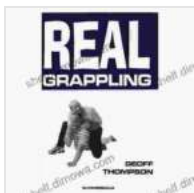


# Real Grappling: The Ultimate Guide to Self-Defense



## Real Grappling by Geoff Thompson

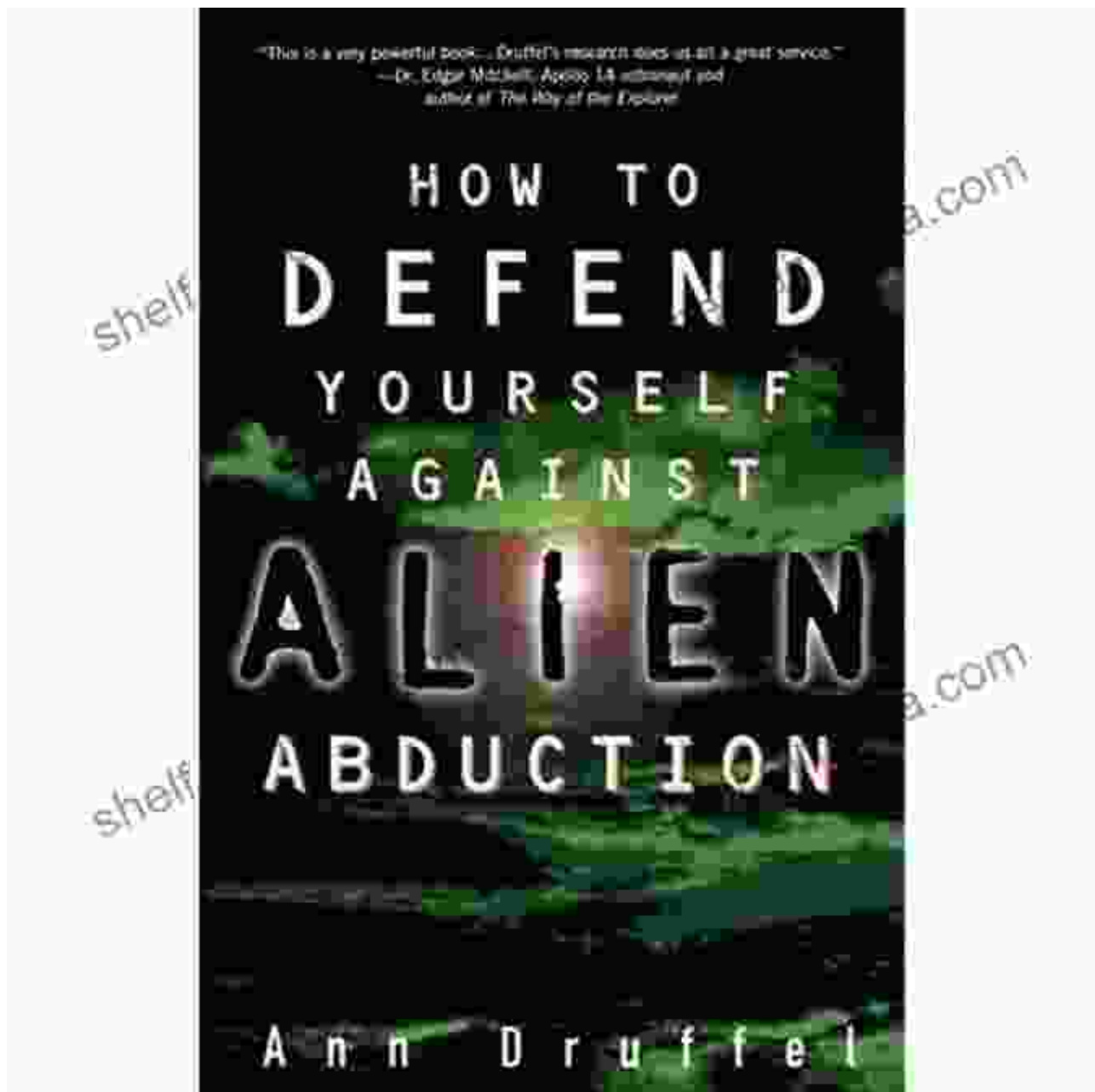
★★★★☆ 4.3 out of 5

Language : English  
File size : 679 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 182 pages  
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**Real Grappling** is the definitive guide to self-defense. It teaches you how to defend yourself against any attacker, regardless of their size or strength. Whether you're facing a bully, a mugger, or a violent criminal, **Real Grappling** will give you the skills and confidence you need to protect yourself and your loved ones.

Written by world-renowned martial arts expert Geoff Thompson, **Real Grappling** is the most comprehensive and up-to-date self-defense book on the market. It covers everything from basic self-defense techniques to advanced combat strategies. Whether you're a beginner or an experienced martial artist, you'll find something in **Real Grappling** to help you improve your skills.

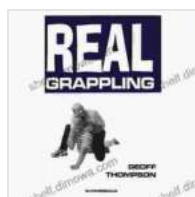
In **Real Grappling**, Geoff Thompson shares his decades of experience in martial arts and self-defense. He teaches you how to:

- Defend yourself against punches, kicks, and other strikes
- Take down an attacker
- Control an attacker on the ground
- Disarm an attacker
- Defend yourself against multiple attackers
- And much more!

**Real Grappling** is more than just a self-defense book. It's a complete guide to personal safety. Geoff Thompson teaches you how to avoid dangerous situations, how to de-escalate conflict, and how to protect yourself and your loved ones from harm.

If you're serious about self-defense, then you need **Real Grappling**. It's the most comprehensive and up-to-date self-defense book on the market, and it will give you the skills and confidence you need to protect yourself and your loved ones.

Free Download your copy of **Real Grappling** today!



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