



## Mind Body Weapons - Total Attack Elimination Part II. T.A.E. Volume 2

By Sifu William Lee

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 128 pages. Dimensions: 8.0in. x 5.0in. x 0.3in. All fans of self defense and the T. A. E. Part 1. book by Sifu William Lee, will be glad to know that he has developed this continuation with 14 new videos, more real-life photos, and descriptions of how to take down any violent opponent quickly and without unnecessary force. Turning the Mind in to a weapon is a missing link of self defense. Part I. MIND: Methods such as sharpening one's mental awareness (or overcoming subconscious blocks and fears) are probably the most poorly explained aspects crucial for real life self defense. Sifu Lee reveals methods that are easy to understand and apply. Simply everyone can use them and turn their (often greatest liability) mind in to the sharpest weapon. PART II. BODY: Effective pressure point self defense presented in this practical guide offers exactly what reality of modern life demands. Total Attack Elimination II. covers the street situations such as: Shoulder Grab, Wrist Grab, Grab From Behind, Hook Punch, etc. Other scenarios include moves when there is no room to strike, push back, or similar. On top off easy to learn,...

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