

[Pdf free] When Seconds Count: Self-Defense for the Real World

When Seconds Count: Self-Defense for the Real World

Sammy Franco

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#116660 in Audible 2014-06-20 Format: Unabridged Original language: English Running time: 274 minutes | File size: 60.Mb

Sammy Franco : When Seconds Count: Self-Defense for the Real World before purchasing it in order to gauge whether or not it would be worth my time, and all praised When Seconds Count: Self-Defense for the Real World:

7 of 7 people found the following review helpful. as good as it gets By tlouis I have read just about every book out there on self defense and this book by Sonny Franco is right up there with the best of them. Like all good self defense books, this one puts a big emphasis on awareness and de-escalation skills. But where I think this book stands out is when it gets down to the nitty gritty- the physical confrontation with the attacker. Mr. Franco teaches survival- plain and simple. The techniques described are meant to maim and kill. Nothing pretty, just whatever is necessary. I thought this book was very empowering. If one fully integrated the information from this book into their psyche, that person would be about as ready for trouble as you can get. 0 of 0 people found the following review helpful. A Great Read!! By Cameron Brown This book will help open your eyes to just how fast and violent an encounter on the streets can be. You have to be faster and more violent than the attacker(s) if you want to survive. Sammy Franco gives you the tools and the knowledge to protect yourself and your loved ones from these attacks. 2 of 2 people found the following review helpful. An absolute must read, even if you don't train in Self Defense By Damian J. The world is a dangerous place, and you need to be prepared. That's the message. "When Seconds Count: Everyone's Guide to Self-Defense" starts off with an almost depressing review of what life is really like. I say depressing in the fact that most of us seem to live in a nice little bubble on the Earth where nothing bad can really happen to us, or so we think. This book immediately bursts that bubble by showing us what the REAL world around us is like whether we have

previously acknowledged it or not. The purpose is not to depress us or cause paranoid fear, but to educate the reader as to the realities of what can and often does happen when we least expect it. The following segment covers the differences between the author's own fighting system "CFA" or "Contemporary Fighting Arts" and the more common "Traditional Martial Arts" such as Karate, Kung Fu, Aikido, Ju-Jitsu and the like. Subsequent sections go into topics like: Awareness, Assessment, De-Escalation, Fighting Back, Weapons and the Author's Closing statements which are every bit as valuable as the rest of the book. The segment which hit me most was the section on "Awareness." It asked question after question which in application really makes you think about how safety minded you REALLY are. It even includes a questionnaire which IMO very accurately assesses how likely you are to be attacked by a criminal assailant. This section alone was more than worth the cost of the book to me and it provided more education on the topic of situation/tactical awareness than did almost twenty years of other more "traditional" martial arts and self-defense training. I absolutely recommend this book to EVERYONE!

When Seconds Count is a comprehensive street smart self-defense book instructing law abiding citizens how to protect themselves against the mounting threat of violent crime. You can't learn this in a Karate class or mixed martial arts school. In fact, there are many instructors out there who are doing a lot more harm than good by making people believe they are trained to cope with vicious street criminals. Truth is, the martial arts techniques that score points and win trophies could get you killed in real-life self-defense encounters. Learn how to: Protect yourself and your family from vicious street criminals Hone your awareness skills Assess threat levels De-escalate situations before they turn violent Fight back with simple, no nonsense self-defense techniques Use self-defense weapons skillfully Prepare your family for a home invasion Remain calm and focused when faced with fear Cope with the aftermath of violence Get realistic self-defense training Self-defense expert, Sammy Franco is no stranger to violence and personal protection. With decades of experience, he is the author of numerous self-defense books and the innovator of Contemporary Fighting Arts, a reality based self-defense system that breaks self-defense down to its simplest elements: practical skills, proven techniques and the confidence to use both on armed and unarmed criminals. When Seconds Count is considered by many to be one of the best books on real world self-defense instruction. Ideal for men and women of all ages who are serious about taking responsibility for their own safety. By studying the concepts and techniques taught in this book, you will feel a renewed sense of empowerment, enabling you to live your life with greater confidence and personal freedom.