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Most 'street' or practical self-defense arts like those employed by the SEALs will use delivery systems like kickboxing or Wing Chun to quickly attack the eyes, throat, groin,

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In summary, Navy SEALs say, the most powerful tactic is keep your wits about you. As US Navy Seal John McGuire tells Fatherly online, it doesn't

matter if you are a CEO, a head of a household or an operative undertaking a mission, "You can't lose your focus or discipline ... self-doubt destroys more dreams than failure ever has."