



Self-Defence in 30 Seconds

Rob Redenbach, Robert Redenbach

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There are only two rules of self defence: 1) avoidance and 2) survival. If the first rule fails, the second must not. Unlike a boxing match or a martial arts competition, a non-sport violent encounter does not involve competitors whose aim is to accumulate points within a predetermined framework designed to prolong the event while simultaneously entertaining spectators. In a real-life violent encounter, once conflict becomes physical, you have, at best, thirty seconds to deal with the situation. It's like trying to save yourself from drowning; if you can't do what needs to be done in the first thirty seconds, *more* time in the water is going to make the situation worse, *not* better.

Whether you are a complete novice or an advanced Black Belt, Rob Redenbach's *Self-Defence in 30 Seconds* will teach you how to empower your body with your most powerful weapon - your mind!

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Concepcion Shaw:

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