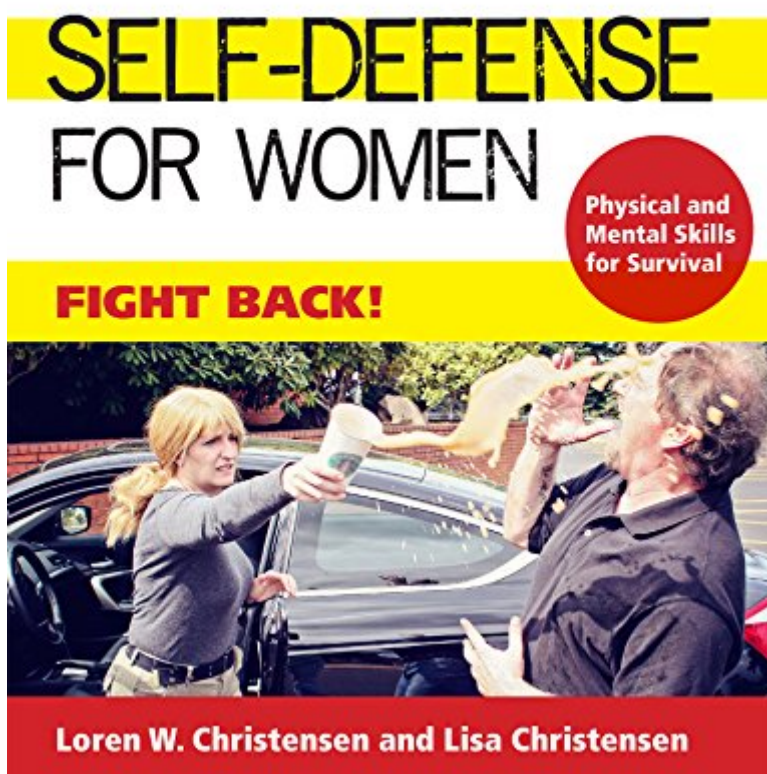


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# Self-Defense For Women: Fight Back

Foreword by **Gavin de Becker**, author of *The Gift of Fear*



## Synopsis

"Somewhere in America right now are four or five women who will be killed tomorrow. They are going about their day, and I know if they were prepared to counter attack in the ways Loren and Lisa Christensen teach, they'd have a far better chance of prevailing tomorrow." —Gavin de Becker, best-selling author of *The Gift of Fear*. Some experts say you should be submissive when attacked at home or by a stranger. You won't find that advice here, although you might use it as a ruse before you claw your assailant's eyes and smash his groin. Your ultimate goal is to get away, but you don't achieve that by being meek and docile. You get away by drawing on that hardwired survival instinct to attack him like an enraged lioness protecting her babies. In *Self-Defense for Women: Fight Back*, martial arts experts Loren W. Christensen and Lisa Christensen teach you to use your hands, forearms, elbows, teeth, knees, and feet to survive the attacks unsuspecting women become the victims of every day. And you will learn that you're surrounded by a limitless cache of weapons you can use to your advantage against a larger assailant.

- How to recognize and assess a threat
- How to de-escalate a bad situation
- 7 basic defensive techniques any woman can use effectively
- Advanced skills for when you want to know more
- How to identify and use everyday objects as defensive weapons
- What to practice to prepare for a potential confrontation
- How to practice at home, alone, and with a partner
- Why you need to be physically fit and how to make a fitness plan
- How to use fear as a weapon
- The power of your mind and how to harness it for self-defense

self you're ready to learn to fight back, Loren and Lisa know exactly what you need to survive an attack in your home or on the street.

