

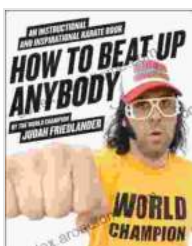
# How To Beat Up Anybody: The Ultimate Guide to Self-Defense

**Are you tired of being the victim of bullies and criminals? Do you want to learn how to defend yourself and your loved ones? If so, then this book is for you.**

"How To Beat Up Anybody" is the ultimate guide to self-defense, written by a world-renowned martial arts expert. This book will teach you everything you need to know to protect yourself, including:

- How to identify and avoid dangerous situations
- How to use your body as a weapon
- How to defend yourself against common attacks
- How to use weapons for self-defense
- How to stay safe in public places
- And much more!

With easy-to-follow instructions and detailed illustrations, "How To Beat Up Anybody" will teach you how to defend yourself against any attacker, no matter how big or strong. This book is a must-have for anyone who wants to live a safe and secure life.



## How to Beat Up Anybody: An Instructional and Inspirational Karate Book by the World Champion

by Judah Friedlander

★★★★☆ 4.4 out of 5

Language : English

File size : 17994 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting: Enabled  
Word Wise : Enabled  
Print length : 295 pages



## **Here is what some people are saying about "How To Beat Up Anybody":**

"This book is a lifesaver! I have been the victim of bullying and harassment for years, and I have never felt safe. But after reading this book, I feel like I can finally stand up for myself. I am so grateful for this book." - Sarah J.

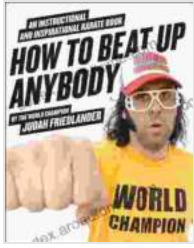
"I am a single mother, and I am always worried about my safety and the safety of my children. This book has given me the confidence to know that I can protect myself and my family if necessary. Thank you!" - Jennifer B.

"I am a law enforcement officer, and I have seen firsthand the devastating effects of violence. This book is an invaluable resource for anyone who wants to learn how to protect themselves. I highly recommend it." - Officer John Smith

**If you are ready to take control of your safety, then Free Download your copy of "How To Beat Up Anybody" today.**

This book is available in paperback, ebook, and audiobook formats. Click on the link below to Free Download your copy today.

Free Download Your Copy Today!



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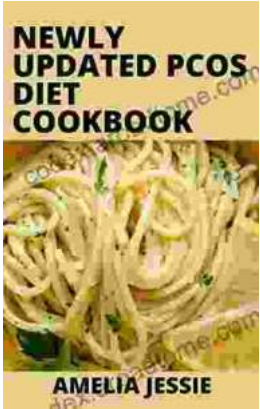
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