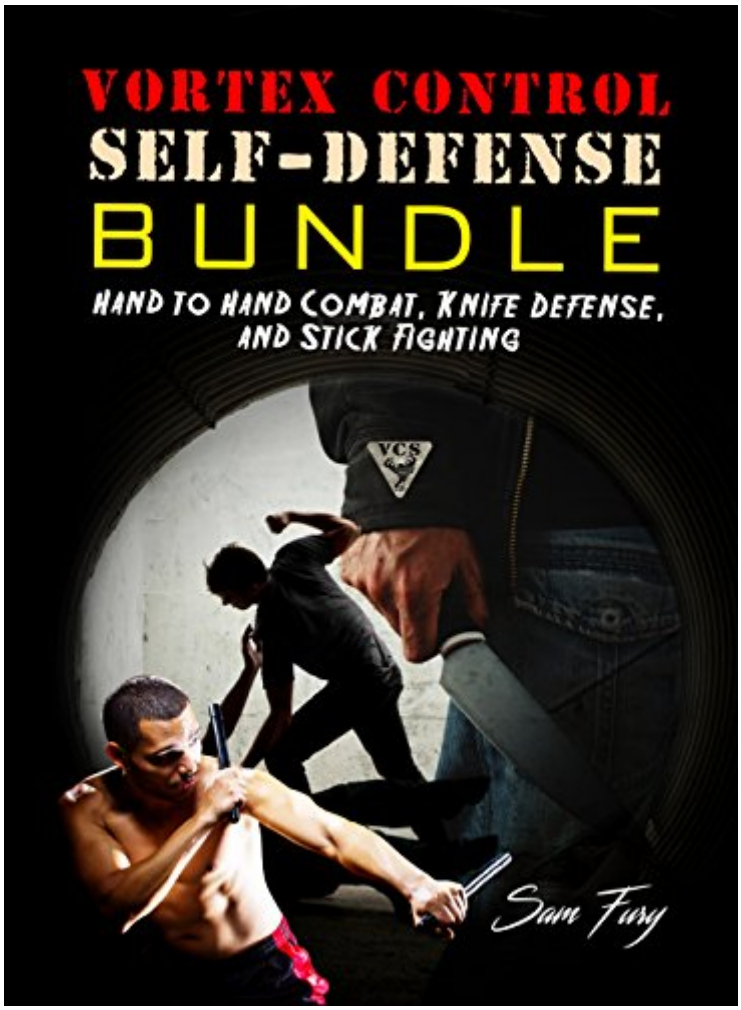
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Vortex Control Self-Defense Bundle: Hand To Hand Combat, Knife Defense, And Stick Fighting



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Synopsis

Discover a Complete, Effective, and Easy to Learn Self-Defense System!Inside the Vortex Control Self-Defense Bundle: Hand to Hand Combat, Knife Defense, and Stick Fighting you will discover a complete self-defense system like no other!Peter Sunbye (the creator of Vortex Control Self-Defense) traveled the world for more than 20 years seeking lost martial arts techniques to develop this highly effective yet easy to learn system of close-combat self-defense.The Vortex Control Self-Defense Bundle combines the three Vortex Control Self-Defense training manuals into one volume so that those who wish to have all the information can do so at a considerable discount, as opposed to buying each volume separately.FREE BONUSES FOR A LIMITED TIME ONLY: Get this book bundle TODAY and you will also receive:Access to all the latest Survive Travel publications FREE!The full PDF version of Ground Fighting Techniques to Destroy Your Enemy by Sam Fury.The Vortex Control Self-Defense Bundle IncludesAll the information you need to be able to train in, apply, and progress, in this highly practical method of modern self-defense.Clear and simple instructions.Easy to follow diagrams.Combining some of the most effective martial arts including:GM Lawrence LeeÃ¢â ¬â„¢s Tong Kune Do Kung Fu.Wing Chun.Balintawak Arnis Escrima.Panatukan.Once the basics are learned, Vortex Control Self-Defense can be effectively applied by almost anyone, regardless of dexterity, strength, age, or fitness level!LOOK INSIDE The Vortex Control Self-Defense Bundle: Hand to Hand Combat, Knife Defense, and Stick Fighting to see everything thatÃ¢â ¬â„¢s included!Get your copy of the Vortex Control Self Defense Bundle NOW and discover this incredibly effective form of self-defense!Here’s a peek at just some of the things included...Volume One: Hand to hand CombatLearn the science of modern self-defense.The use of power angles for an unbreakable defense.Simple yet devastating fighting strategy following military principles of warfare.The concept of weaponizing to get the most damage out of all your movements.Harnessing gravitational forces to maximize power in all your strikes.Using body mechanics and physics for maximum efficiency and damage to your opponent.Volume Two: Practical Escrima Knife Defense40+ knife disarming techniques!Knife training flow drills so you will be able to apply the techniques instinctively.Disarm, induce pain, break his limb, and/or make him stab himself!Learn the best way to attack when you are the one with the knife.Techniques for all angles of attack.Volume Three: Practical Arnis Stick FightingThe single best strike which will end 99% of street-based confrontations!Strike drills covering all angles of attack and all the different types of strikes (including cutting, bouncing, rolling, and abanico).Proper stance and movement to get the most power.Little known but incredibly effective snatch techniques to take your opponentÃ¢â ¬â„¢s weapon.Numerous flow drills to engrain the movements into your muscle

memory and make them instinctive.This publication has been written under the approval of Peter Sunbye.Get your copy of the Vortex Control Self Defense Bundle NOW and discover this incredibly effective form of self-defense!

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Customer Reviews

Self defense is a something we all need to learn like swimming, but is not always something a person gets a chance to learn. Be your own hero and save yourself! There is always a chance that I can be attacked. This book shows me exactly what to consider down to my position at the moment of attack. There are 5 positions my hand alone can become a weapon. Also, like Sam Furry urges us to prepare for dangerous situations and monitor our surroundings. This is truly an empowering read.

This book is good if you want to learn self defense. I knew some of the things listed in here from another book written by who I believe is the same author. This a great read and I highly recommend you buy this book if you want to maximize your knowledge on self defense

Great book for beginners . I really understood a lot from this book. Good thing the author really knows what he is talking about in this book.

This book has a lot of information and techniques relating to self defense. If this is a subject you are interested in, I would highly recommend this.

Sold book. Good information. Buy the bundle and save money over purchasing them individually.

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