



Anatomy of a Streetfight

Paul Vunak

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From one of the world's foremost authorities on combat comes a revolutionary book focusing solely on the attributes of streetfighting. Author Paul Vunak, head of Progressive Fighting Systems and a former trainer for the Navy S.E.A.L. team, shows you what it takes to survive a streetfight in the 21st century. Included are a realistic discussion of the reality of a streetfight and a step-by-step guide to topics such as: developing a killer instinct, developing streetfighting strategies and techniques, edged weapons fighting, practical self-defense for women, legal implications of streetfighting, Jeet Kune Do and law enforcement, and even the art of defending oneself by biting your attacker!

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