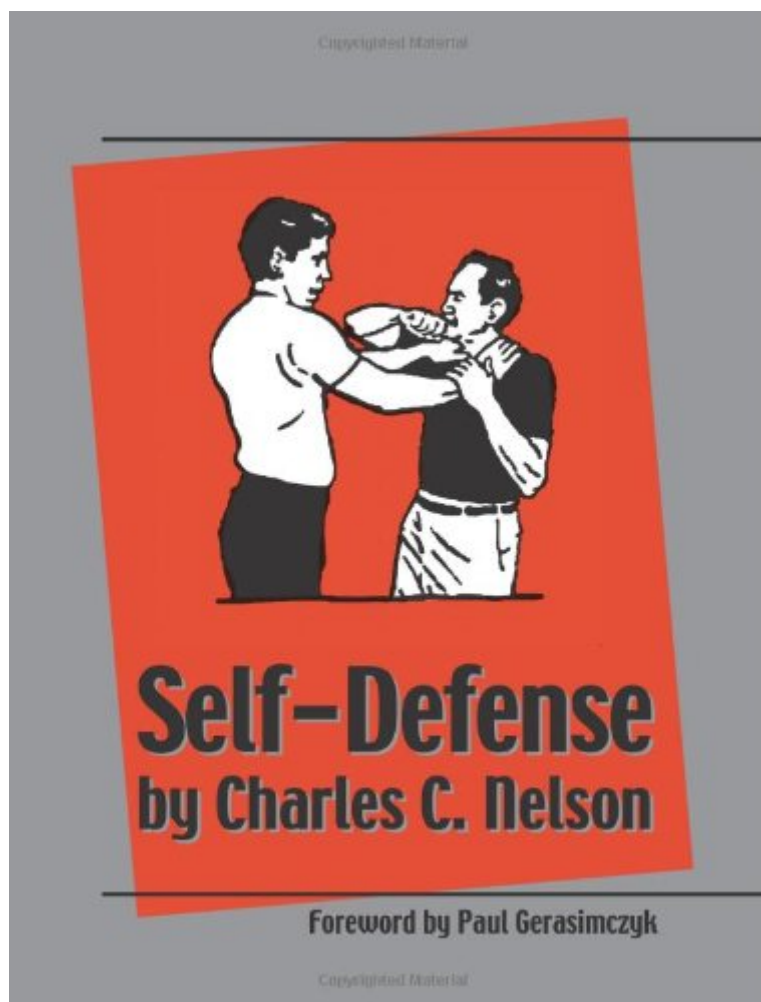



## Self-Defense By Charles C. Nelson PDF



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Self-Defense By Charles C. Nelson by Charles Nelson ISBN 1581606982

Charles Nelson was revered for his "do-whatever-it-takes" school of self-defense. Many well-known exponents of the fighting arts – Carl Cestari, Bob Kasper and Kelly McCann – learned from Nelson at his school in New York, and thousands more have learned from his famous Red and Gray Manuals. The last of Nelson's manuals, **Self-Defense by Charles C. Nelson**, is less well known but still quintessential Nelson in its sensible, hands-on approach to self-defense.

Nelson's genius was this: he spent a lifetime studying the way predators attack and then simplifying what he had learned into a system of uncomplicated principles and techniques that work for everyone. The exclusive new foreword by Paul Gerasimczyk, a long-time student at Nelson's school who worked on both the Red and Gray Manuals, traces Nelson's role as a self-defense icon – from his days first learning and then teaching hand-to-hand combat in the Marine Corps to his pioneering role as a civilian self-defense instructor. Now a whole new generation can

learn about Nelson's self-defense program from this little booklet, which few people even knew existed.

## **Self-Defense By Charles C. Nelson Review**

This Self-Defense By Charles C. Nelson book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Self-Defense By Charles C. Nelson without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Self-Defense By Charles C. Nelson can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Self-Defense By Charles C. Nelson having great arrangement in word and layout, so you will not really feel uninterested in reading.