



Women s Self Defense Seminar: Workbook

By Scott Britt

Createspace, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This workbook includes all lessons in the 4-hr Women s Self Defense Seminars offered by the Oak Ridge National Fitness Center. Topics include situational awareness, gun/knife defense, ground defense, defense against grabs, improvised weapons, pressure points, and TN law on self-defense.



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