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Nota di contenuto	Front Cover -- Back Cover -- Title Page -- Copyright Information -- Contents -- Epigraph -- Introduction -- SECTION ONE: JUSTIFICATION -- Don't Go to Jail -- SECTION TWO: TRAINING -- 30 Questions to Ask Yourself -- 10 Ways to Make Your Sparring Street Smart -- 10 Concepts to Adapt Your Training to the Street -- 20 Ways to Train and Fight Wounded -- 25 Ways to Build Hitting Power Using the Makiwara -- 10 Ways to a Stronger Punch -- SECTION THREE: PUNCHES, KICKS, CLAWS, ELBOWS, KNEES AND A LITTLE GRAPPLING -- 9 Ways to Attack the Eyes: Intimate Brutality -- 9 Ways to Target the Neck -- 22 Ways to Defend Against a Dog Attack -- 10 Ways to Execute Shock Blocks -- 22 Ways to Kick 'Em High, Kick 'Em Low, Kick 'Em Hard, Kick 'Em Fast -- 16 Techniques for Infighting -- 14 Hand-to-Hand Combat techniques: A Philosophical Look -- 4 Quick and Effective Sanshou Combinations -- 8 Ways to Stomp -- SECTION FOUR: GRAPPLING -- 20 Ways to Fight in the Clinch -- 20 Ways to Hit and Grapple the Heavy Bags -- 12 Ways to Attack the Hair -- 5 Ways to Apply Carotid Constriction -- 6 Ways to Use the Environment -- SECTION FIVE: WEAPONS -- 11 Ways to Use an Impact Tool for Self-Defense -- 12 Ways to Fight With a Mini Flashlight -- Books from YMMA -- DVDs from YMAA.

