



# Hands Off: Self-Defense for Women

*W. E. Fairbairn*

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## **Hands Off: Self-Defense for Women** W. E. Fairbairn

When the author wrote **Hands Off!** in 1942, most men were off fighting the war, and women were left on their own to provide for and protect themselves. Fairbairn's hands-on techniques taught women how to turn their perceived disadvantages of weight, build and strength into advantages to be exploited against potential attackers. This historical gem's real value is as a record of the state of the world and women's self-defense 60 years ago, and Paladin Press is proud to bring back a work by the inimitable self-defense master W.E. Fairbairn so that a new generation of American men and women can enjoy and benefit from his teachings.

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