

# Self-Defense: Steps To Survival By Katy Mattingly

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Self Defense: Steps to Survival. Katy Mattingly, Division of Student Affairs; University of Michigan Press; Crooked Line:

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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

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## **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.

## **Self- defense : steps to survival : mattingly,**

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

## **Self defense efficacy research a bibliography |**

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

## **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

## **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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## **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.

## **Katy mattingly | wamm self- defense |**

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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## **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

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Self-Defense: Self-Defense from the Inside Out:

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

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Katy Mattingly has been the director and lead instructor at Washtenaw Area Model Mugging (WAMM) Self-Defense in Ann Arbor, Michigan, since 1996. WAMM is affiliated

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### **Katy mattingly (author of self- defense) -**

Katy Mattingly s Followers. None yet. Self-Defense: Steps to Survival 0.0 of 5 stars 0.00 avg rating 0 ratings: help out and invite Katy to Goodreads.

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

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