



John »Lofty«
Wiseman

City- Survival

**Das Handbuch zur
Selbstverteidigung**



City Survival Das Handbuch Zur Selbstverteidigung

John Wiseman



City Survival Das Handbuch Zur Selbstverteidigung:

City-Survival John Wiseman,1999 **Effektive Selbstverteidigung und Notwehrrecht** Christian Rückert,2017-12-19

Das scharfe Schwert des Notwehrrechts verleiht dem Angegriffenen im Ernstfall die Befugnis den Angreifer zu toten Entscheidend für den Ausgang eines Notwehrprozesses sind dabei häufig der Zeitpunkt und die Intensität der Verteidigungsmassnahme. Darfte der Angegriffene bereits zustechen bevor der Aggressor seinerseits sein Messer zieht Darfte er sofort auf den Angreifer schießen oder hatte er einen Warnschuss abgeben müssen. Diesen Fragen wendet sich Christian Rückert zu und stellt den Auslegungskriterien der Rechtsprechung und der Strafrechtswissenschaft Erkenntnisse aus dem Bereich der Rechtsmedizin und der Sozialpsychologie sowie das Erfahrungswissen anerkannter Selbstverteidigungsexperten gegenüber. Er zieht daraus Schlüsse für die praktische Anwendung des Notwehrrechts durch Tat und Revisionsgerichte.

Wehr dich! Christoph Delp,2017-04-10 Die Ereignisse der Silvesternacht 2015/16 in Köln haben das Thema Sicherheit für Frauen und Mädchen aktueller werden lassen denn je. Viele heikle Situationen können entschärft werden wenn man sich nicht einschüchtern lässt und notfalls die geeigneten Selbstverteidigungsmethoden anwendet. Der Kampfsportexperte und Bestsellerautor Christoph Delp vermittelt auf einfache und verständliche Weise wie Frauen Gefahren frühzeitig erkennen und vermeiden können. Er zeigt wie man sich im Ernstfall am besten verhält oder Konflikte verbal lösen kann wie man Hilfe hinzuholt oder welche Alltagsgegenstände zur Verteidigung verwendet werden können. Zudem zeigt er auf welche Waffen in Deutschland zugelassen sind und wie man sie einsetzt ohne sich selbst Schaden zuzufügen. Er vermittelt dass zur optimalen Selbstverteidigung mentale und körperliche Fähigkeiten, Prävention und Aktion gehören. Zudem gibt er einen Überblick über Hilfseinrichtungen und die wichtigsten Auswahlkriterien für Selbstverteidigungskurse. Dieser Ratgeber enthält alles was Frauen und Mädchen über Selbstbehauptung und Selbstverteidigung wissen müssen um allezeit sicher auf unseren Straßen unterwegs zu sein.

Deutsche Nationalbibliographie und Bibliographie der im Ausland erschienenen deutschsprachigen Veröffentlichungen,2000 *German books in print*,2003 **The Art of Urban Survival, a Family Safety and Self Defense Manual** Stefan Verstaappen,2010 The complete guide to survival in the concrete jungle. The modern urban environment is rife with dangers. Crime, violence, natural disasters, wars and terrorism are real life possibilities for which few people are prepared. The Art of Urban Survival offers readers simple, safe and practical advice on how to prepare for and react to dozens of life threatening situations. The author draws from psychology, sociology and anthropology to provide a deeper understanding of the laws of the urban jungle. In addition, elements of military strategy, eastern martial arts and wilderness survival techniques are included to provide information on the full spectrum of urban survival skills.

The Handbook of Urban Survival Chris McNab,Joanna Rabiger,2003 Urban Survival Bill Mattos,2021-12-07 Practical skills to cope with unexpected hazards, keeping safe in everyday and extreme situations, from self defence in the street to dealing with a terror attack. *Urban Survival Techniques* Patrick Wilson,2003 Examines techniques elite forces use to

facilitate fighting and surviving in urban environments **Survival Strong** Phil Ross, 2016-02-29 Survival Strong is a culmination of all of the years spent training fighting protecting and teaching from the perspective of a person that lived through the experiences The situations and scenarios are illustrated by actual accounts of real life confrontations There is also a vast array of strength and fitness developing tactics included in this How To book Learn how to recognize avoid handle and prepare to protect yourself your family and your home

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