



Facts and Fallacies About Martial Arts Self Defense Vol. 1

By joseph truncale

Lulu.com, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.If you are into the martial arts, self-defense and combative fields this is a book that explores the many myths, misconceptions, facts and fallacies surrounding the martial arts, self-defense and combatives. This is actually a two volume set but each one can stand alone. Volume two covers Facts and Fallacies about law enforcement and defensive tactics. This is just a small sample of the many questions you will find answers to in this manual: * What martial art has the best punching techniques * What martial art has the best throwing techniques * What martial art has the best grappling techniques * Can a black belt defeat any street fighter * Are Asian instructors always the best teachers * Are there any American martial arts masters * Are all black belts experts in self-defense * Do all martial arts really teach practical street wise self-defense This is a book for anyone interested in learning the truth and facts about the martial arts and self-defense.



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