



Self-Defense: The Secret Chinese Strategy of Personal Power (Deadly Attack Survival, self defense, self defense for women Book 1)

Brian Cox

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This is the 4th Edition, completely rewritten & with 8 additional photos. We have all been preconditioned since childhood to be intimidated and fearful of big, strong, nasty looking men. This conditioning is so powerful that most people will freeze, panic and/or cower if attacked by one of these intimidating males. It would never cross our mind that there are points on the body of every man, including the big, strong, nasty looking ones, that are just as vulnerable as the same points on a thirteen year old child.

The key to all self defense, not just self defense for women, is not just learning where these vulnerabilities are, or even how to strike them. Although that knowledge is obviously essential, it is more important to program you mind to react to an attack logically and effectively without panic or fear. Being intimidated and fearful will be a barrier to the ability to defend yourself successfully. Once you learn to program your subconscious mind, that will no longer be a problem, however, you must go one step further. You must be able to react instinctively and automatically to an attack with self defense techniques that will render your attacker incapable of continuing his attack. This is what Deadly Attack Survival (DAS) will do for you if you take the time to understand and learn the strategy. When you have done this, and it will only take a week or two, possibly only a few days, you will have attained a personal power that you have never experienced before. The essence of Chinese self defense is as the ancient Chinese masters said....to master one technique will be far more valuable than trying to learn one-thousand techniques.

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