

## Self Defense Made Simple Easy And Effective Self Protection Whatever Your Age Size Or Skill Self Defense And Self Protection

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### Self Defense Made "Real" Easy | Udemy

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### Self Defense Made Simple: Easy and Effective Self ...

Review: Self Defense Made Simple by Phil Pierce This is a helpful book to learn the basic principles about self defense, and shows some moves to help you protect yourself if an attack arises, and then escape from the situation. The author explains that "self defense is 90% brain and 10% body."

### Self Defense Made Simple by Phil Pierce - Goodreads

"It doesn't matter what size you are, any woman can learn to do this."Credits: <https://www.buzzfeed.com/bfmp/videos/15100>Check out more awesome videos at Buz...

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

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### Amazon.com: Customer reviews: Self Defense Made Simple ...

No matter your size, weight, or strength in relation to your opponent, you can defend yourself by strategically using your body and the simple law of physics. This is the principle behind martial...

### Basic Self-Defense Moves Anyone Can Do (and Everyone ...

Pepper Spray is a classic, easy-to-use self defense weapon, it's cheap, and it works. It's made to chemically burn every pore of human flesh it comes into contact with. When sprayed into the face or the exposed genitals of a male assailant, it will drop them to their knees. We recommend Devil Juice Pepper Spray.

### 17 Proven Self Defense Weapons For Insanely Strong Protection

Self Defense Made Simple: Easy and Effective Self Protection Whatever Your Age, Size or Skill! by Phil Pierce | Aug 16, 2020. 4.2 out of 5 stars 117. Paperback \$9.95 \$ 9.95. FREE Shipping on your first order shipped by Amazon. Usually ships within 4 days. Kindle \$0.00 \$ 0.00 ...

### Amazon.com: Simple Self Defense

If you don't have any 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 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

Hold your key ring in a tight fist, like holding a hammer, with keys extending from the side of your hand. Thrust downward toward your target. 2. Groin kick. If someone is coming at you from the ...

### 8 Self-Defense Moves Every Woman Should Practice

Discover Self Defense Made Simple from best-selling self-defense author Phil Pierce. It's 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?

### Self-Defense Made Simple by Phil Pierce | Audiobook ...

Flatten out the hand, palm down, and extend the fingers. Thrust the fingers straight into the attacker's eyes. It is brutal, but simple. Remember, keep it simple. Again, under extreme stress, you will need 'simple' in order to be effective. For those who may think these ideas are ruthless, brutal, violent and destructive... the fact is, they are.

### 4 Simple Self Defense Techniques - Modern Survival Blog

Verbal Self Defense Made Easy is a complete 3 PART SYSTEM for how to stand up to a verbal bullies for adults and teens. We've created a predictable process that can be used over and over again to shut down difficult people and leave them speechless! This program will teach you verbal self defense in less than 1 day.

### Verbal Self Defense Made Easy

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### 3 simple self defense moves you must know - YouTube

Self Defense Made Simple. Opening at 8:00 AM. Contact Us Call (602) 416-1331 Get directions WhatsApp (602) 416-1331 Message (602) 416-1331 Get Quote Find Table Make Appointment Place Order View Menu. Updates. Get Off The X! Jan 18, 2020 - Jan 18, 2020.