

Be Safe: Self Defense for Women in the Real World is a down-to-earth look at modern-day real world violence against women and what it takes to not be a victim. Written by United States Krav Maga Association chief instructor Mark Slane, this illustrated book will help any woman start to put together the tools to help keep herself safe in any situation. Mark Slane In 1999 Mark was a member of the very first group of outside instructors ever trained at the Krav Maga National Training Center in Los Angeles. He then went on to open one of the first half dozen Krav Maga schools in the United States. To become a black belt in Krav Maga is difficult. Prior to 2007, instructors who wished to become black belts must have been personally invited to test in Los Angeles by Krav Maga Worldwide. Krav Maga Worldwide tested, on average, only four or five black belts each year. Mark became a black belt in November of 2003, tested with the USKMA to Second Degree Black Belt in 2009 and Third degree in 2012. Mark Slane has studied the martial arts for over twenty five years. Mark started his training in Tae Kwon Do and holds a fourth degree black belt in that art. In Olympic style Tae Kwon Do he won a national championship in sparring in the light weight division - 33 to 40 year old age group. He has taught martial arts to hundreds of students in various schools over the past twenty years and has coached and trained dozens of national medalists, national champions, U.S. team members and even two World medalists. Mark has also trained in boxing for several years with Olympic Gold Medalist, Jerry Page and has spent years studying Muay Thai, BJJ, and Mixed Martial Arts as well. Mark retired early from his firefighter/paramedic job to devote his life to making others safer. Mark founded the United States Krav Maga Association to spread Krav Maga throughout the U.S. the right way. No politics or egos...Just real world self defense training. Brannon Hicks Brannon is a USKMA certified Krav Maga instructor and our primary Law Enforcement instructor.

Politics of the High Court: A Study of the Judicial Branch of Government in Australia, Fodors Turkey (Full-color Travel Guide), Arabic Calligraphy: Naskh Script for Beginners by Mustafa Jafar, Venetia Porter (2002), Sun Doku 2 (Sudoku) (Bk. 2), Nursing Care of the Alcoholic and Drug Abuser, Searching for Strengths in Child Protection Assessment, Deconstructing the Hero: Literary Theory and Childrens Literature, Icons of Hip Hop [2 volumes]: An Encyclopedia of the Movement, Music, and Culture (Greenwood Icons), Revolution & Counter Revolution,

The goal of Staying Safe is multilayered. The first layer is to bring awareness and understanding of what the different types of violence are. The second layer is to. 17 Jul - 30 sec Watch Download Be Safe: Self Defense for Women in the Real World Read Online by. Real World Self Defense: A Guide to Staying Alive in Dangerous Times by Jerry Van Cook. Women Books/DVDs Real World Self-Defense offers savvy advice for dealing with everything from an unwarranted physical attack to . Add it to your self-defense library to increase your chances of staying safe -- Alain Burrese. Our REAL Self Defense is based on over 20 years of refinement and continual development. We emphasize real-world functionality and a safe, graduated. Systems like Krav Maga NYC introduce stress into drills to get you used to the telling me that no martial arts system can truly prepare you for real life. Different drills train different aspects of self defense and utilize the right safety equipment to A intro seminar to KMI and its programs (Krav Maga, Women's Self Defense, . For ordinary men and women who just want to know how to handle .. Why you're risking your safety by leaving your training to chance watching online videos The third element of REAL LIFE Self-Defense deals with takedowns and what to. Indy/Life. It is a depressing but true fact that a lot of women feel afraid when know more self-defence because it brings not only safety but confidence. Read more. Polish women offered free self-defence classes by the army.

Walk In Peace: Women's Self-Defense Seminar learn key principles and real world self-defense techniques through Krav Maga - A The guys did an awesome job with incorporating fun into a class that is really important for women's safety. You learn practical, proven self-defense skills effective against real life attacks. Personal Safety and Self Defense is about decreasing your risk of attack, while.

Here's how to prepare for and stay safe in common real-world violent Su Ericksen, who writes the very helpful Self-Defense for Women.

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