

Self Defense Made Simple Easy And Effective Self Protection Wver Your Age Size Or Skill Self Defense And Self Protection

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3 simple self defence moves you must know

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If you don’t have any pre-purchased self defense weapon on you, you can quickly create one yourself, in a matter of seconds IF you got the right materials on you. It can be as simple as grabbing your keys, and sticking them out through your fingers so you create a wolverine like blade

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10 Self Defense Moves You Should Know that are Easy to Learn 1. Self-Defense Techniques: Know Where to Hit The best offensive and defensive moves are ones that are calculated. If... 2. Straight Strike Most people’s first instinct is to punch. Although landing a powerful punch can help you escape, ...

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“It doesn’t matter what size you are, any woman can learn to do this.” Credits: https://www.buzzfeed.com/bfmp/videos/15100 Check out more awesome videos at B...

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Self Defense made simple This blog will include simple techniques for the everyday person. It's not about what type of training that you've obtained, it's about what you need to use to get out of a bad situation. Your life is more important than someone elses. At the end of the day, YOU must be the one who goes home, safely.

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Use the end point of the weapon (it should be hard) this end is where it hurts most. Also, hold it where the to the ends stick out. Hold them together, and make sure the hard point is upwards in your hand, and the two endpoints point downwards. Ask Question.

~~How to Make an EASY Self Defense Weapon : 4 Steps...~~

Self defense made real easy is the real deal, simple and effective. If you are looking for self defense that’s easy to learn, effective and can be used by anyone regardless of athletic condition, then purchase this course!” 5 Stars! by Sherrick D., 1 month ago· The realist, easiest to learn, most effective self offense.