Spit, Hit, Run: Self Defense Lessons from Java

Jim Ingram

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This book presents the survival philosophy and self-defense movements that Jim Ingram has compiled in his more than eight decades on this earth. The specific self-defense movements are based in West Java styles of pencak silat and pukulan, but Ingram has added a large amount of knowledge gained from his experiences in the military, under occupation, and on the streets.

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