



Attack, Avoid, Survive: Essential Principles of Self Defence

Phil West

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Us Trade Version. Very few combat manuals choose to explain the mechanics and principles on which techniques are based. This book does. Not only are the essential principles explained, but they are also illustrated with practical real world applications. Examples are drawn from proven martial arts including Wing Chun, Jeet Kune Do, Karate, Combat Tai Chi, Capoeira, Jujitsu, Bagua, Boxing and the Filipino Martial Arts. Included in this book is a detailed section on Dim mak or Vital points which features a new simplified system for learning the point locations. Contents include:-

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