

# Read Book Real World Self Defense A Guide To Staying Alive In Dangerous Times

## Real World Self Defense A Guide To Staying Alive In Dangerous Times

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~~Born and raised in Montreal, Nick Drossos has been training since the age of 9 to achieve his expert skills and master strategies in self-defense. Almost everything he teaches comes from real-world experience, knowing how to predict and anticipate danger and how to utilize what you've learned in the gym in a real-life context. 70M+~~

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## ~~Real World Self Defense—Nick Drossos~~

Prescott Combatives, Real World Self Defense, Jen-Do-Tao, American Combato, Personal Self Defense Trainer, Defense Trainer, Self Defense, Combat Training, Military Training, Marine Corp, British Commandos, OSS, wartime, British SOE, Marine Corps Raiders, Ultimate Combat, Martial Arts ... Real World Self Defense Intorduction Video.

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Having had my fair share of combat training and real-life singular and team hand-to-hand encounters as a cop, I have come to realize that personal self-defense can be summed up in what I call the critical 'A's: namely, always Anticipate (means you anticipate that a conflict will happen, and so you prepare for it mentally and physically), always Armed (meaning always have a weapon of some sort with you), always Aware (awareness at a subconscious level that sees all), always Avoid (the ...

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~~Action Self Defense, Real World Self Defense, Plano, Texas~~

Aleksandr is the Founder and Lead Instructor of Real World Self-Defense. He was born and raised in Russia before the Soviet fall. Our Founder then had the opportunity to travel the world with the PeaceCorps and lived in many 'second' and 'third-world' countries. Martial Arts was a large part of many of the cultures that...

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