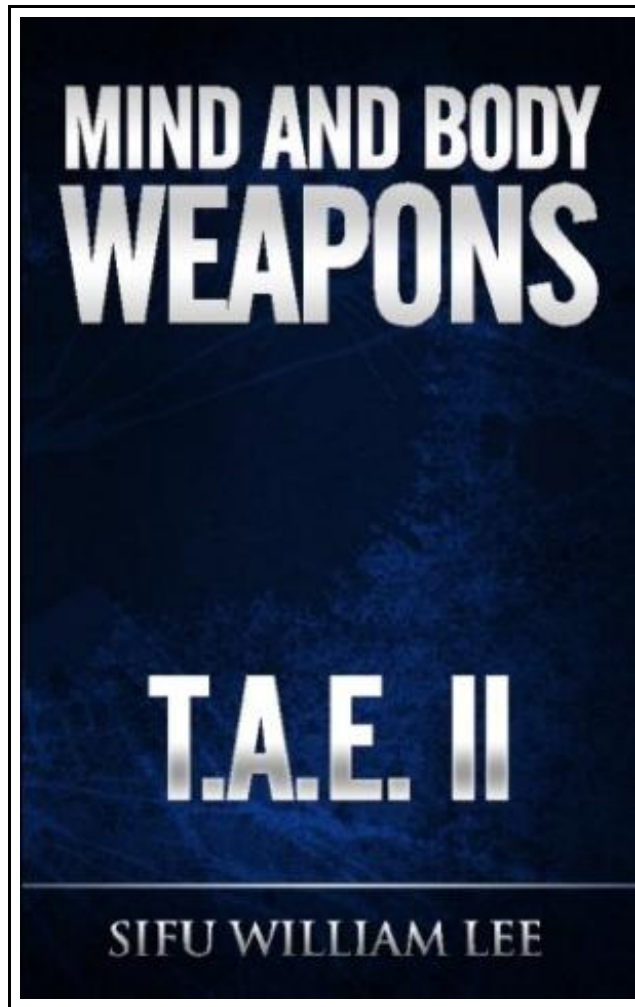


Mind Body Weapons - Total Attack Elimination Part II. T.A.E. Volume 2



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(Sonny Bergstrom)

MIND BODY WEAPONS - TOTAL ATTACK ELIMINATION PART II. T.A.E. VOLUME 2



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 128 pages. Dimensions: 8.0in. x 5.0in. x 0.3in. All fans of self defense and the T. A. E. Part 1. book by Sifu William Lee, will be glad to know that hes developed this continuation with 14 new videos, more real-life photos, and descriptions of how to take down any violent opponent quickly and without unnecessary force. Turning the Mind in to a weapon is a missing link of self defense. Part I. MIND: Methods such as sharpening ones mental awareness (or overcoming subconscious blocks and fears) are probably worst explained aspects crucial for real life self defense. Sifu Lee reveals methods that are easy to understand and apply. Simply everyone can use them and turn its (often greatest liability) mind in to sharpest weapon. PART II. BODY: Effective pressure point self defense presented in this practical guide offers exactly what reality of modern life demands. Total Attack Elimination II. covers the street situations such as: Shoulder Grab, Wrist Grab, Grab From Behind, Hook Punch, etc. Other scenarios include moves when theres no room to strike, push back, or similar. On top off easy to learn, realistic techniques, author counsels about factors (many feel missing), such as increase the element of surprise, minimizing legal implications and ability for the attacker to plead that they were the victim of unprovoked aggression. With all instructions and 14 Videos, these methods can be used by anyone, regardless of physical strength and prior training, and are also applicable for anyone who has gone through martial arts training and wished to add to their existing knowledge base. This item ships from La Vergne, TN. Paperback.



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