person down if fleeing isn't a good option. He says to engage in violence only if there isn't any other choice. Kudos to him for ethics and honesty. He gives a limited variety of moves and techniques, wisely telling the reader that too much information is a bad thing that can lead to indecision and hesitation. He shows some pictures of people doing techniques that I didn't find all that helpful, and he did go into a little too much detail on a few things. But all in all, worth the price.

I realization the author is a Brit but he still needs more education in how to write coherently. Difficult to get to material most people already know... . My real problem with this book is is apparent appearance that any one might be attacked however most people don't frequent places where fights occur.

Gives you enough to think about to reduce your chances of being a victim of an attack.

Teases and never gets into any direct techniques. Never tells how to strike a throat, just that it's a vulnerable spot.

A short but effective primer on using common sense to avoid physical street violence and if confronted with no immediate escape, how to attack as fast and efficiently as possible to create an escape. Billingham is not just speaking from an Ivory Tower, but has had a regrettable personal experience he doesn't wish for you . The title may be a bit of a misnomer as the fighting technique or two covered represents a small(but very effective) section of the book. However as pointed out in the seminal works by Marc "the animal" MacYoung, avoidance techniques and awareness are still

ones best ally. And both authors correctly point out the false bravado many self-defense disciplines incorrectly impart to students. For those who wish to further build their knowledge of the topic based on this fine writing, I suggest reading Marc MacYoung's classic " Cheap shots, Ambushes, and Other Lessons" which I reviewed for a number of years ago. It's the ultimate.

Like the simplicity and realitybased approach. Informs you why ninjutsu stuff not apply to Mr. And Mr. Jones. Though training is required... Maybe violence people would step down when the joneses step up...?

I usually don't give a review and i've never given a negative one before. However, I was so disappointed that I had to warn others to avoid this and find a better book. I have to agree with the other reviewer that said this book is really misleading. The title of this book should have been 'Learn to Run' or perhaps the famous line by Bruce Lee from (Enter the Dragon) "The art of fighting without fighting." The author doesn't state anything new or beyond what's known as common sense and awareness. His main advice is there's no guarantees in life and when you are confronted by an attacker to run! Really?? Heck, I could have wrote this book. I studied boxing and karate from 10-24 years of age and I've fought in tournaments and street fights. About seven years ago I had chased off a hoodie wearing gunmen who robbed my brother, i only had a 3" lock-blade knife. I do agree that people need to develop an awareness of their surroundings and the people that they may encounter on the streets. Every circumstance is different and unique, you can train your mind and body to be prepared for the unexpected. Never underestimate your opponent, learn to act without analysis, trust in your instincts and act very quickly without hesitation! Yes, run if you can, but sometimes you may have to stand and fight, so it all depends on the situation. An attacker is only strong if you allow him/her to feel they have an advantage over you... Turn the tables on your attacker by using the element of surprise and they will run away from you! I can't believe that this is the No 1 Best Selling Martial Arts book on ...

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