

Title:

Learning Self Defense At Home Or In Class

Word Count:

410

Summary:

Whether you live in a small rural area or a bustling city, the need for self defense can occur

There are a number of instructors who teach self defense classes in order to help educate indi

Keywords:

self defense

Article Body:

Whether you live in a small rural area or a bustling city, the need for self defense can occur

There are a number of instructors who teach self defense classes in order to help educate indi

For individuals who do not have the time, money or the geographical location to participate in

The techniques learned in self defense training are to be used for that purpose only and should

Even with the knowledge of physical self defense, perhaps the best mode is that of common sense

For information on self defense classes in your area, you may be able to contact city hall or

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>