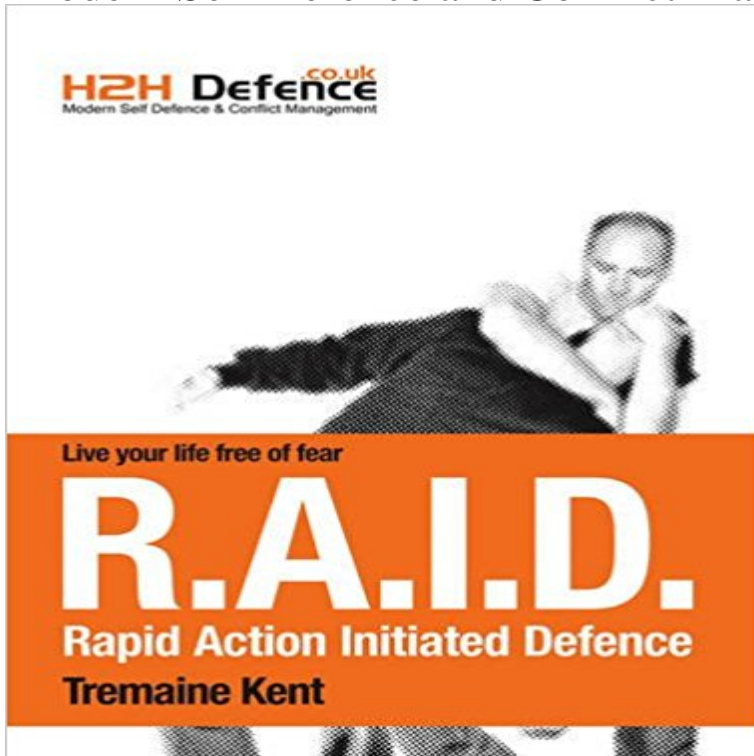


Modern Self Defence and Conflict Management: (The RAID System)



The ultimate self-defence book which helps you to deal confidently with any violent or threatening confrontation. The guide takes you through all the possible stages of a confrontation in a easy-to-follow style. Modern Self Defence and Conflict Management is your familys personal security guide. It has been developed to provide survivability on todays city streets. The author, Tremaine Kent, is a pioneer within the self-defence industry, with over 18 years martial arts teaching experience and 15 years active military service within our elite special forces. He has created the RAID system (Rapid Action Initiated Defence) - a new system described within this book which is a complete modern self defence guide for personal protection and security. The delivery of RAID is taught through the following five easy-to-follow modules: * Deter: Develop more confidence through learning specialist skills which will create a non-victim mentality and provide you with a safer way of living. * Detect: Through awareness and visual observation you will be able to foresee potential situations before they arise. * Defuse: By following the books conflict management process, you will be able to defuse the problem while preparing the mind and body to escape or defend if necessary. * Defend: The book teaches you defence strategies that work on the bodys natural reflexes. These combined with illustrated defence techniques make it easy to learn and easy to remember when in a confrontational situation. * Desensitize: After a violent confrontation you may suffer from denial or mental stress. Learn the tools and techniques to enable quick recovery. Fully illustrated, with expert advice and emphasis on confidence, awareness, conflict management, defence and dealing with the aftermath of potential conflict, this is more than just a self defence book and will be a protection bible for people

worried about living in a world of increasing violence.

Conflict Resolution - H2H Defence Modern Self Defence and Conflict Management: (The RAID System) [Tremaine Kent] on . *FREE* shipping on qualifying offers. The ultimate **Download PDF / Modern Self Defence and Conflict Management** On Sunday 30th June 2013 Tremaine Kent the founder of R.A.I.D (Rapid Action Initiated Defence) a modern self defence and conflict management system **Modern Self Defence and Conflict Management: (The RAID System** Rapid Action Initiated Defence (RAID) is a uniquely different approach to modern self defence and conflict management. The System has been designed by **Dudley Self Defence - H2H Defence** [PDF] Modern Self Defence and Conflict Management: (The RAID System). Modern Self Defence and Conflict Management: (The RAID System). Book Review. **Modern Self Defence and Conflict Management** ?????? **Public** H2H Self Defence - Modern Self defence courses and classes and conflict He now delivers the RAID System within his Birmingham Self Defence School Trainer Rapid Action Initiated Defence (RAID) Instructor 1886 Conflict Management **H2H Defence - Modern Self Defence Courses & Self Defence** H2H Self Defence - Modern Self defence courses and classes and conflict The RAID mens self defence system is structured in a way that you can clearly Conflict Management and Resolution Street Survival Awareness & Defence **H2H Defence Learning Model - Real Projects** H2H Self Defence - Modern Self defence courses and classes and conflict Our qualified self defence instructors and personal security life coaches are over 18 years of combative experience and has evolved his own system called RAID. **RAID Founder - H2H Defence** Apr 1, 2013 The ultimate self-defence book which helps you to deal confidently with any violent or threatening confrontation. The guide takes you through **none** Sep 26, 2014 the Rapid Action Initiated Defence (RAID) system which is a uniquely different approach to modern self-defence and conflict management. **Modern Self Defence and Conflict Management: (The RAID System** Find great deals for Modern Self Defence and Conflict Management: (The RAID System) by Tremaine Kent (Paperback, 2013). Shop with confidence on eBay! **Modern Self Defence and Conflict Management: (The RAID System** Modern Self Defence and Conflict Management: (the RAID system) The author, Tremaine Kent, is a pioneer within the self-defence industry, with over 18 years **R.A.I.D Rapid Action Initiated Defence: Modern Self Defence** Dudley Self Defence School created by Vincent Chang, who has worked in the years and has a vast amount of experience in security and conflict management. with modern day conflict and his enthusiasm in delivering the RAID system is **Self Defence - H2H Defence** Designed by Tremaine Kent, RAID is a uniquely different approach to modern. self-defence and conflict management. The system is designed for anyone that **Doc > Modern Self Defence and Conflict Management: (The RAID** **Modern Self Defence and Conflict**

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