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By Sapir Tal Sifu

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is the comprehensive, official manual of the widely acclaimed Spikey System of self-defense for women; a proven method that may be used by any woman to defend herself against the threat of violence and sexual assault. Combining approachable text that is newbie-friendly with sophisticated and useful information, this book can be picked up and used by any woman in her daily life. The book is also useful as a learning and teaching aid for qualified teachers and trainers. The learning curve is short, and the exercises are simple and useful. Everything taught is accompanied by high-resolution photographs, with trained student models illustrating a multitude of self-defense scenarios and how these can be overcome. The Spikey System is based on the author's decades of experience dealing with violent assaults in general, and sexual assaults in particular. It includes both the practical, hands-on know-how of how to deal with violence in ANY situation, and the many psychological aspects such a challenge may pose; developing an all-encompassing physical awareness and survival skills. Though intended to be used...

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