

Unleash Your Inner Defender: Dive into the World of "Larry Teaches Defense" by Larry Cohen



In the ever-evolving landscape of personal safety, it's imperative to equip yourself with the knowledge and skills to protect yourself and your loved

ones. Enter "Larry Teaches Defense," a comprehensive guidebook written by renowned self-defense expert Larry Cohen. This groundbreaking book delves into the intricacies of self-defense, empowering you to confidently navigate potential threats and ensure your safety.



Larry Teaches Defense by Larry Cohen

★★★★☆ 4.7 out of 5



A Journey into the Depths of Self-Protection

As you embark on this literary odyssey, you'll be guided by none other than Larry Cohen, a seasoned professional with over three decades of experience in the field of self-defense. With his expertise and unwavering dedication, Cohen shares a wealth of practical knowledge that will transform you into an empowered individual, ready to face potential threats with composure and resolve.

Unveiling the Layers of Self-Defense

Cohen's approach to self-defense is multifaceted, encompassing both physical and mental aspects. Through his expert guidance, you'll explore a range of techniques, including:

- Situational awareness and risk assessment

- Non-violent conflict resolution strategies
- Physical defense tactics, covering strikes, blocks, and escapes

li>Legal implications and use of force

Empowering Individuals of All Backgrounds

"Larry Teaches Defense" is meticulously crafted to cater to individuals of all ages, genders, and fitness levels. Cohen's clear and concise writing style makes the material accessible to everyone, ensuring that all readers can benefit from his vast experience.

Real-Life Scenarios and Case Studies

To enhance your understanding and practical application of the techniques presented, Cohen incorporates real-life scenarios and case studies. These examples illustrate the principles of self-defense in action, showcasing how to apply them effectively in various situations.

Beyond Physical Techniques: The Mindset of a Defender

Cohen recognizes that self-defense extends beyond physical techniques alone. In "Larry Teaches Defense," he emphasizes the importance of developing a strong mental foundation, including:

- Confidence and assertiveness
- Emotional regulation
- Decision-making under pressure
- Post-incident considerations

A Valuable Resource for Individuals and Professionals

"Larry Teaches Defense" serves as an invaluable resource not only for individuals seeking personal empowerment but also for professionals working in fields such as law enforcement, security, and education. Cohen's unique insights and practical guidance can enhance their understanding and effectiveness in dealing with potential threats.

Testimonials from Satisfied Readers

"Larry Teaches Defense" has garnered widespread acclaim from readers who have applied its principles to their lives. Here's a glimpse of what they have to say:



“I was always hesitant about learning self-defense, but Larry Cohen's book changed my perspective. It's clear, empowering, and gave me the confidence to protect myself and my family.”



“As a law enforcement officer, I highly recommend 'Larry Teaches Defense' to my colleagues. It provides a comprehensive overview of self-defense principles and legal considerations, which are essential knowledge for any professional in this field.”

Embark on Your Journey to Self-Empowerment

If you're ready to take control of your safety and unlock your inner defender, "Larry Teaches Defense" is the book you need. Free Download your copy

today and embark on a transformative journey that will empower you to face any challenge with confidence and determination.

Remember, self-defense is not about violence or aggression; it's about protecting yourself and your loved ones. With Larry Cohen as your guide, you'll gain the knowledge, skills, and mindset to navigate potentially dangerous situations and emerge victorious.

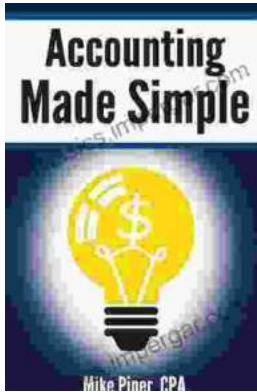
Don't let fear hold you back any longer. Invest in your safety and Free Download "Larry Teaches Defense" today. Unlock your inner defender and embrace a life of confidence and empowerment.



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