

depending on your level of fitness It takes more than a hard body to excel at work, in the gym, and in life. Firebreather Fitness folds in the cutting-edge mental toughness training and time-tested spiritual practices that guide Amundson and the athletes he coaches. Amundson's smart and effective guides to goal-setting, pain tolerance, honing purpose and focus, and exerting control over your mental state offer invaluable tools to help meet any challenge. Packed with practical advice, vetted training methods, and Amundson's guided workout programs, Firebreather Fitness is a must-have resource for athletes, coaches, law enforcement and military professionals, and anyone interested in pursuing the high-performance life.

Kyusho-Jitsu-George A. Dillman 1992-01-01 Thorough detailing of how to use pressure point strikes for personal self-defense.

The Book of Krav-Maga - The bible-Yaron Likhțenshtain 2007

How to Win a Fight-Lawrence Kane 2011-10-04 Two veteran martial arts instructors and a renowned comic book illustrator deliver the ultimate course in self-defense More than three million Americans are involved in a violent physical encounter every year. In these situations, knowledge is power, and few teachers are better equipped to deliver that knowledge than Lawrence Kane and Kris Wilder. Veteran martial arts instructors and masters in their field, Kane and Wilder have teamed up with DC Comics artist Matt Haley to produce a step-by-step guide revealing the secrets of surviving-and preventing-violent encounters. The defense begins by scanning the environment for dangerous situations and using verbal de-escalation to defuse tense situations. If a fight is unavoidable, the authors offer clear guidance for being the victor, along with advice on legal implications, including how to handle a police interview after the attack.

SAS and Special Forces Self Defence Handbook-John 'Lofty' Wiseman 2019-03-28

Silat for the Street-Burton Richardson 2016-08-01 Burton Richardson's Silat for the Street blends the most brutally efficient silat techniques with the training methods and tactics of elite-level MMA. The reader will learn how to defend against

larger, stronger, trained attackers, including those with an MMA background. Silat for the Street is a functional, practical book for: * The pencak silat practitioner who wants to learn the important details that make silat work and how to apply the art against a trained MMA fighter. * The MMA practitioner who wants to learn a system of true street self-defense that blends very well with MMA training, and how to alter their sport training to be street effective. * The traditional martial artist who wants to learn another method that is highly adaptable and is open to another perspective on highly functional street self-defense. * The beginner martial artist who wants to learn in a well-organized step-by-step presentation. * The advanced martial artist who wants to understand the minute details that make silat work and to learn how to apply the art against an MMA-trained fighter. Silat for the Street differs from other silat books by focusing on practical fighting applications instead of just displaying the "artistic" but often nonfunctional portions. Richardson is know worldwide for using his background as a scientist to rigorously test the techniques of various arts in the crucible of combat against top MMA athletes. People trust Richardson's findings because they know he only shows what works under pressure. His ability to organize and explain detailed concepts in an easy-to-understand way makes the book accessible to individuals of all levels of expertise. It is the only book of its kind on silat.

Self Defense Made Simple-Phil Pierce 2020-08-16 Do you want to learn how to easily and effectively protect yourself - whatever your age, size or skill?! The new #1 Self Defense Bestseller - Grab Your Copy Now! Discover 'Self Defense Made Simple' from Bestselling Self Defense Author Phil Pierce: 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? Or how to use psychology 'hacks' to prevent violence before it happens and stay in control? Learn how to really use everyday objects as weapons (90% of people get this wrong!) Discover the truth behind pressure points - and how you can use them How to defend yourself against the most common attacks How to use the powerful self-defense tools your body already has Learn the exact exercises you can use to quickly and easily build a 'self-defense body' How to find the weak points on an attacker...that you can exploit! How to choose the perfect self-defense class (and which ones are just wasting your time) Understand how to identify a threat before it ever happens How to avoid the No.1, life-threatening self-defense mistake And more! Based on the tactics of Self-Defense experts, top Martial Artists and security personnel the simple techniques included are all designed to enable you to stay safe on the streets whatever your age, size or skill! Ever wondered what it takes in a real life or death situation to make the right choices? Or how to dominate any violent encounter on the streets without even throwing a punch? You may be surprised at the answers... Get Your Copy Now! Tags: Self Defense, Self Defence, Martial Arts, Self Protection, self defense Weapons, Self Defense for Women, Self defense tips