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## The Equation (Volume 1)

By Mr. Frank Williams

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 84 pages. Dimensions: 10.0in. x 8.0in. x 0.2in. My name is Frank Williams. I am a retired law enforcement officer and instructor in Self-Defense with over 40 years of training. We wrote this book with the intent to show what can and will often times happen in a fight or when physical training is used to stop or immobilize and attacker. My name is Steven Snodgrass. I am a former Chief of Surgery and also a martial artist, (Third-degree Black Belt). I have a great deal of passion in regards to both subjects, as they are intimately intertwined. One is constructive, the other, destructive; hence the fascination. This is why the book was written. This book does not in any way condone physical violence, but please let me assure you; no one wants to be a victim. We will demonstrate that point in a never-before-seen manner. This book, THE EQUATION, is part of a multi-book series because there is a great deal of material to cover. It is co-authored with my instructor, Sensei Frank Williams, As well as being a surgeon, I have been a student of the...



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