



Fighting to Win: What to do Before, During, and After a Fight

Kevin Paulsen

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When someone tells you he can teach you a fighting system guaranteed to help you win every fight, he is lying to you. Some techniques work better than others, and not everyone has the same coordination, physical strength, or mindset to use them effectively. So any guarantee you get from an instructor or trainer about 100-percent success is worthless.

Kevin Paulsen is a former bouncer, security guard, and corrections officer, and currently serves in the U.S. Army. He decided to write this book because he didn't want people to learn a fighting technique *guaranteed* to work in any scenario and have it fail miserably in a real fight. Everything in this book is practical, factual, and combat proven.

Fighting to Win is for everyone who wants an honest guide to each aspect of fighting: before, during, and after. It examines what you can do to recognize the signs of an impending fight and (hopefully) avoid it, improve your odds of surviving if you must fight an armed or unarmed opponent, and deal with the legal and physical repercussions afterward. From the person who has never had a fight to the veteran streetfighter, this book contains sound advice for everyone who's looking for a more realistic approach to self-defense.

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