

Combatives For Street Survival Hard Core Countermeasures For High Risk Sitons Volume 1 Index

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Soft to hard, hard to soft Incidental striking Unbalancing Unweighting. 15:00 Episode 03 - Footwork Episode 03 - 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-Defense Course—Martial...~~

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 advantage.

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

Combatives For Street Survival: Hard-Core Countermeasures for High-Risk Situations by Kelly McCann provides some excellent advice and instruction 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.

~~Combatives For Street Survival Book 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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This item: *Combatives for Street Survival: Hard-Core Countermeasures for High-Risk Situations* by Kelly McCann Paperback CDN\$23.80 Temporarily out of stock. Ships from and sold by Amazon.ca.

~~Combatives for Street Survival: Hard-Core Countermeasures ...~~

Six real-world scenarios depict the "do" and "don't" mandates for surviving assaults in parking lots, loading zones, stairways, kitchens, and inside cars." The essentials of combatives—practical self-defense strategies—are detailed in this 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.

~~Combatives for Street Survival: Hard-Core Countermeasures ...~~

Welcome to EASTSIDE COMBATIVES. We are located on the East Side of Lake Washington, serving Kirkland, Bothell and Bellevue with our local programs and classes in Conflict Management, Crisis Resolution, Combatives and Survival Training. We also provide training to clients, companies and individuals worldwide.

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"*Combatives For Street Survival: Hard-Core Countermeasures for High-Risk Situations*" by Kelly McCann provides some excellent advice and instruction 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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Combatives For Street Survival: Vol. 2 - Weapon Counterattacks And Situational Combatives on DVD (649714978993) from Bayview Entertainment. Staring Kelly McCann. More Martial Arts, Fitness and Instructional DVDs available @ DVD Empire.

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