



Self-Defense: Steps to Success

Joan M. Nelson

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This book is excellent as a course text or as a self-instruction guide. It uses a unique progression of skills - the steps to success - to help readers develop greater awareness and vigilance, sharpen observational and judgement skills, learn communication techniques to defuse potentially volatile situations, and acquire competency in physical self-defence tactics for use when preventive measures fail. Each of the 14 steps featured in *Self-Defence: Steps to Success* provides a solid foundation of basic skills and concepts. As readers progress, they will learn how to apply these basic skills to defend against common unarmed attacks. Each step (chapter) explains why the concept or skill is important, identifies the keys to correct technique, helps readers correct common errors, explains how to practise each skill in realistic ways, lists specific performance goals for each drill, gives a summary checklist for evaluating proper technique, and lets readers proceed at their own pace. In addition, readers will learn the key concept of the "continuum of response," which includes everything from avoidance techniques and verbal and psychological de-escalation skills to self-defence manoeuvres. And for times when physical defence is deemed necessary, *Self-Defence: Steps to Success* details defensive techniques designed to neutralize the attack.

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