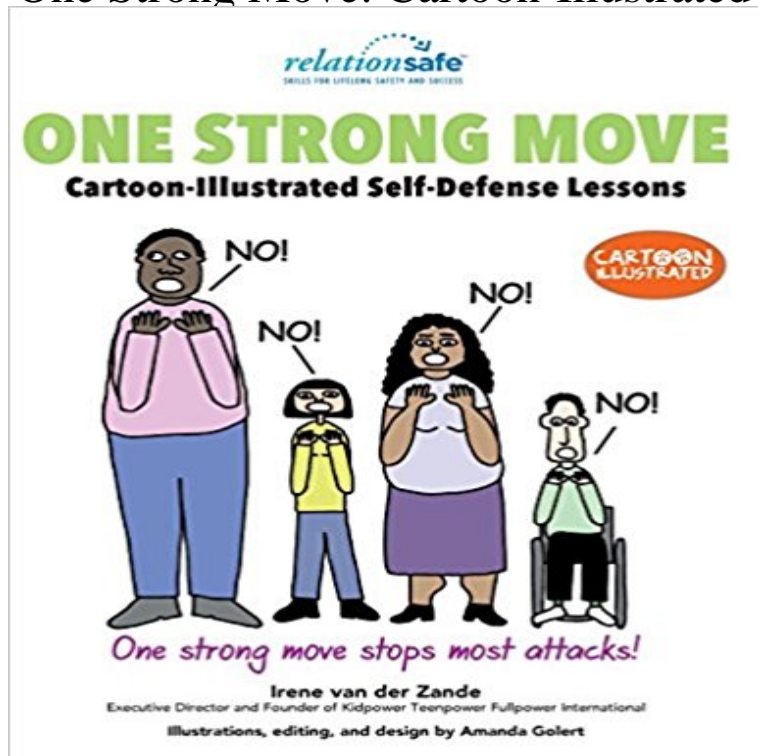


One Strong Move: Cartoon-Illustrated Self-Defense Lessons



One strong move stops most attacks! According to Grandmaster Carol Middleton, 7th Degree Black Belt, Co-Founder of the National Womens Martial Arts Federation and Impact International, and Founder and Director of DC Self-Defense and Karate Association: For in-class and at-home use, One Strong Move is a thorough resource for martial artists, self defense instructors, educators, and parents alike. These lessons include how to project confidence, avoid being attacked, take charge, get help, learn and teach basic physical techniques, etc. Emotional, verbal, physical and strategic tactics are never complex or fancy just the stuff that really works. In a simple and graphical way, all the bases are covered to make sure it HELPS and does not lead anyone to undue fears or over-reliance on physical tactics. Teaching and practice instructions for each section are very clear. Illustrations show folks of every stripe and size, including the differently-abled, so readers and students can relate to those like them and practice acceptance of those who are different. I recommend this book to anyone who needs a self-defense resource for those they care about! The lessons aimed at teaching children can help all the adults in a childs life have a thorough grounding in how to present strategies and physical tactics without scaring or confusing kids. Especially with the parents being educated and involved, young people have a good chance to really absorb the many lessons. According to Gavin de Becker, leading expert worldwide on the prediction and management of violence and best-selling author of *The Gift of Fear* and *Protecting the Gift*, Kidpower has an exceptional track record in the field of personal safety and violence prevention. Kidpower helps to reduce worry by promoting confidence and personal power.

David Harrison MD, says he became acutely aware of the reality of personal

violence in his work as an emergency physician and has been teaching self-defense for more than a decade in Vancouver, BC. According to Dr. Harrison, The clear and entertaining lessons make teaching physical self-defense to teens and adults a simpler task. This will be especially helpful in preparing martial artists and other teachers to use the positive and effective Teenpower and Fullpower curriculum to teach self-defense in their schools. In this book, you will find cartoon-illustrated lessons for learning and teaching these strategies and techniques: Awareness and target denial to avoid an assault. Physical self-defense skills to escape from an attack. Defense against weapons, chokes, punches, and multiple attackers. Verbal self-defense tactics to de-escalate a confrontation. To learn more about Kidpower Teenpower Fullpower Internationals workshops, consultation, and other educational resources, visit www.kidpower.org. All income from books sales helps our nonprofit organization create and provide extensive free and affordable educational resources.

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This article is from One Strong Move: A Cartoon-Illustrated Introduction to will make a huge difference in the results of any kind of training. **1, 2, 3-- the toddler years: A practical guide for parents & caregivers** The Kidpower Book for Caring Adults: Personal Safety, Self-Protection, Confidence, and Adults One Strong Move: Cartoon Illustrated Self-Defense Lessons **Top 3 Self Defense Moves of 2017 SheKnows Best Reviews** The Kidpower Book for Caring Adults: Personal Safety, Self-Protection, Confidence, and Adults One Strong Move: Cartoon Illustrated Self-Defense Lessons **Earliest Teachable Moment: Personal Safety for Babies, Toddlers** One Strong Move: Cartoon-Illustrated Self-Defense Lessons: : Irene van der Zande, Amanda Golert, Kidpower Teenpower Fullpower International: **One Strong Move: Cartoon-Illustrated Self-Defense Lessons** One Strong Move: Cartoon-Illustrated Self-Defense Lessons: : Irene van der Zande, Amanda Golert, Kidpower Teenpower Fullpower International: **One Strong Move: Cartoon-Illustrated Self-Defense Lessons by** The Kidpower Book for Caring Adults: Personal Safety, Self-Protection, Confidence,. +. 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