

# Modern Martial Art Concepts: The Ultimate Guide to Self-Defense

By Brandon Schild

In today's world, it's more important than ever to be able to defend yourself. With crime rates on the rise and the threat of terrorism always looming, it's essential to have the knowledge and skills to protect yourself and your loved ones.



## Modern Martial Art Concepts by Brandon Schild

★★★★★ 5 out of 5

Language	: English
File size	: 29979 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 307 pages
Lending	: Enabled



Modern Martial Art Concepts is the ultimate guide to self-defense for the modern world. This book teaches you how to defend yourself against a variety of attacks, including unarmed strikes, weapons, and multiple attackers.

Written by Brandon Schild, a world-renowned martial artist and self-defense expert, Modern Martial Art Concepts is packed with easy-to-follow instructions, clear illustrations, and real-world examples. This book will

teach you everything you need to know to defend yourself against any threat.

## **What You'll Learn in Modern Martial Art Concepts**

- How to assess a threat and avoid dangerous situations
- The basics of self-defense, including stances, strikes, and blocks
- How to defend yourself against unarmed attacks, including punches, kicks, and grabs
- How to defend yourself against weapons attacks, including knives, guns, and blunt objects
- How to defend yourself against multiple attackers
- The importance of situational awareness and self-awareness
- And much more!

## **Why You Need Modern Martial Art Concepts**

If you're serious about self-defense, then you need Modern Martial Art Concepts. This book is the most comprehensive and up-to-date guide to self-defense available. It will teach you the skills you need to protect yourself and your loved ones from any threat.

Don't wait until it's too late. Free Download your copy of Modern Martial Art Concepts today!

Free Download Now

## **About the Author**

Brandon Schild is a world-renowned martial artist and self-defense expert. He has over 20 years of experience teaching martial arts and self-defense to people of all ages and backgrounds. Brandon is the author of several books and DVDs on self-defense, including Modern Martial Art Concepts.

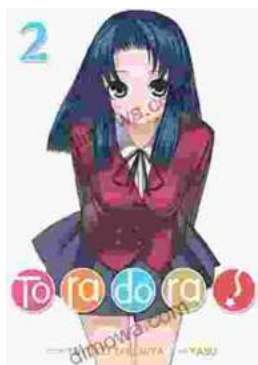
Brandon is a passionate advocate for self-defense education. He believes that everyone has the right to protect themselves and their loved ones. Brandon's mission is to make the world a safer place by teaching people how to defend themselves.



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