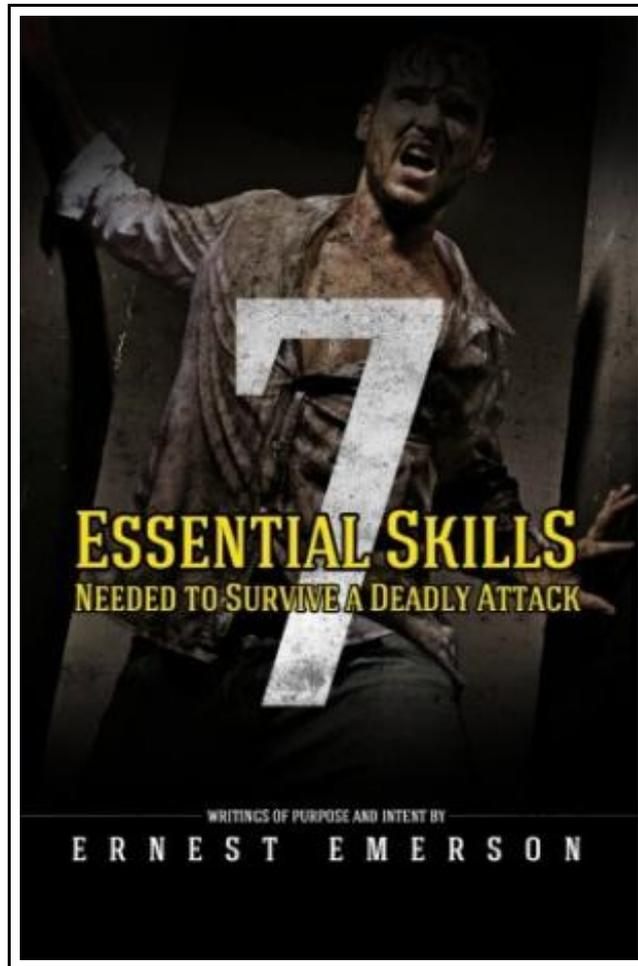


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.In this book, Black Belt Hall of Fame instructor, and Tier One combatives trainer, Ernest Emerson takes you through a detailed dissection of what a human being faces when targeted by a dangerous predator in a violent, deadly, assault and what you can do to stop it, dead in its tracks. Based on the Emerson Combat Systems premise that Offense is Defense, Ernest Emerson explains in detail the Seven Essential Skills you must possess in order to protect not only yourself, but also your loved ones from deadly harm. In terms everyone can understand the author gives you the same tools, used by Special Operations Operators, CIA Officers and U.S. Navy SEALs, to become a warrior of consummate skills. Skills that go far beyond your physical training in order to train the most powerful weapon you possess, your will. Designed to support any platform of training or skill set that you are currently using, the skills in this book teach you how to take your abilities to that Tier One level of operational functionality. In very simple terms, no matter what you do, this book will give you the tools to do it better. When you are fighting for your life, you need every possible advantage you can muster. You can t let anything get in the way. The eighth and ninth commandments of Emerson s Commandments of a Warrior are as follows: 8. Never do anything without a purpose 9. Never do anything that is useless. There s no place where these words are truer than in hand-to-hand, life-and-death combat. Each chapter addresses a different aspect of the skills you will need to stack...



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