



**No-nonsense
training
for street safety
and survival**

Fighter's Fact Book 2

Street Fighting Essentials

LOREN W. CHRISTENSEN

Fighters Fact Book 2 Street Fighting Essentials No 2

Xiang Xie



Fighters Fact Book 2 Street Fighting Essentials No 2:

Fighter's Fact Book 2 Loren W. Christensen, 2007 You will fight how you train This is the theme of Fighter's Fact Book 2 and when you have mastered the skills taught in the book you will truly be ready to defend yourself in some of the most desperate situations imaginable Nearly a dozen veteran instructors of street oriented martial arts have come together with Loren Christensen to teach you how to defend yourself against multiple attackers violent dogs knives close quarter attacks and attackers impervious to pain Then they show you how to make your street techniques fast and explosive and how to prepare yourself mentally to use extreme force The skills taught here are not for the faint hearted These are hardcore techniques intended to save your life or the life of a loved one In addition to Loren Christensen's no nonsense instruction on justified use of extreme tactics fighting wounded attacking the eyes and neck surviving a dog attack and using the mini flashlight to ward off an attacker you'll get expert insight from Lt Col Dave Grossman Army Special Forces psychologist on conditioning the mind Iain Abernethy England's leading exponent of applied karate on street sparring Rory A Miller corrections officer tactical team trainer on in fighting Kris Wilder multiple black belt holder Lawrence Kane martial artist and football stadium security supervisor on shock blocks Alain Burrese hapkido expert and former bouncer and bodyguard on kicking skill Wim Demeere Belgian full contact fighter and personal trainer on street sanshou Richard Dimitri veteran fighter and popular trainer on using The Shredder Mark Mireles LA cop twice Medal of Valor recipient on chokes and clinching Tim Delgman 9th degree jujitsu black belt on throws for the street Dan Anderson karate champion and arnis master on fighting with single stick

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 - Chapter 1: Introduction to Fighters Fact Book 2 Street Fighting Essentials No 2
 - Chapter 2: Essential Elements of Fighters Fact Book 2 Street Fighting Essentials No 2
 - Chapter 3: Fighters Fact Book 2 Street Fighting Essentials No 2 in Everyday Life
 - Chapter 4: Fighters Fact Book 2 Street Fighting Essentials No 2 in Specific Contexts
 - Chapter 5: Conclusion
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 6. In chapter 5, the author will draw a conclusion about Fighters Fact Book 2 Street Fighting Essentials No 2. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Fighters Fact Book 2 Street Fighting Essentials No 2.

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