

Defendu Scientific Self Defence: The Ultimate Guide to Personal Protection

Defendu: The Elite Self-Defense System Developed by World War II Heroes

In a world where violence lurks at every corner, it's crucial to possess the skills to protect yourself effectively. Defendu Scientific Self Defence, authored by the legendary William E. Fairbairn, offers a comprehensive guide to the elite martial art system used by British and American special forces during World War II.

Unveiling the Secrets of Close-Quarters Combat

William E. Fairbairn, a renowned British military officer and expert in hand-to-hand combat, meticulously developed Defendu in response to the brutal realities of close-quarters combat in the trenches of World War I and the covert operations of World War II. This book provides an in-depth exploration of the techniques and principles that made Defendu so feared on the battlefield.



DEFENDU Scientific Self-Defence by WE Fairbairn

★★★★☆ 4.3 out of 5

Language : English

File size : 84056 KB

Text-to-Speech : Enabled

Screen Reader : Supported

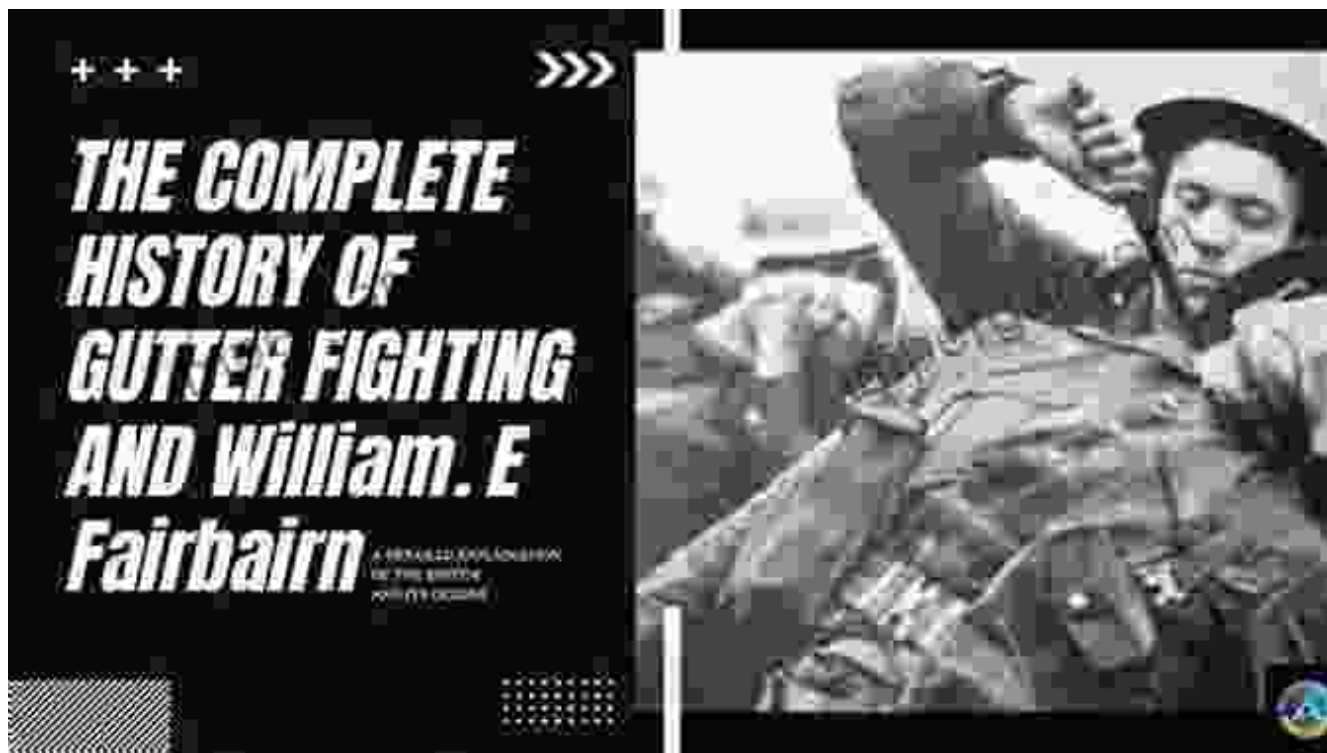
Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 178 pages

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Comprehensive Coverage for All Skill Levels

Defendu Scientific Self Defence is an indispensable resource for individuals of all skill levels, from beginners seeking to master the basics to experienced martial artists looking to enhance their techniques. The book is divided into six comprehensive sections, each covering a specific aspect of self-defense:

- **Principles and Tactics:** The foundational principles of Defendu, including evasive footwork, effective striking, and grappling.
- **Unarmed Combat:** Techniques for incapacitating opponents without the use of weapons, including punches, kicks, blocks, and takedowns.

- **Knife Fighting:** Expert guidance on knife-handling techniques, including disarming, parrying, and counter-attacking.
- **Stick Fighting:** Comprehensive coverage of stick-fighting strategies, from parries and deflections to offensive strikes.
- **Firearms Training:** Instruction on the proper use of handguns and rifles, including drawing, aiming, and shooting techniques.
- **Training Methods:** Proven methods for developing physical, mental, and tactical skills essential for effective self-defense.

Real-World Applications and Practical Scenarios

Defendu Scientific Self Defence goes beyond theoretical knowledge. It emphasizes practical applications and provides guidance on how to use Defendu techniques in real-world situations. The book includes detailed descriptions of common self-defense scenarios, such as:

- Defending against an armed attacker
- Escape from a chokehold or bear hug
- Disarming a knife-wielding assailant
- Using the environment to your advantage
- Maintaining situational awareness

The Legacy of William E. Fairbairn and the Evolution of Defendu

William E. Fairbairn's enduring legacy in the field of self-defense is undeniable. Defendu has been adopted by countless law enforcement agencies, military units, and civilian organizations worldwide. This book

provides an authoritative account of the system's rich history and its evolution over the years.



Defendu Scientific Self Defence is a must-have guide for anyone serious about learning the most effective self-defense techniques. Its comprehensive coverage, practical applications, and expert insights make

it an invaluable resource for individuals seeking to enhance their safety and well-being in an increasingly dangerous world.

Free Download Your Copy of Defendu Scientific Self Defence Today

Don't wait any longer to equip yourself with the knowledge and skills that could save your life. Free Download your copy of Defendu Scientific Self Defence by William E. Fairbairn today from our online bookstore or your local retailer.

Invest in your safety and empower yourself with the ultimate guide to personal protection.



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