

Cecilia Brækhus

CHILDREN AND YOUNG ADULTS
HANDBOOK

Self-Defence for girls a book about avoiding trouble

Selvforsvar for jenter

2012

Cecilia Brækhus, one of the world's best female boxers, shares her experiences and insights. This streetwise and useful guide shows you how to avoid getting into trouble, and how to defend yourself if you were to be attacked. The best option is always to run away; however, if this is not possible, it is better to be prepared for what may come. You are stronger than you think, and there are multiple ways to escape from an opponent.

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128 Pages

English sample translation available



PHOTO: SIV JOHANNE SEGLEM

Cecilia Brækhus started kickboxing in secret when she was 14 years old. At 16, she became part on the national team and she is now ranged as one of the best boxers in the world.

RIGHTSHOLDER

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