Unleash the Power of Direct Combat with Mirko Ilić's "Fist to Face"

Who is Mirko Ilić?

Mirko Ilić is a legendary martial artist and elite operative with over three decades of experience in the field of self-defense and close-quarters combat. A master of multiple disciplines, including Krav Maga, MMA, and Systema, Ilić has developed a unique and highly effective approach to hand-to-hand combat that is both practical and lethal.



Mirko Ilic: Fist to Face by Oscar Wilde

★★★★★ 5 out of 5

Language : English

File size : 58967 KB

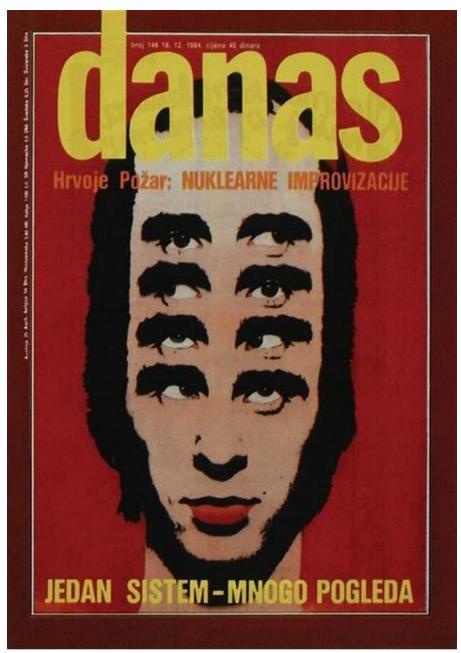
Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 320 pages





What is "Fist to Face"?

"Fist to Face" is the culmination of Ilić's extensive knowledge and experience. This comprehensive guide to self-defense provides readers with a step-by-step approach to developing the skills and mindset needed to survive and prevail in real-world confrontations.

From basic strikes and grappling techniques to advanced strategies for disarming opponents and countering common attacks, "Fist to Face" covers everything you need to know to defend yourself effectively.

Why is "Fist to Face" Essential Reading?

- Practical, No-Nonsense Techniques: Ilić's approach is based on real-world combat scenarios, and every technique taught in "Fist to Face" is designed to be effective and easy to execute under pressure.
- Empowering Self-Defense: This book is not just about memorizing techniques; it empowers readers to understand the principles of selfdefense and develop their own situational awareness and decisionmaking skills.
- Comprehensive Coverage: From standing and ground fighting to disarming techniques and countering weapons, "Fist to Face" covers the full spectrum of self-defense situations.
- Expert Instruction: With over three decades of experience, Mirko Ilić is one of the most respected and knowledgeable experts in the field of self-defense. His insights and guidance are invaluable for anyone looking to improve their combat skills.

Endorsements from Experts



""Fist to Face is a must-read for anyone serious about selfdefense. Mirko Ilić's no-nonsense approach and practical techniques will empower you to defend yourself and your loved ones in any situation." ""Mirko Ilić has written the definitive guide to close-quarters combat. Fist to Face is an essential resource for martial artists, law enforcement officers, military personnel, and anyone else who wants to be prepared for the unexpected." " How to Free Download Your Copy of "Fist to Face"

Mirko Ilić's "Fist to Face" is now available in print and e-book formats. To Free Download your copy, visit Our Book Library or your favorite book retailer.

Free Download "Fist to Face" on Our Book Library



Mirko Ilic: Fist to Face by Oscar Wilde

★★★★★ 5 out of 5
Language : English
File size : 58967 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 320 pages





Speak With Ease: The Ultimate Guide to Public Speaking Confidence

By Rupika Raj Are you terrified of public speaking? Do you dread the thought of having to give a presentation or speech? If so, you're not...



Vulcan Forge: A Suspense Thriller that Will Keep You on the Edge of Your Seat

Vulcan Forge is a suspense thriller that will keep you on the edge of your seat. Philip Mercer has crafted a gripping tale of intrigue, danger,...