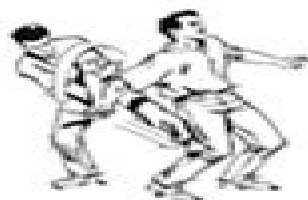


SAS AND SPECIAL FORCES

SELF DEFENCE HANDBOOK



A COMPLETE GUIDE TO UNARMED COMBAT TECHNIQUES



JOHN 'LOFTY' WISEMAN

Self Defence Manual

Øyvind Johansen



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