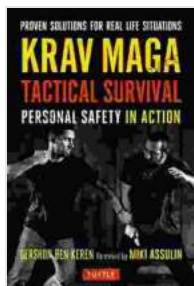


Personal Safety In Action: Proven Solutions For Real Life Situations

Personal safety is a serious issue that everyone should be aware of. With crime rates on the rise, it's more important than ever to take steps to protect yourself and your loved ones. Personal Safety In Action is a comprehensive guide to personal safety that provides proven solutions for real life situations. The book covers a wide range of topics, from situational awareness and risk assessment to self-defense and escape techniques. Whether you're a man or a woman, young or old, Personal Safety In Action has something for everyone.



Krav Maga Tactical Survival: Personal Safety in Action. Proven Solutions for Real Life Situations

by Gershon Ben Keren

★★★★☆ 4.5 out of 5

Language : English

File size : 16936 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Word Wise : Enabled

Print length : 226 pages

X-Ray for textbooks : Enabled



Situational Awareness and Risk Assessment

The first step to personal safety is situational awareness. This means being aware of your surroundings and paying attention to the people and things

around you. You should be able to identify potential risks and take steps to avoid them. Personal Safety In Action provides a number of tips and techniques for developing situational awareness, such as:

- Be aware of your surroundings.
- Pay attention to the people and things around you.
- Identify potential risks.
- Take steps to avoid risks.

Self-Defense Techniques

If you find yourself in a dangerous situation, it's important to know how to defend yourself. Personal Safety In Action provides a number of self-defense techniques that are designed to be effective against a variety of attackers. These techniques are easy to learn and can be used by people of all ages and fitness levels. Some of the self-defense techniques covered in the book include:

- Basic strikes and kicks.
- Joint locks and pressure points.
- Escapes from grabs and holds.
- Ground fighting techniques.

Escape Techniques

In some cases, the best way to protect yourself is to escape from the situation. Personal Safety In Action provides a number of escape techniques that can be used to get away from an attacker. These

techniques are designed to be quick and easy to use, and they can be used by people of all ages and fitness levels. Some of the escape techniques covered in the book include:

- Breaking away from grabs and holds.
- Escaping from a chokehold.
- Escaping from a bear hug.
- Escaping from a vehicle.

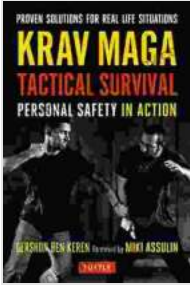
Special Considerations

Personal Safety In Action also covers a number of special considerations for women, children, and seniors. These considerations include:

- Safety tips for women.
- Safety tips for children.
- Safety tips for seniors.

Personal Safety In Action is a comprehensive guide to personal safety that provides proven solutions for real life situations. The book covers a wide range of topics, from situational awareness and risk assessment to self-defense and escape techniques. Whether you're a man or a woman, young or old, Personal Safety In Action has something for everyone. If you're serious about protecting yourself and your loved ones, then you need to read this book.

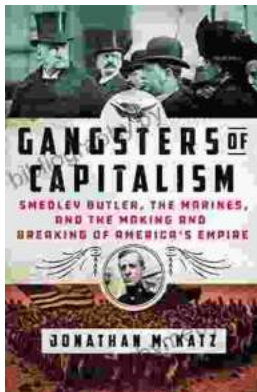
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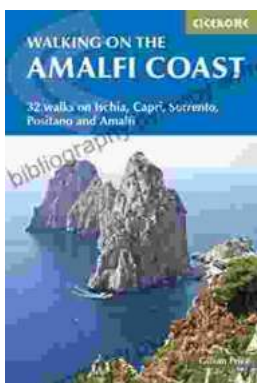
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