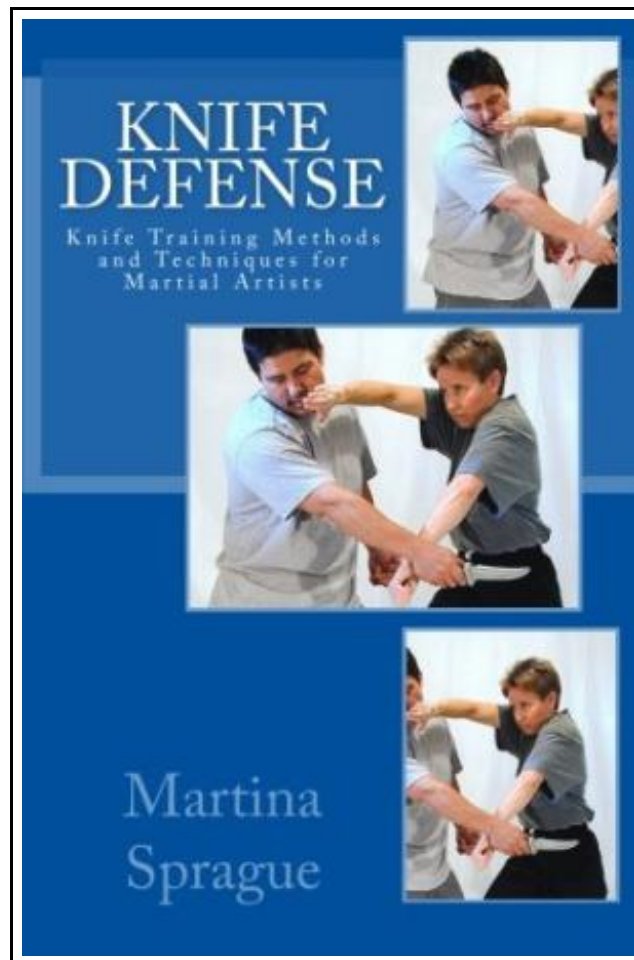


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KNIFE DEFENSE (FIVE BOOKS IN ONE): KNIFE TRAINING METHODS AND TECHNIQUES FOR MARTIAL ARTISTS

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Combined. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.The Knife Training Methods and Techniques for Martial Artists series gives the martial arts interested person a solid background on the importance of the knife as a combat weapon, inspires the reader about the benefits of knife training, and provides detailed instruction in how to manipulate and defend against a knife with speed, proficiency, and confidence. Almost any martial art, traditional or modern, can be adapted to knife offense and defense without changing the basic principles of the art. Since the knife is a relatively small and lightweight weapon, many of the moves and movement patterns you use in your empty-hand art are easily transferable to your knife techniques, and vice versa. The practical lessons you learn by adding knife training to your arsenal include quick reaction skills, physical and mental control, footwork and evasion tactics, distance control, and target precision. Knife training gives you a decided physical and mental edge and opens new dimensions that will deepen your understanding of the martial arts. This special volume contains books 6 through 10 of the Knife Training Methods and Techniques for Martial Artists series, with focus on defending and counterattacking with the knife (each book can also be purchased separately): 6. Knife Defense Basics 7. Knife Defense Dynamics 8. Knife-on-Knife and Multiple Opponent Knife Defense Strategies 9. Knife and Empty-Hand Defenses Compared 10. Knife Training and Advanced Martial Arts Concepts Books 1 through 5 of the Knife Training Methods and Techniques for Martial Artists series can be found in the Knife Offense (Five Books in One) volume, and can also be purchased separately.



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