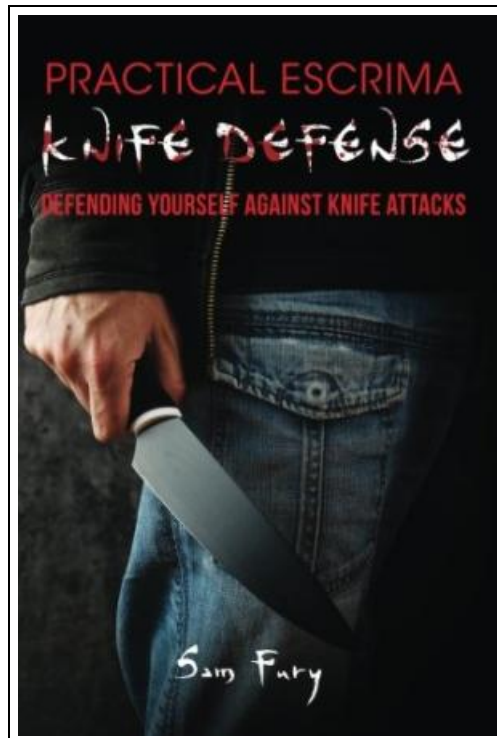


## Practical Escrima Knife Defense: Defending Yourself Against Knife Attacks (Paperback)



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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. MR Giacomo Pilato (illustrator). Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Discover Highly Practical Knife Defense Techniques! Practical Escrima Knife Defense: Defending Yourself against Knife Attacks is the second volume in the Vortex Control Self-Defense Series. The focus of this book is on knife-defense. Knife-defense is the ability to defend yourself against an attacker that has a knife when you are un-armed. Written with the approval of Peter Sunbye (the creator of Vortex Control Self-Defense), Practical Escrima Knife Defense covers everything you need to know in the knife defense portion of Vortex Control Self-Defense. Practical Escrima Knife Defense Includes 40] knife disarming techniques! Knife training flow drills so you will be able to apply the techniques instinctively. Disarm, induce pain, break his limb, and/or make him stab himself! Techniques for all angles of attack. and much, much more! \*\*\* Excerpt from \*\*\* There is an ongoing debate about the efficiency and real usability of different defenses against knives and sharp objects. Also, there are different opinions on the focus of the defense. Our system (Vortex Control Self Defense - VCSD) attacks the attacker as well as the knife wielding hand. The -block/grab- knife defense system by GM Larry Alquezar is the foundation of our system. It has been shown to be very effective in the use against other objects. This foundation is instilled into the practitioner through flow drills, retention drills, and extension into realistic use. \*\*\* End of Excerpt \*\*\* Get your copy of Practical Escrima Knife Defense NOW and be ready for any knife attack! Read Practical Escrima Knife Defense and you will learn everything you need to be able to train in, apply, and progress, in this highly practical method of modern knife fighting defense. Clear and...



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