

## **HARDCORE SELF DEFENSE**



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### **Hardcore Self Defense Training to Survive**

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### **Hardcore Self Defense Pastorella Health and Fitness**

Hardcore Self-Defense The arts we teach are equally focused on health, fitness and self-defense. Our health center began with a strong emphasis on Holistic Health.

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### **Hardcore Self Defense Training Techniques for Survival**

What you must do is join classes conducted by self-defense experts. You could join Krav Maga classes or Kali/Eskrima or any type of close combat training that favors the use of groin strikes, eye gouges and other techniques that are brutally effective and fast. In self-defense, the goal is to survival and escape.

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### **Hardcore Self Defense Techniques For Preppers PLR Articles**

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### **Hardcore Self Defense Training to Survive End Times**

Know the difference between self-defense and traditional martial arts The problem with traditional martial arts like Karate, Judo, etc. is that they are rigid and take a long time to learn. While the expert practitioners are more

than capable of handling themselves in a self-defense situation, most people who do learn these arts still struggle  
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Hard-core Self Defense / Shelton Krav Maga - 14 Ann Ave, Shelton, Connecticut 06484 - Rated 4.1 based on 9 Reviews "Took my first class! in a high-stress situation - all else is thrown out. If you want to learn how to survive and walk away from a fight, Hardcore Self Defense is the school for you. See More. October 22, 2014.

John is a

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