

Real Fighting: Adrenaline Stress Conditioning Through Scenario-Based Training

By Peyton Quinn

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Techniques learned in the dojo rarely work in a real fight. Here the author of A Bouncer's Guide to Barroom Brawling offers a practical solution. Learn how to control the rush of adrenaline into your system and harness it effectively to shut down the bully's antics or pound him into the pavement when all else fails.

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Editorial Review

About the Author
Peyton Quinn is the dean of barroom brawling. He began his training in formal martial arts systems in 1964, eventually achieving rank in karate, judo and aikido. While he continues to respect and explore Asian martial arts systems, his real-world experience has shown him that for most people, training in martial arts alone is not enough for real fighting.

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