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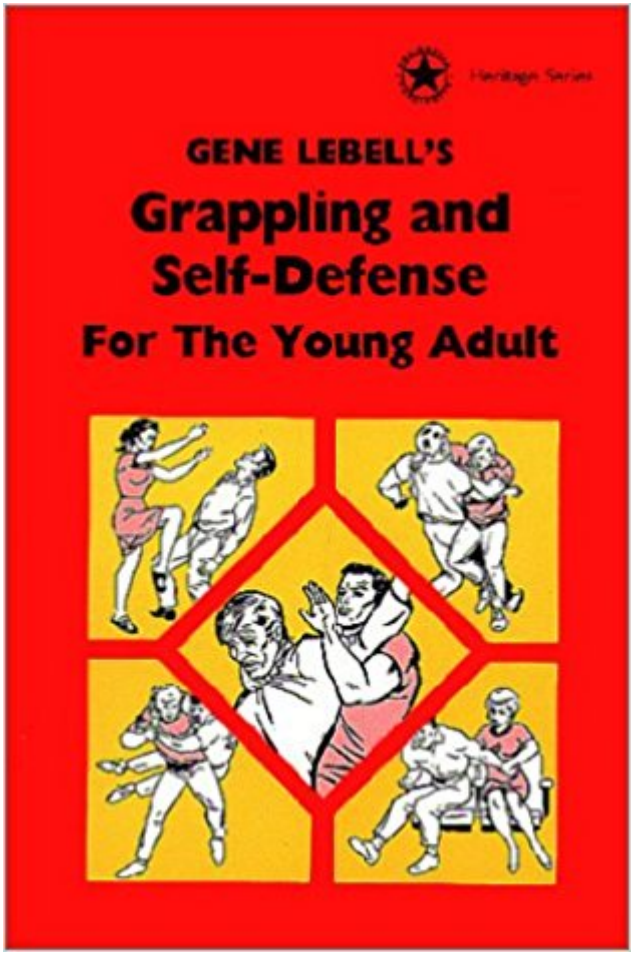

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Synopsis

Learn grappling

Book Information

Age Range: 12 and up

Series: Heritage Series

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Publisher: Pro-Action Pub.; 2nd edition (January 1, 1996)

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Customer Reviews

Learn grappling

This publication provides simple, no-nonsense, advice for avoiding and escaping bad situations that may arise in day-to-day life. Mr. Lebell's insights are very valid and relevant.

This book is good for self defense not as much grappling as i thought but still good. some of the moves are for advanced martial artists . but i suggest practicing these moves also . repetition is the key to success!

If you are seeking a simple but practical text on self-defense, this is a book for you. The clear explanations combined with the drawings will be easy to follow. Gene LeBell is a true master of grappling and self-defense. All the techniques shown in this volume are fully illustrated in a step by step manner making it easy to follow. You should, however, have a partner and practice the techniques slowly in order to actually master the movements. In this respect, this book is best used in conjunction with actual hands-on training with a self-defense expert. I give this book 4 stars and

recommend it highly to anyone interested in self-defense. Joseph J. Truncale (Author: Martial Art Myths: Cafe Press)

This is by the great Gene LeBell. His self defense techniques are very effective if trained for enough. There are plenty of moves for every situation. There are also little ryhmes and lessons about life included as an extra "bonus" you could call it. They are quite humorous and you will most likely enjoy both aspects of the book. It is a classic! ....

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