



# Counter, Catch, Carry: Practical Self Defense that actually works (Nelson Martial Arts) (Volume 1)

*J P Nelson*

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Over 420 full page illustrations in easy to follow detail ..... Imagine you are walking from the store with goods in one hand, fumbling for your car keys in the other, thinking about your day at work, you just want to go home. Your concealed weapon is well concealed and your pepper spray is in your pocket. Out of the shadows from four feet away you are attacked ... what do you do? Don't kid yourself! Modern karate and MMA are sports. Point Fighting and One-Step Sparring is worthless in the real world and submissions belong in the safety of the ring. Remember, bad guys do NOT fight one-on-one. The "Counter, Catch, Carry" series illustrates tried and proven techniques and combinations in detailed, step-by-little-step, with well explained and easy-to-follow full page photographs. Martial art skills are not required and all movements are joint friendly and based on T'ai Chi Self Defense. Old, young, gals, guys, business professionals and factory workers ... everyone can benefit from this series. Written by a combat martial artist with actual experience, "Counter, Catch, Carry" is the most practical and efficient self defense handbook ever produced.

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