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## DEFENDING AGAINST ATTACK FOR WOMEN: TEACHING SELF PROTECTION TO WOMEN BY PREPARING THE MIND & BODY FOR PHYSICAL CONFLICT (2ND REVISED EDITION)



Frank Nezhadpournia. Paperback. Book Condition: new. BRAND NEW, Defending Against Attack for Women: Teaching Self Protection to Women by Preparing the Mind & Body for Physical Conflict (2nd Revised edition), Frank Nezhadpournia, This is the fully revised 2nd Edition of the popular book teaching how to Defend Against Attack. Based on over 1000 workshops completed and 25 years of experience in coaching students at all levels! With the aid of over 300 photographs showing attack reconstructions, Frank teaches with ease...

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