

[Ebook free] Dirty Fighting

## Dirty Fighting

Andy Puzyr

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**Andy Puzyr : Dirty Fighting** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Dirty Fighting:

3 of 3 people found the following review helpful. Keep It Simple Stupid By ShiningfistKISS - Keep It Simple Stupid. This book could define that phrase perfectly. I believe all people (mainly women, children and the elderly) should know some form of self defense and this book is a great read for anyone who wants to pick up a few tricks. It's packed full with dirty little tactics and some even comical. If you're looking for a simple method of self-defense and moves

that can be practiced everyday, get this book, you will not be disappointed. 7 of 7 people found the following review helpful. Unorthodox By JrroddI initially bought this book as a young man several years ago when I needed to learn some method of self defense quickly. I stumbled across Dirty Fighting almost by accident and decided to try it out. This book teaches some very unorthodox fighting techniques that when applied in earnest do what they're supposed to do and do it well. On two occasions I'm convinced I would not have fared as well as I did if I had not studied this book. The positives of the book are the techniques, as before mentioned, are unusual and will come as close to catching your opponent off guard as you can get. In a sometimes laugh out loud style, the author teaches what these are and how to do them making the book entertaining as well as practical. Even if your adversary is standing right in front of you "gearing up" for what they think they're going to do, you can still get an edge on them. Even if the bad guy initially starts the action, once you're well versed in the techniques they can still serve their purpose. The negatives are actually quite few. One thing I think some people might view as a negative is the illustrations, which are badly and maybe even somewhat childishly done. I suspect the purpose behind this might be to lighten the mood of the subject matter and maybe enhance the entertainment value. Some people might be tempted to not take it as seriously because of this. Once you move past that there is a lot of very good information though. Another thing I think might have been beneficial is some basics on what to do if you are knocked down (i.e. how and where to kick from the ground, getting back up). Aside from this, this book is an excellent source for how to survive violent street confrontations, which is what it is intended for. If you don't have a lot of fighting experience but need to be able to protect yourself (as I did) this is an excellent choice. Even if you are experienced, this book might still give you an edge in a violent street encounter. After all, you can never be too prepared. 3 of 3 people found the following review helpful. A Gem - truly By Hei LongI don't know Andy Puzyr but he has done us all a great service. I agree with both other reviews but wanted to share a little story I once heard that exemplifies the spirit of what's in this book. Charles Nelson is famous in certain circles of self-protection. He was once asked what he would do if attacked on the sidewalk in front of his training studio by some guy. "Spit in his face and push him in traffic" was supposedly his reply.

Dirty Fighting book Unlike formal self-defense that you've learned, "Dirty Fighting" works. You don't have to waste a lot of time training. It requires less strength than structured self-defense systems. This book is not a self-defense system. There are no fixed methods of how a technique should or should not be done. Its purpose is to teach you to defend yourself by attacking your opponent using deception and surprise, accompanied by a handful of highly effective and unconventional fighting techniques requiring a minimal amount of strength. 5 1/2 x 8 1/2, softcover, illus., 128 pages. Author: A. Puzyr