



# Street Karate: A Complete Course in Self-Defense

*John McSweeney*

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## **Street Karate: A Complete Course in Self-Defense** John McSweeney

Street Karate consists of 35 real-life case studies of men and women from all walks of life who used simple karate techniques to successfully defend themselves against muggers, rapists, murderers, carjackers and other bad guys. Find out how they did it and see how you can protect yourself from similar attacks by learning these brutally effective, street-proven strikes.

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