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The Apprentice Warrior: Practical Self-Defense (Paperback)

By Professorchief Adrian Roman

Outskirts Press, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. By the time you finish reading this, someone in the United States will have been violently assaulted. That s right. Every thirty-seven seconds someone in this country is the victim of a serious physical attack. Do you know how to defend yourself? Would you know how to neutralize your opponent to give you time to escape? The Apprentice Warrior System is a self-defense system not intended for the hard-core martial arts practitioner but for the average person who does not want to be caught off-guard in a dangerous situation. Created by the renowned Grandmaster Adrian Roman (10th degree black belt), the Apprentice Warrior System provide practitioners with a strong self-defense foundation. Specifically designed for beginners, it provides illustrated techniques that are simple to follow and easy to learn. What is the Apprentice Warrior System? To oversimplify the basic principles of The Apprentice Warrior System, it can be best described as a neutralize and escape system - not a combat system. The Apprentice Warrior System is a straightforward self-defense system for beginners. The system was created to be simple and easy to...



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