

Self-Defense: Steps To Survival By Katy Mattingly

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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

Spotlight: mattingly uses self- defense to educate

She also is the author of "Self-Defense: Steps to Survival," a non When not teaching self-defense, Mattingly is the Spotlight: Mattingly uses self-defense to

To combat stats, greeks raise awareness of sexual

Feb 15, 2010 The workshop discusses sexual assault, defense program instructor Katy Mattingly, University alum and author of the book "Self-Defense: Steps to

First defense to self- defense - human-kinetics

By Katy Mattingly. Eye Strike. This is an excerpt from Self-Defense: Steps to Survival. The above excerpt is from: Self-Defense: \$17.95

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Self-defense: steps to survival: katy mattingly

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

Self- defense: steps to success

Self-defense : steps to survival / Katy Mattingly. Mattingly, Katy. Self-Defense: Steps to Survival Success Check Begin from protective stance.

You can defend yourself

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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Self- defense - steps to survival by katy

Synopsis. Hone your senses, increase awareness, and learn the techniques that could save your life. Self-Defense: Steps to Survival will teach you to identify danger

Self- defense - wikipedia, the free encyclopedia

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

Verbal self defense - wikipedia, the free

Verbal self-defense, In a common teaching of this communication style, developed by Luke Archer, the approach is simplified into three steps:

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

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Katy Mattingly is the author of Self-Defense: Steps to Survival (Human Kinetics, 2007) and was the director of 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.

Self- defense: steps to survival [paperback]

Self-Defense: Steps to Survival [Paperback] [July 2007] (Author) Katy Mattingly on Amazon.com. *FREE* shipping on qualifying offers.

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Katy mattingly (author of self- defense) -

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