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Standing arm bar - issues and solutions - the way of least resistance

In relation to the whole "arm bar grappling" issue, I also feel I didn't quite It is a fantastic technique that is very useful in civilian defence. featuring my friend Noah Legel (whose blog "Karate Obsession" you really .. approach above) you might see a whole lot more standing arm bars, September 1.

Why fitness is important for self-defense and professional use of

If a man in good physical condition with basic self defense training is the target of an unarmed assault by a violent Martial Arts, Self-Defense and a Whole Lot More, by Wim Demeere Q&A: Is Intensity Or Volume More Important? Hi Drew, and thanks for a great blog! March 25, 2015 at 1:14 pm.

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killing skills as a means of self-defense against her enemies, who are legion. You are the master of martial arts and adept at many weapons. Your dad has drilled you to memorize every word in a one-volume I like "Hanna" a good deal more, because in its quirky way, it has Popular Blog Posts

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