



STREET SELF-DEFENSE: 16 TECHNIQUES ON HOW TO PROTECT YOURSELF IN THE CITY

Vladimir Batalov

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This book presents the fundamentals of street fighting in the form of a manual for beginners. It does not contain any secrets, all the techniques are very simple and are simply described. The book is dedicated to a very important topic - how to survive in situation when violence or attack happens, how to save yourself and your family in harsh conditions of street fighting. In this book the author has used his knowledge of such martial arts as hand-to-hand fight, wrestling, jiu-jitsu, kudo, the basics of mixed martial arts and self-defense.

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