



Charles Nelson's School Of Self-defense: The Red and Gray Manuals

Charles Nelson

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When he left the military after World War II, Charlie realized that there was a realistic need for average citizens to be able to defend themselves against violent assault, so he opened his School of Self-Defense in New York City. During its five decades of operation, Nelson's school taught hundreds of men, women and even children. To reach more people than could personally attend the school, Nelson published two manuals on self-defense, commonly referred to as the "Little Red Manual" and the "Little Gray Manual," both long out of print. Through these two booklets Charlie influenced generations of law enforcement officers, military personnel, martial artists and celebrities. Now for the first time, the two manuals have been combined to offer a comprehensive picture of the Nelson system of self-defense. Along with the faithful reproductions of the red and gray manuals, Charles Nelson's School of Self-Defense offers an illuminating look at Charlie Nelson by former pupil and World War II combatives expert Carl Cestari as well as a collection of photos from the life of one of the pioneers of civilian self-defense.

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