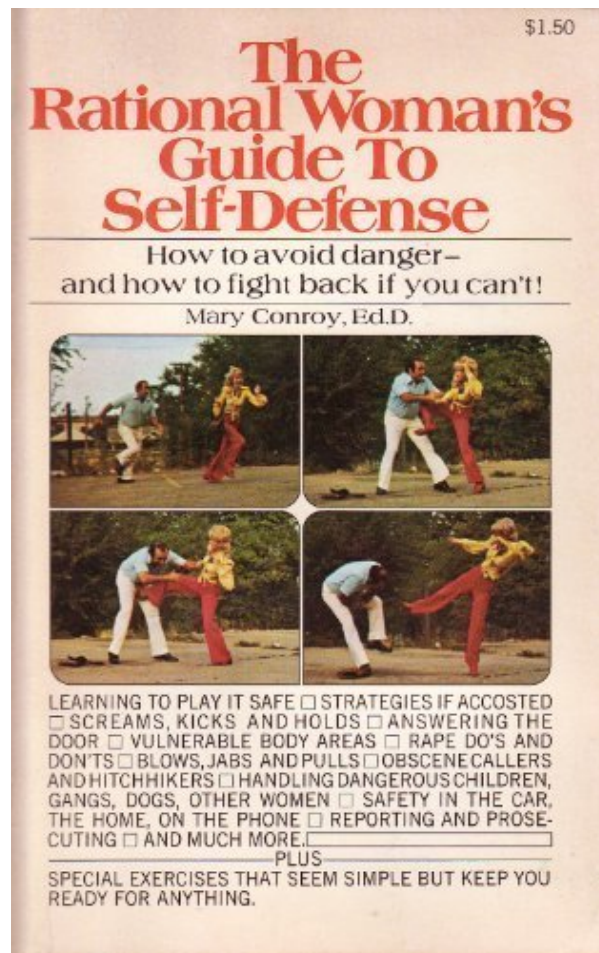


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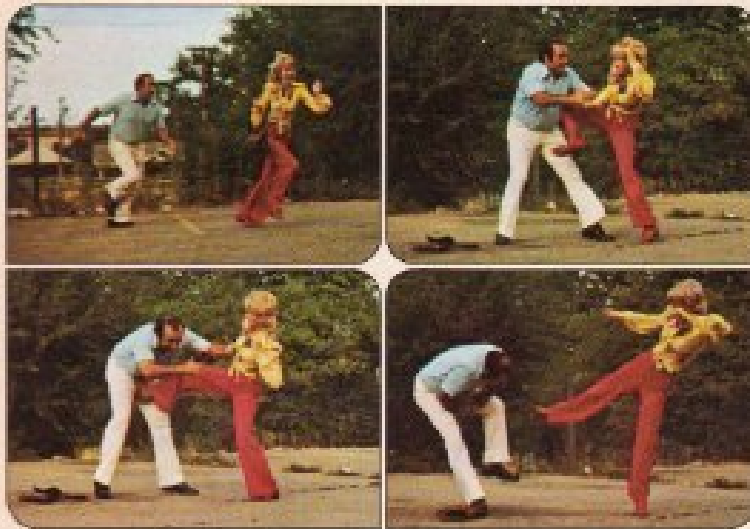


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Mary Conroy, Ed.D.



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Mary Conroy was studying for her doctorate in education at Columbia University in New York when she was accosted at knifepoint by a robber. She managed to do all the wrong things, and the police reprimanded her for her carelessness. She decided to study self-defense and has been teaching, studying and researching it ever since- nearly ten years. All her instructors have been men - experts in karate, judo, kung fu or police science. She took their most effective techniques, rejected those which work for men but not women, and added some tricky fighting and common sense to formulate the program on self-defense for women she gives in this book. -- from book's back cover

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