



Self-Defence for Care Givers: : Level One (Paperback)

By Todd Weber

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.What would you do if the elderly woman with dementia or a young child you were taking care of grabbed your wrist or clothing and won't let go? Would you patiently wait for the person to let go? What if you don't have time to wait it out? Would you hit or pinch that person? No! This book will show you what to do. This book covers prevention, avoidance, and de-escalation tactics as well as non-violent, non-aggressive, non-harmful escapes from grabs techniques. The goal of this book is to try to help prevent or stop care givers abusing care receivers, and at the same time show care givers how to defend themselves against hostile care receivers while being as gentle as possible. This book also contains many quotes from famous author's as well as martial artists and self-defence instructors.



READ ONLINE
[2.18 MB]

Reviews

This is the finest book i have got study till now. It usually does not price a lot of. I found out this publication from my i and dad encouraged this book to understand.

-- **Jamil Collins**

Absolutely among the best book I have possibly go through. I have go through and that i am certain that i am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book i have got go through within my personal existence and could be he finest book for ever.

-- **Brian Bauch**