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The Best Martial Arts Styles for Self Defense; Close; Simple Steps to Success You Can Use Today; Close; Relationships. Close; Stevan Seagal, Jessica Alba

**California state university, sacramento dr. joan**

California State University, Sacramento Dr. Joan Neide Nelson, J. (1994) Teaching self defense.

**Suggested reading | resources | the city of**

Self-Defense: The Womanly Art of Debbie Leung, 1991; Self-Defense: Steps to Success, Joan M. Nelson, 1991; Her Wits About Her: No is Not Enough, Caren Adams,

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