



# **T.A.E. Total Attack Elimination: Pressure Points Self Defense**

*William Lee*

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This T.A.E. audiobook serves as a definite answer to many "unanswered" questions related to real life self defense. "What if the attacker is stronger and faster?", "What if he is trained?" and similar questions all become irrelevant when T.A.E. methods are applied - no one can take this type and intensity of pain!

One can train muscles power, strength, endurance, cardio etc. but no person can train '*pressure point pain resistance*'! Simple as that. These are **simple yet incredibly powerful** methods, based on ancient Chinese martial arts, that detail the pressure point manipulation and striking methods. This book deals with basics - it teaches you how to quickly detect these points on the body of attacker and how to successfully apply pressure (pinching or rubbing/pushing) motion for **instant elimination** of the attacker's intentions to hurt or injure you.

These methods are extremely painful, effective and dangerous therefore all students are requested to be very careful while practicing them.

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