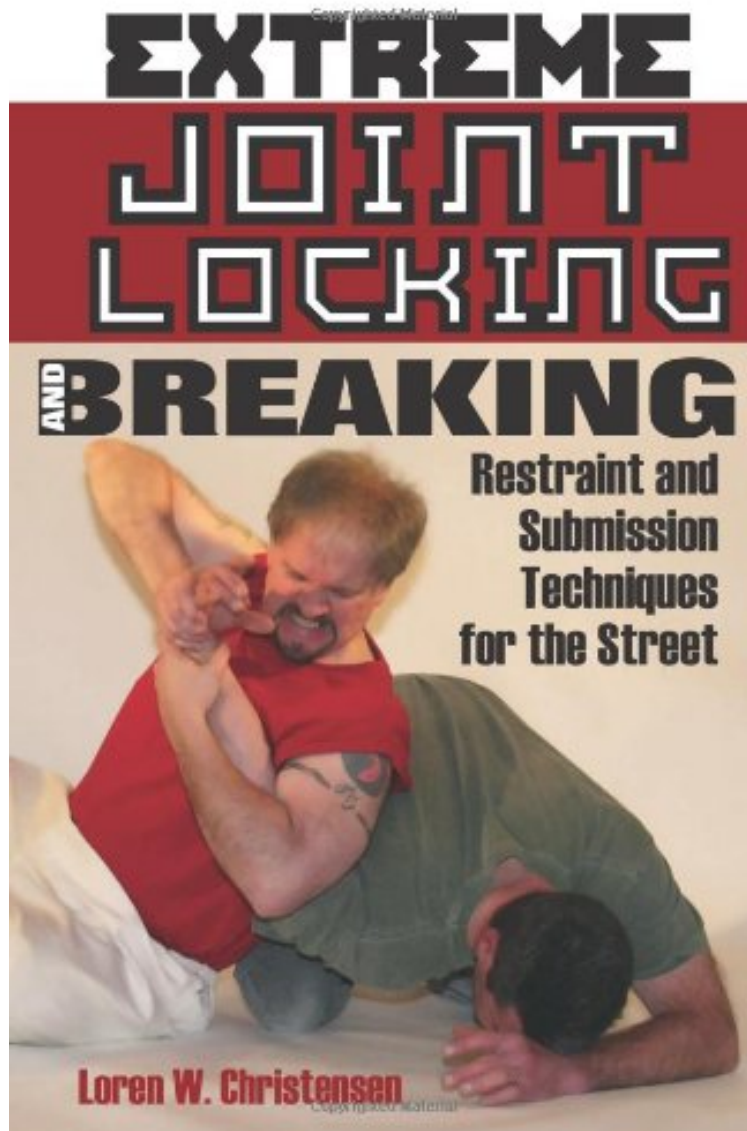


(Free and download) Extreme Joint Locking And Breaking: Restraint and Submission Techniques for the Street

Extreme Joint Locking And Breaking: Restraint and Submission Techniques for the Street

Loren W. Christensen

*ePub | *DOC | audiobook | ebooks | Download PDF*



[Download](#)

[Read Online](#)

#963758 in Books Paladin Press 2006-04-01 Original language: English PDF # 1 8.40 x .50 x 5.50l, .65 #File Name: 1581604920204 pages | File size: 39.Mb

Loren W. Christensen : Extreme Joint Locking And Breaking: Restraint and Submission Techniques for the Street before purchasing it in order to gage whether or not it would be worth my time, and all praised Extreme Joint Locking And Breaking: Restraint and Submission Techniques for the Street:

0 of 0 people found the following review helpful. Great book.By John SmithPackaged well, arrived quickly -- thank you! Great book.0 of 0 people found the following review helpful. Great visuals and easy to readBy FlipicanGreat visuals and easy to read. Not as big as I initially thought it would be but I'm okay with that.0 of 0 people found the following review helpful. Five StarsBy CustomerGreat book and easy to understand.

This book isn't about sport fighting, flashy moves or how to become a better person through a martial art. It presents realistic grappling techniques designed to control and restrain through the application of pain to the joints. Its purpose is to provide today's modern warrior – the self-defense oriented martial artist, combat soldier or law enforcement officer – with easy-to-apply techniques that first restrain and then, if taken to their maximum potential, inflict severe physical injury, including torn ligaments and tendons, broken bones and even paralysis or death in extreme cases.

About the AuthorLoren Christensen began his law enforcement career in 1967 when he served in the army as a military policeman in the United States and in Vietnam. He joined the Portland, Oregon, Police Bureau in 1972 and retired in 1997. During those years, he specialized in street gangs, defensive tactics, dignitary protection, and patrolling the bizarre streets of skid row. He now writes full time and teaches martial arts.