



## First Strike: End a Fight in Ten Seconds or Less!

By *Sammy Franco*

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**First Strike: End a Fight in Ten Seconds or Less!** By Sammy Franco

Learn how to stop any fight before it starts by mastering the art of the preemptive attack. **First Strike** gives you an easy-to-learn yet highly effective self-defense game plan for handling violent close-quarter combat encounters.

**First Strike** will teach you instinctive, practical and realistic self-defense techniques that will drop any opponent to the floor with one punishing blow.

This book will show you:

- How to end a fight instantly
- How to spot and avoid being targeted for a fight
- How to deceive the most seasoned street thug
- Simple and effective fighting techniques
- Critical knock-out targets
- How to avoid being arrested

**First Strike** also includes: range proficiency, ghosting, secondary strikes to finish off an attacker, the compound attack and offensive flow, the relocation principle, how to avoid getting arrested, strikes, blocks, parries, punches, jabs, and beginner, intermediate and advanced workout routines, real-life first-strike fighting scenarios and much more!

By reading this book and by practicing, you will learn the hard-hitting skills necessary to execute a punishing first strike and ultimately prevail in a fight. And that's what it is all about: winning in as little time as possible.

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**First Strike: End a Fight in Ten Seconds or Less! By Sammy Franco Bibliography**

- Sales Rank: #401098 in Books
- Published on: 2014-04-28
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .46" w x 5.50" l,
- Binding: Paperback
- 202 pages

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## Editorial Review

Review

- **"The book goes into great detail many aspects related to striking first from mindset to legal issues. Well done!"** - R. Cormier
- **"This is a powerful how-to book on taking an adversary out before he even has the chance to get a shot on you!"** - J. Lucky
- **"It gives you real skills and knowledge for neutralizing real life attackers, regardless of your background."** - M. Franklin
- **"This opened my eyes to a whole new way to look at physical confrontation! You can't go wrong with this book."** - G. Jones
- **"This book is a must have for anyone who wants to truly prepare for what the streets can bring."** - Hammad

## Users Review

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### Kevin Diaz:

Book is actually written, printed, or highlighted for everything. You can know everything you want by a e-book. Book has a different type. We all know that that book is important matter to bring us around the world. Beside that you can your reading skill was fluently. A reserve First Strike: End a Fight in Ten Seconds or Less! will make you to become smarter. You can feel far more confidence if you can know about every thing. But some of you think which open or reading the book make you bored. It's not make you fun. Why they might be thought like that? Have you in search of best book or ideal book with you?

### Robert Cox:

The guide with title First Strike: End a Fight in Ten Seconds or Less! has lot of information that you can understand it. You can get a lot of advantage after read this book. That book exist new know-how the information that exist in this book represented the condition of the world at this point. That is important to you to understand how the improvement of the world. This specific book will bring you in new era of the internationalization. You can read the e-book on the smart phone, so you can read this anywhere you want.

### William Vong:

Why? Because this First Strike: End a Fight in Ten Seconds or Less! is an unordinary book that the inside of the e-book waiting for you to snap it but latter it will surprise you with the secret the idea inside. Reading this book adjacent to it was fantastic author who all write the book in such awesome way makes the content

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**Carole Arehart:**

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