



Martial Arts Techniques for Law Enforcement (Tuttle Martial Arts)

Mike Young

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Martial Arts Techniques for Law Enforcement provides clear and straightforward lessons to law enforcement officials so they can effectively defend themselves in the line of duty.

A comprehensive handbook of law enforcement self-defense, this martial arts guide offers instruction in techniques and tactics taken from a variety of martial arts forms that specifically cater to the situations unique to police officers. These simple, easy-to-follow lessons teach readers the theory behind:

- Stikes and Kicks
- Come-Alongs and Takedowns
- Psychological Defensive Tactics
- Defensive Maneuvers, including One-Hand Defenses
- Defensive Techniques against Weapons and Guns

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