

# **Self Defense Tips And Tricks**

**By Sammy Franco**

**Basic Self-Defense - Lifehacker - Tips and -**

Jul 27, 2011 If you know of any other good self-defense tips, These are just a sampling of the kinds of self-defense moves and techniques that might protect you one

**Self Defense Tips and Tricks: Amazon.it: Sammy -**

I teach self defense to women and kids. This is a very good book to give away to first time students. It does NOT have explanations about self defense techniques, but

### **Sammy Franco - Krav Maga Association of America -**

The Forum is here to help educate members in every aspect of this amazing self-defense system come doing self-defense techniques. was Sammy Franco,

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Feb 13, 2010 Just be sure to follow my instructions and also follow this Zak's channel!

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Self-Defense Tips When something shocks us, The number one self-defense technique is being aware of potential threats. Know what the possible dangers are.

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### **Sammy Franco (Author of The Widow Maker Program) -**

Sammy Franco is the author of Kubotan Power (3.43 avg rating, 7 ratings, 0 reviews, published 2014), Heavy Bag Training (3.40 avg rating,

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