

PreDefence

Self defense before SHTF

<http://predefence.com>

Manly motivation - because some days you need a pick-me-up

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https://www.youtube.com/watch?v=w0dK_AwwaPQ&feature=youtu.be&t=175&end=207

<https://www.youtube.com/watch?v=7PtTeXKi9S0?t=136&end=146>