

# Easily Armed: The Self Defense For Everyone

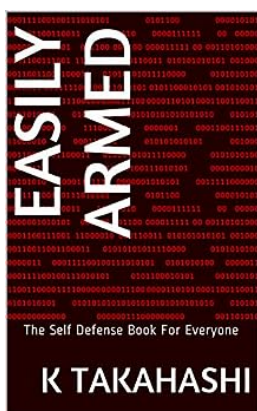


In today's uncertain world, personal safety has become a major concern for individuals of all backgrounds. Whether you are a college student, a working professional, or a stay-at-home parent, equipping yourself with the necessary self-defense skills is essential to ensure your well-being. This article aims to

highlight the importance of self-defense and provide an overview of Easily Armed, a comprehensive self-defense program designed to empower everyone.

## Why Self Defense Matters

Violent incidents can occur at any time, and it is crucial to be prepared rather than being caught off guard. Self-defense not only enhances your physical strength but also boosts your confidence and mental resilience. It enables you to protect yourself and your loved ones when faced with a potential threat.



## EASILY ARMED: The Self Defense Book For Everyone by Margaret Buffie (Kindle Edition)

★★★★☆ 4.5 out of 5

Language	: English
File size	: 1361 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 49 pages
Lending	: Enabled



## The Evolution of Self Defense

Over the years, self-defense techniques have evolved from traditional martial arts to modern systems that are accessible to people of all ages and fitness levels. Easily Armed has revolutionized the self-defense landscape by offering a unique approach that combines effective techniques from various disciplines, including karate, judo, krav maga, and more.

## Effective Techniques for Everyone

The key to Easily Armed's success lies in its emphasis on simplicity and adaptability. The program focuses on teaching practical techniques that are easy to learn and apply in real-life situations. Whether you are a beginner or have prior martial arts experience, Easily Armed's instructors will tailor the training to accommodate your skill level and individual needs.

## **Defend Yourself Anywhere**

Easily Armed ensures that you can defend yourself regardless of your surroundings. From open spaces to confined areas, their comprehensive training equips you with techniques suitable for various environments. Additionally, they cover scenarios such as attacks from multiple assailants, defending against armed attackers, and dealing with verbal confrontations.

## **Empowering You with Confidence**

Beyond physical techniques, Easily Armed places significant importance on promoting mental strength and confidence. They provide guidance on situational awareness, de-escalation tactics, and personal safety strategies. By enhancing your self-confidence and assertiveness, you are less likely to become a target in potentially threatening situations.

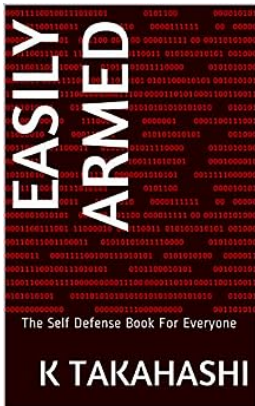
## **Results you can rely on**

Countless individuals who have undergone Easily Armed's training have witnessed significant improvements in their self-defense skills. Testimonials from satisfied participants highlight how the program has not only equipped them with effective techniques but also helped them develop a heightened sense of self-awareness and personal security.

## **Join the Easily Armed Community**

Ready to take control of your personal safety? Join the Easily Armed community today and embark on a journey of self-empowerment. Their team of expert instructors is dedicated to providing top-notch training to individuals from all walks of life.

Remember, self-defense is a skill that can save lives. Don't wait until it's too late!



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EASILY ARMED pick up where my other book, ARMED AS NECESSARY, left off. Here I discuss how to train to fight with bare hands and small hand weapons. You will learn;

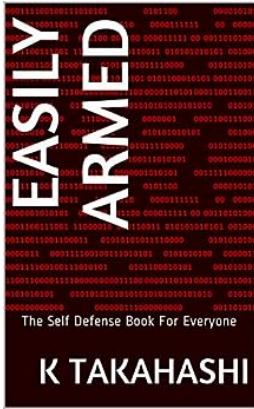
The importance of training with small weapons, especially knives.

Safe ways to train with a real knife.

"hidden" weapons you can take nearly anywhere

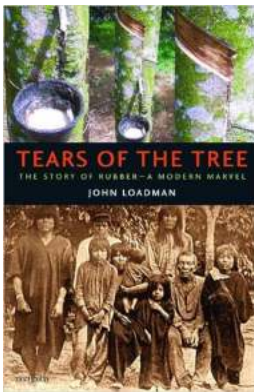
Why most common Martial arts moves don't work and how to modify them so they do.

The right MIND SETS to have...and so much more.



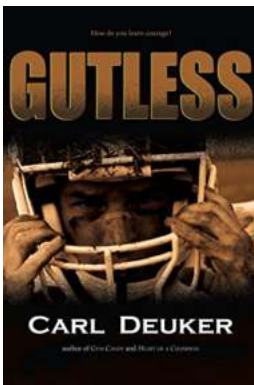
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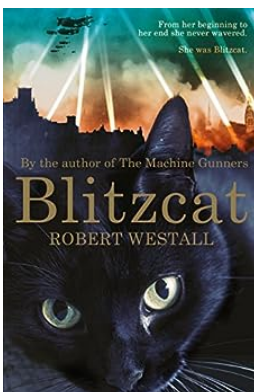
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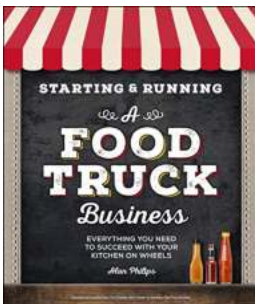
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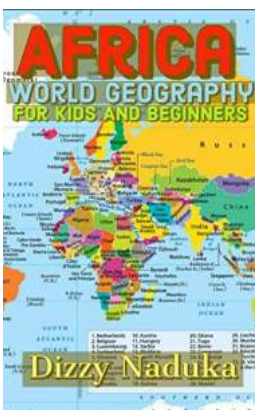
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