

# Self-Defense: Steps To Survival By Katy Mattingly

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Self-defense : steps to survival, Katy Mattingly. 0736066896 (soft cover), Toronto Public Library

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Katy Mattingly was the director and lead instructor at Washtenaw Area Model Mugging (WAMM) Self-Defense in Ann Arbor, Michigan, from 1996-2005.

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Steps to Survival. By Katy Mattingly. Short Description Overcoming obstacles essential to women s defense against personal attacks.

### **Recommended readings for teaching women's self-**

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About Katy Mattingly I wrote Self-Defense: Steps to Survival to share Real Skills with Real People. We need techniques that are practical and easy to learn.

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This excellent summary of sources on self defense instruction s benefits and its place in public policy was compiled by Katy Mattingly, MSW And other survival

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Self-defense or self-defence Author Katy Mattingly defines verbal self-defense as simply saying no to someone or repeatedly refusing a request or telling someone

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