



Strictly Street Stuff: A Streetwise Guide to Personal Protection

By *Bill Bryant*

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Get no-b.s. techniques for close-quarter combat - with and without weapons - from a former navy man who brawled his way through the barrooms and back alleys of the world's major ports for 20 years. Peppering his prose with gritty war stories that both entertain and enlighten, he passes on the lessons of a lifetime like he's sitting on the barstool next to you. From punches, kicks, throws and pressure points, to breakaways, blocks and bobs to ground grappling techniques, dirty fighting and street weapons, Bryant lays out his bag of brawling tricks and backs it up with a kickass physical training regimen. Then he shows you how to integrate them into a unique "personalized combat form" tailored to your needs.

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Strictly Street Stuff: A Streetwise Guide to Personal Protection By Bill Bryant Bibliography

- Sales Rank: #2353698 in Books
- Brand: Paladin Press
- Published on: 2005-09-01
- Original language: English
- Number of items: 1
- Dimensions: .39" h x 5.60" w x 8.60" l, .54 pounds
- Binding: Paperback
- 152 pages

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