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~~Combatives for Street Survival: Hard Core~~

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Combatives for Street Survival is a combination of his personal recollections, real world examples of violence, insights into the psychological, strategic and legal implications of fighting and, yes, a good bit of “how to” as well.

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Footwork. Triangle and diamond drills
Combatives shuffle Vaulting: - Driving
forward vs. stepping forward. Plyometrics
Inquartata movements - Opening the gate -
Striking on the movement (simultaneity)
Hook step Change step ...

~~Kelly McCann's Combatives Self-~~

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McCann's first Combatives Principle in his book *Combatives For Street Survival: Hard-Core Countermeasures for High-Risk Situations* is Go Armed. You can't argue his reasoning that no matter how skilled you are, the use of any type of weapon provides you a significant

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~~Kelly McCann says Never Fight Empty-
Handed~~

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regarding self-defense and the person who learns the techniques and principles in this book, and who trains hard as McCann advises, will be much better prepared if ever faced with a violent and unexpected assault.

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Review

Total Urban Survival is a streaming service like Netflix offering a wide variety of full-length (20-60 minutes) Self-Defense and Combatives training videos. We also have documentaries, training PDFs, and other content to assist you on your journey towards mastery.

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series of three distinct volumes. The first disc defines combatives, reviewing introductory concepts such as index positions; various footwork and blocks; defensive skills; hand, elbow, and knee strikes; and kicks.

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also provide training to clients, companies
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