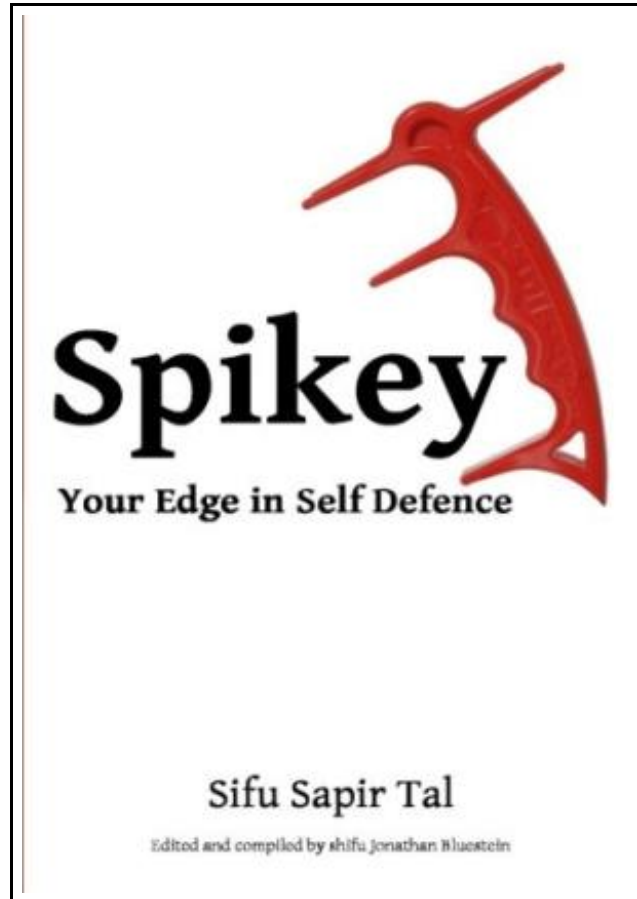


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(Rebecca Bechtelar)

SPIKEY: YOUR EDGE IN SELF-DEFENSE



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Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is the comprehensive, official manual of the widely acclaimed Spikey System of self-defense for women; a proven method that may be used by any woman to defend herself against the threat of violence and sexual assault. Combining approachable text that is newbie-friendly with sophisticated and useful information, this book can be picked up and used by any woman in her daily life. The book is also useful as a learning and teaching aid for qualified teachers and trainers. The learning curve is short, and the exercises are simple and useful. Everything taught is accompanied by high-resolution photographs, with trained student models illustrating a multitude of self-defense scenarios and how these can be overcome. The Spikey System is based on the author's decades of experience dealing with violent assaults in general, and sexual assaults in particular. It includes both the practical, hands on know-how of how to deal with violence in ANY situation, and the many psychological aspects such a challenge may pose; developing an all-encompassing physical awareness and survival skills. Though intended to be used alongside with the Spikey instrument of self-protection, that tool can be substituted with many other items that may be readily found in a woman's bag or pocket. Furthermore, most of the curriculum is based on efficient usage of bare hands for one's defense, and does not rely on any special tools. Anyone may put the techniques to practice under any circumstances, and the book covers self-defense scenarios as diverse as attacks in rooms, cars, staircases, elevators, open areas, and more. Be him big or small, fierce or threatening, no assailant can stand against the power of a determined...



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