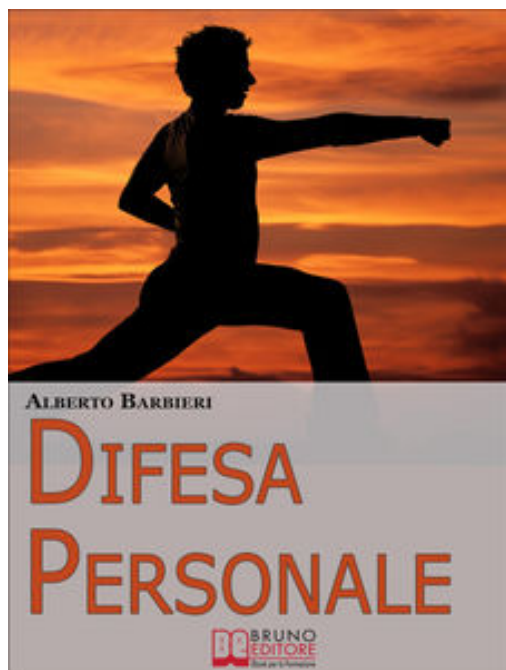


Leggere Difesa Personale Ebook Gratuito PDF/EPUB/mobi - Alberto Barbieri



leggere Difesa Personale Ebook gratuito PDF/EPUB/mobi Alberto Barbieri , Il tema della sicurezza spesso rimbalza sulle notizie di cronaca e viene ripreso da politici, enti, associazioni, privati cittadini per sostenere a vario titolo questa o quella soluzione. Questo ebook è stato pensato e studiato nei minimi dettagli tecnici; non propone miracoli o promesse impossibili ma apre gli orizzonti del lettore e lo guida passo dopo passo a capire quali sono i veri rischi, dove si nascondono i pericoli, come vanno affrontati e superati nel rispetto delle leggi, come apprendere le tecniche e i segreti della Difesa Personale. Questo manuale, oltre a insegnare come difendersi dalle situazioni di pericolo, offre anche dell'ottimo materiale per gli insegnanti di Difesa Personale indipendentemente dal loro background tecnico. In "Difesa Personale" potranno, infatti, trovare parecchi spunti e diverse idee originali per rendere le proprie lezioni più vive, interessanti ed efficaci.

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