



# How to Win a Fight: A Guide to Avoiding and Surviving Violence

*Lawrence Kane, Kris Wilder*

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**How to Win a Fight: A Guide to Avoiding and Surviving Violence** Lawrence Kane, Kris Wilder  
**Two veteran martial arts instructors and a renowned comic book illustrator deliver the ultimate course in self-defense**

More than three million Americans are involved in a violent physical encounter every year. In these situations, knowledge is power, and few teachers are better equipped to deliver that knowledge than Lawrence Kane and Kris Wilder. Veteran martial arts instructors and masters in their field, Kane and Wilder have teamed up with DC Comics artist Matt Haley to produce a step-by-step guide revealing the secrets of surviving-and preventing-violent encounters.

The defense begins by scanning the environment for dangerous situations and using verbal de-escalation to defuse tense situations. If a fight is unavoidable, the authors offer clear guidance for being the victor, along with advice on legal implications, including how to handle a police interview after the attack.



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