



## Self-defense: Steps to Survival

By Katy Mattingly

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Self-defense: Steps to Survival, Katy Mattingly, "Self-Defense: Steps to Survival" is an instruction guide that emphasises the most effective actions and manoeuvres to prevent, identify and defend against physical attacks. The more tactically oriented steps later in the book teach how to apply actions and manoeuvres in real-life situations. Each step contains tips, strategies and suggestions for applying the material for age and size-specific situations. Written by an experienced instructor in the community, corporate and workshop environments, the content and level will cross all markets and be relevant to both males and females. Almost 200 illustrations of the techniques, more than 50 drills and suggestions to correct the most common and potentially dangerous errors will reinforce proper execution of the skills. Primary audiences include women and men interested in learning how to defend themselves, lecturers and self-defense instructors. Online resources will be available to lecturers using this book as an adopted text. Housed on a product-specific web site, the materials will include a course overview, outline of each step and a test bank of questions and answers.



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