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Soft to hard, hard to soft Incidental striking Unbalancing Unweighting. 15:00 Episode 03 - Footwork Episode 03 - Footwork. Triangle and diamond drills Combatives shuffle Vaulting: - Driving forward vs. stepping forward. Plyometrics Inquartata movements - Opening the gate - Striking on the movement (simultaneity) Hook step Change step ...

~~Kelly McCann's Combatives Self-Defense Course - Martial ...~~

McCann's first Combatives Principle in his book Combatives For Street Survival: Hard-Core Countermeasures for High-Risk Situations is Go Armed. You can't argue his reasoning that no matter how skilled you are, the use of any type of weapon provides you a significant advantage.

~~Kelly McCann says Never Fight Empty-Handed~~

Combatives For Street Survival: Hard-Core Countermeasures for High-Risk Situations by Kelly McCann provides some excellent advice and instruction regarding self-defense and the person who learns the techniques and principles in this book, and who trains hard as McCann advises, will be much better prepared if ever faced with a violent and unexpected assault.

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Welcome to EASTSIDE COMBATIVES. We are located on the East Side of Lake Washington, serving Kirkland, Bothell and Bellevue with our local programs and classes in Conflict Management, Crisis Resolution, Combatives and Survival Training. We also provide training to clients, companies and individuals worldwide.

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