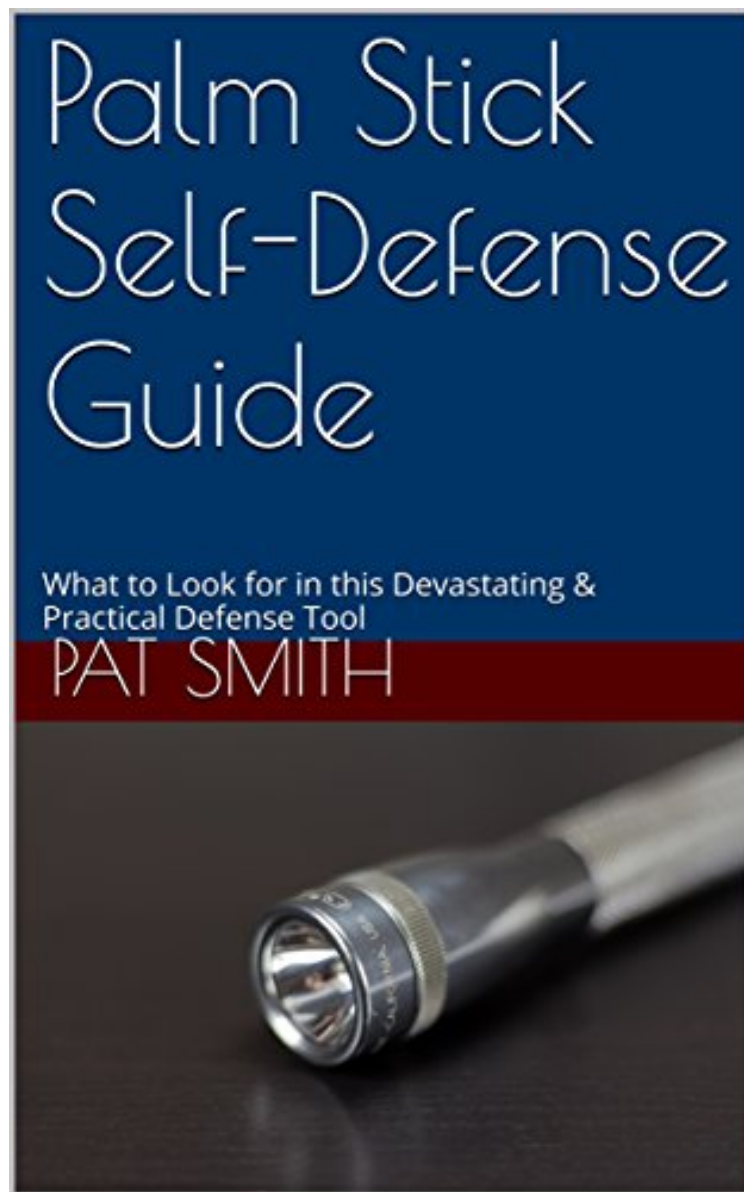


[Download] Palm Stick Self-Defense Guide: What to Look for in this Devastating Practical Defense Tool (English Edition)

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Von Pat Smith

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KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich.
UsefullVon Mr. MagnusNot really a book about how to fight with the palm stick.But how to find one, what to use instead.About law, what to take on a plane instead.And all the things which can be used as if..So a small useful book.And it even says of how to start also it does not show any techniques at all.Perhaps combine this book with the book Kobutan power and you will know everything you need about palm sticks !

KurzbeschreibungPalm Sticks like the Kubotan and Koppo are increasingly becoming the everyday carry of choice among self-defense enthusiasts. This guide covers the basic history of Palm Sticks in the martial arts, as well as covering the potential self-defense benefits of using them. The guide also provides important practical advice on choosing effective Palm Sticks and also ordinary tools that can be used as Palm Sticks. A must read for anyone interested in personal self-defense in our increasingly hostile world.KurzbeschreibungPalm Sticks like the Kubotan and Koppo are increasingly becoming the everyday carry of choice among self-defense enthusiasts. This guide covers the basic history of Palm Sticks in the martial arts, as well as covering the potential self-defense benefits of using them. The guide also provides important practical advice on choosing effective Palm Sticks and also ordinary tools that can be used as Palm Sticks. A must read for anyone interested in personal self-defense in our increasingly hostile world.