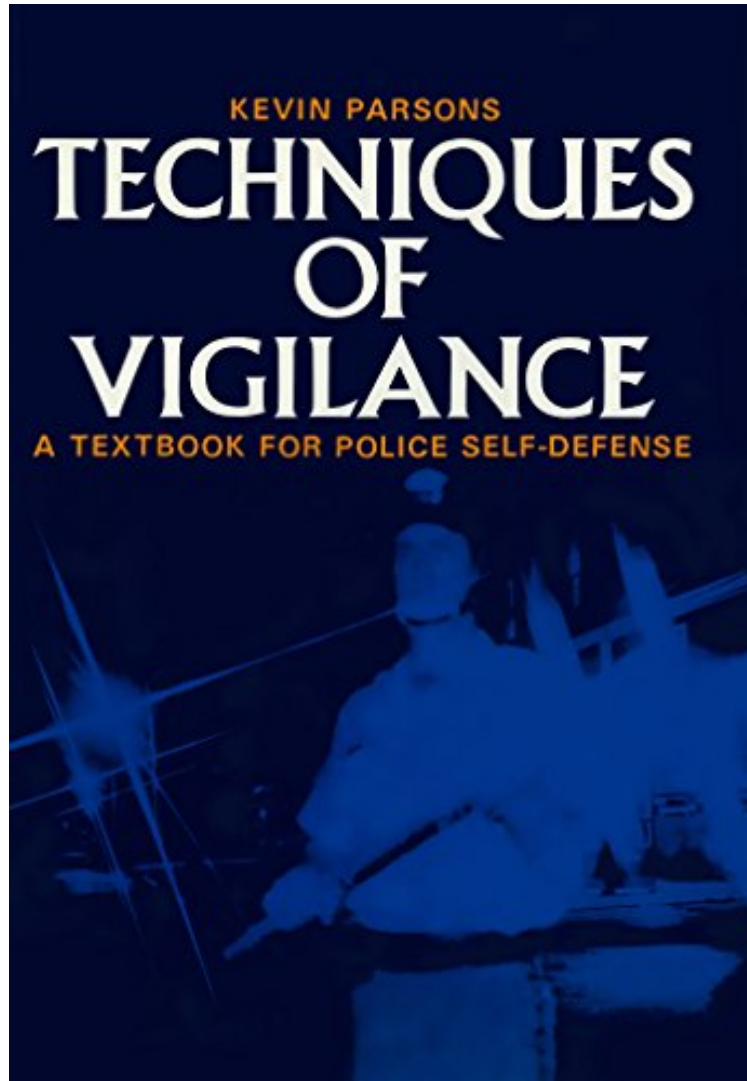


(Download) Techniques of Vigilance: A Textbook for Police Self Defense

## Techniques of Vigilance: A Textbook for Police Self Defense

*Kevin Parsons*

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**Kevin Parsons : Techniques of Vigilance: A Textbook for Police Self Defense** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Techniques of Vigilance: A Textbook for Police Self Defense:

0 of 0 people found the following review helpful. Great find if you are a student of self defense ...By S. AshleyGreat find if you are a student of self defense or police use of force. Book was in amazing shape for such an old volume.0 of 0 people found the following review helpful. Informative, in-depth and funnyBy A CustomerI didn't actually buy this book, I found it at a library. This is a very informative book, though I'm sure it's a bit dated. It covers many self-defense techniques with both words and lots of pictures. You've got hand-to-hand, fighting with and against batons, knives, grappling techniques, things like that. A big highlight is the pictures. I busted a gut just looking through this

thing - the facial expressions these people make as they attack and are hit are hilarious. It's like funny B-movie acting. And the guy they had playing the cop in nearly every sequence, you know he was having a good time. He was dishing it out - I never seen cops fight like that. If you can find a copy of this book, it's definitely worth a read.

This is a definitive martial arts manual on the principles and methods of effective police self-defense. Designed as a martial arts textbook, it details, clearly and concisely, the complete range of self-defense techniques for the law enforcement officer. Each chapter begins with an overview of the material to be covered, and topics range from basic philosophy to advanced close-quarter fighting. The text is directed to one purpose: providing a curriculum of self-defense to aid the police officer in actual confrontations. Tactics originating in the martial arts of many countries are brought together, refined, and adapted for the modern law enforcement agent. Physical training, blocking, striking, and throwing techniques are included, and the results of years of study of escape, come along, and handcuffing procedures are outlined. Techniques for dealing with blunt objects, firearms, and edged weapons are discussed. The text ends with a review of the individual officer's role in crowd-control situations. The author brings his expertise as a consultant to law enforcement agencies throughout the United States. The tactics he outlines are designed to provide modern law enforcement agents with extensive specialized training.