## Book Information

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## Customer Reviews

For more than 60 years I have been seriously involved in numerous martial arts (Judo, Jujitsu, Karate etc.) and self-defense systems (Krav Maga, Combatives, Law Enforcement Defensive Tactics etc.). I have also read and written reviews on hundreds of books on these topics. Many of them by the same author who wrote this manual. This book (Fight Back) is one of the best I have read lately on the subject of women's self-defense, which I also have taught for many years. The author is well-known (Loren W. Christensen) in the self-defense field and the co-author (Lisa Place) has been training with him from 2003. This excellent volume is well-written and has nothing but practical and effective techniques and advice for women. This book is organized into two sections with thirteen chapters. Section one covers the physical power issues and section two deals with using the mind for power. The first section begins with a forward by Gavin De Becker (Author of The Gift of Fear) and a brief introduction. Chapter one explains the nature of threats. The second chapter deals with methods of de-escalation. The third chapter is very important because it deals with the 7 basic techniques all women should know to defend themselves. This is the least you need to know. Chapter four introduces some other excellent techniques that you may want to add to your training. Weapons all around you are covered in chapter five. Chapter six shows some miscellaneous scenarios. How to get stronger physically is taught in chapter seven and chapter eight explains how to practice self-defense techniques. Chapter nine explains how to assess a threat. Mental Imagery practice is taught in chapter ten. Chapter eleven explains using imagery on live people. Dealing with fear is taught in chapter twelve and the final chapter briefly tells about Reality-Based training. In conclusion, this is a book every woman who is concerned about learning practical and effective self-defense needs in their personal library. However, like any book on the martial arts or self-defense, real hands-on training with a qualified self-defense instructor is strongly recommended along with reading this book. This is also an excellent book for martial artists or

anyone who teaches women's self-defense programs. Rating: 5 Stars. Joseph J. Truncale  
(Co-Author: The Monadnock Defensive Tactics System)

I liked this book, as soon as I opened the box and looked through it, before I began reading it more thoroughly..it is easy to find what you want and NEED to read..I hope, as a 60 something woman, living by herself, that I never need the information this book provides, but when I follow the guidelines and do the training that this book recommends, I will be more confident, more intuitive about my surroundings, people I encounter and situations I hope I never have to deal with. The sections on being aware and being forewarned by your intuition alone are worth the price of this book.

Fight Back by Loren Christensen and Lisa Place is an EXCELLENT book on women's self-defense. It is 13 chapters long, filled with lots of photos and examples, and doesn't skimp on any information that women need to know in order to keep themselves safe and defend themselves if necessary. This book leaves nothing out! It covers everything from recognizing a threat and de-escalation techniques, to basic self-defense techniques and mental training. Fight Back is divided into two parts: Physical Power and Mind Power - both are equally important, and both sections are excellent. The authors have done a wonderful job explaining the techniques and the multitude of photographs make it very easy for the reader to comprehend exactly what the authors are trying to get across. Fight Back also has a great index for quick look up of different subjects when you are ready to go back and revisit different techniques or subjects. This is very handy!! I honestly can't think of anything that is missing from this book. And although it is subtitled "A Woman's Guide to Self-Defense that Works," don't let the title fool you, everyone can learn something from this book. It is obvious that the authors know what they are talking about and know how to convey the information to their readers in a way that is easily grasped. I can't recommend this book highly enough! Get it and be safe! 5 Stars!! Bohdi Sanders, award winning author of *Warrior Wisdom: Ageless Wisdom for the Modern Warrior*

Loren and Lisa have produced a very good book of how any woman can physically fight for herself. Woman should certainly read this book if she never takes any self-defense course. However, if she does or even if she is a martial art practitioner, she will find that this book provide countless of valuable information necessary to protect one's safety effectively. One more book I recommended to read along is *Fight Like a Girl...and Win: Defense Decisions for Women* [Paperback], which will

provide necessary psychological preparation for women. Coming back to this great "Fight Back" book, Loren is an ex-cop and a former soldier as well as a martial art teacher and a police trainer. His books on martial art subjects are very informative and I own so many of them! Lisa is a martial art expert, with many black belts, who thoroughly did the good job of showing women how to defend for themselves!

I highly recommend this book. Christensen is one of the best martial arts/combat writers out there, with wartime, street, and martial arts experience. A very practical guide on building awareness and developing essential techniques that with practice can become intuitive and very street effective. I have trained in and taught martial arts for decades. This is a solid work.

This is without question the most comprehensive, practical and well-written book on women's self-defense that I have seen.

There are many books that claim to teach effective self defense, with few actually being able to deliver on the promise. This is not one of those books. It is, quite simply, one of the best self-defense books for women on the market. An absolute must have. I honestly believe this book will save lives.

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