



# Practical Defense for the Untrained Person

*Gunner Morgan*

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# Practical Defense for the Untrained Person

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## **Practical Defense for the Untrained Person** Gunner Morgan

Practical Defense for the Untrained Person by Gunner Morgan is written for ordinary people with no fighting skills who want a simple, practical, and effective method of defense against violence. This book is geared towards individuals with no prior training and who are not in peak physical condition. Most people lead busy lives and don't have the time to devote hours of training every week. Unfortunately, we also live in a violent world full of human conflict perpetuated by the predators of society. If you are unlucky to find yourself in such a situation you need a practical method of defense to protect yourself or a loved one. This book is not about secret ancient techniques because they don't exist. This book will provide you with straightforward information that has the ability to save your life. No fancy moves, no gimmicks, no advertisements, just solid practical information. With the information provided in Practical Defense for the Untrained Person you will have realistic information to prevail in a violent encounter. Let the criminal be the victim!

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