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**Self Defense**

**Made Simple**

**Easy And**

**Effective Self**

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## **Easy Techniques For Self Defense, DVD**

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*BOOKS Three Books*

*Every Self-Defense*

*Instructor Should Read*

*5 Self-Defense Moves*

*Page 5/30*

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*Every Woman Should*

*Know | HER Network*

*The Best Self Defense*

*Weapon Ever | One*

*Tool to Rule Them All 7*

*Self-Defense Techniques*

*for Women from*

*Professionals 5 Self*

*Defence moves everyone*

*should know | Master*

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3 simple self defence

moves you must know

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Mindset: Principles of

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Self Defense by Jeff  
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~~COVER~~ Self-Defense  
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**SELF-DEFENSE TIPS**  
**THAT MAY SAVE**  
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**DAY** Make Your Own  
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*Pinning Both Wrists in*  
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*Escape a Standing Rear*  
*Choke ? How to Disarm*  
*a Gunman* How To  
Make a TASER RING!



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GADGET!!! (Cheap  
Easy Build) Belt Knife  
Top 5 Survival

W.E.A.P.O.N.S How to  
Defend Punches More  
Effectively 5 Choke  
Hold Defenses Women

MUST Know | Self  
Defense | Aja Dang  
The Self defense  
weapons book *Multiple  
attacks training.*

*Realistic self defence*  
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Books I recommend for  
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defense Best Books You  
Must Read On Self  
Defense • Martial Arts  
Explored Self Defense  
TECHNIQUES for~~

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~~GIRLS and WOMEN~~

~~YOU NEED TO~~

~~KNOW~~ *Simple Self*

*Defense Moves You*

*Should Know* Self-

defense technique

against common attacks

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~~Simple Easy~~

This item: Self Defense

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Your blueprint for smarter, easier and more intuitive self-protection without the years of training or complicated lessons. Do you want to learn how to ensure you never get hit using one special technique?

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World! "THE ONLY  
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pre-purchased self  
defense weapon on you,  
you can quickly create  
one yourself, in a matter  
of seconds IF you got  
the right materials on

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you. It can be as simple as grabbing your keys, and sticking them out through your fingers so you create a wolverine like blade

~~25 Crazy & Easy Self  
Defense Techniques  
You Can Use Now~~

10 Self Defense Moves  
You Should Know that  
are Easy to Learn 1. Self-  
Defense Techniques:



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Know Where to Hit The best offensive and defensive moves are ones that are calculated.

If... 2. Straight Strike

Most people's first instinct is to punch.

Although landing a powerful punch can help you escape,...

~~10 Self Defense Moves You Should Know that are Easy to Learn~~

*Page 17/30*

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Simple: Easy and  
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Whatever Your Age,  
Size or Skill! (Self  
Defense and Self  
Protection) by Phil  
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~~Amazon.co.uk:Customer reviews: Self Defense Made Simple ...~~

~~“It doesn't matter what size you are, any woman can learn to do this.”~~

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~~Simple Self Defense Moves You Should Know - YouTube~~

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Smarter, easier and more intuitive self-protection without the years of training or complicated lessons. Do you want to learn how to ensure you never get hit using one special technique?

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Effective Self Protection

Whatever Your Age,  
Size or Skill! (Self  
Defense and Self

Protection) by Phil

Pierce | Jul 8, 2014 4.2  
out of 5 stars 111

~~Amazon.com: Simple  
Self Defense~~

Self Defense made  
simple This blog will  
include simple  
techniques for the

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everyday person. It's not about what type of training that you've obtained, it's about what you need to use to get out of a bad situation. Your life is more important than someone else's. At the end of the day, YOU must be the one who goes home, safely.

~~Self Defense made~~

*Page 24/30*



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~~simple: A simple  
substitute for pepper ...~~

Sep 02, 2020 self

defense made simple

easy and effective self

protection whatever

your age size or skill

self defense and self

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Easy and Effective ...~~

Use the end point of the  
weapon (it should be  
hard) this end is where it

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hurts most. Also, hold it where the two ends stick out. Hold them together, and make sure the hard point is upwards in your hand, and the two endpoints point downwards. Ask Question.

~~How to Make an EASY  
Self Defense Weapon:  
4 Steps ...~~

Self defense made real

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easy is the real deal,  
simple and effective. If  
you are looking for self  
defense that's easy to  
learn, effective and can  
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regardless of athletic  
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