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## Pressure Point Fighting Secrets Of Ryukyu Kempo

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6: Advanced Pressure Point Fighting  
Strategies part 1 Getting To The Point -  
Reference - Kyusho Jitsu Pressure Points  
Explained Applications From Kata Kusanku SELF  
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Here at Bright Side, we've decided to make a pressure point guide of the human body that you can reference back to in case of an attack. The main pressure points The ability to stand up for yourself is necessary for everyone. If you aren't engaged in martial arts, then you'll find this key sheet handy.

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~~9 Self Defense Pressure Points That Can Save Your Life One Day~~

As you would have guessed, there are only two types of pressure point fighting that can literally be used to knock someone out! They are blood flow and impact pressure point fighting. "Blood flow and impact pressure points are the only two forms of pressure point fighting that will allow you to knockout your opponent."

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Pressure Point Fighting Secrets of Ryukyu Kempo Paperback - January 16, 2012 by George Dillman (Author), Chris Thomas (Author) 3.7 out of 5 stars 32 ratings. See all formats and editions Hide other formats and editions. Price New from Used from Kindle "Please retry" \$9.95 - - Paperback "Please retry" \$34.95 .

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2Between Your Thumb and Index Finger. For those headache sufferers who can't ever seem to get relief, Logman points to a pressure point known as LI 4. This acupoint is located "on your hand between your thumb and index finger," and massaging it is "great for headaches or facial pain."

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TRUE 'Black Magic' Secrets: How to hit a Pressure Point and keep the ENERGY from that Point inside the body. This is for maximum pain and the ability to drop anyone. This is serious stuff. How to split the biceps of your street attacker (ideal for grab attacks).

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~~Pressure Point ...~~

Pressure-Point Fighting: A Guide to the Secret Heart of Asian Martial Arts eBook:  
Rick Clark: Amazon.ca: Kindle Store

World-rekknowned experts, George A. Dillman and Chris Thomas reveal the Secrets of Pressure Point Fighting in unprecedented detail. In a work destined to become a classic of the martial arts, the authors reveal combative treasures kept hidden for generations. Copiously illustrated, and profound in its depth, this book is a must for all who practice martial arts and value the ancient wisdom of the world's greatest warriors.

Every action in martial arts and self defense aims at discovering the opponents weak points, exploiting them, and finally disabling him/her without injury or to bring him/her under control.

Thorough detailing of how to use pressure point strikes for personal self-defense.

Learn the ancient knowledge of how the body's vital points, the centers of the body's natural energy, can be exploited to gain an advantage over your opponent in martial combat or self-defense. In this detailed guide to pressure point fighting, martial arts expert Rick Clark describes how to

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target expertly placed blows which can defeat your opponent quickly and effectively. He offers a systematic introduction to this knowledge and to the tools needed to recognize vital points in the kata, hyung, or forms already in place. The lessons explain: Where the body's vital points are located and how to strike them for maximum effect How vital points can be targeted most efficiently to successfully defend oneself How targeting vital points can be used in conjunction with traditional martial arts to help meet a variety of threats With 230 photos and 25 detailed charts, Pressure Point Fighting teaches that success in this discipline is not dependent upon acceptance of the tenets of traditional Chinese medicine, or modern Western medicine, for that matter--solely on open-minded observation and willingness to try different approaches to martial arts training. Forewords written by pressure point combat expert Vince Morris and Tai Chi master Jane Hallander explain how this book's lessons are indispensable to anyone seeking to learn the elements of pressure point fighting.

Supplement your martial arts skills with this expert guide to pressure point fighting. Western students of Asian martial arts have long been haunted by the aching suspicion that something is missing from the arts they love and practice wholeheartedly--something intangible, but something so essential that

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its absence leaves an unbridgeable void. For many, that missing ingredient is a true and thorough knowledge of the body's vital points: what they are, where they are, how to quickly find them under duress, how to use them, constructively or for destruction—and how to recognize them in the kata, hyung, or forms they thought they knew so well. In Pressure Point Fighting, martial arts expert Rick Clark offers a systematic introduction to this knowledge and to the tools needed to ferret out more of this information from forms and techniques already in place—knowledge and tools that are not dependent upon acceptance of the tenets of traditional Chinese medicine, or modern Western medicine, for that matter, but which are based solely on open-minded observation and willingness to try new, or old, approaches to martial arts training.

Practical self-defense explained in words and photos. Includes illustrations showing the pressure points used in self-defense techniques.

Martial arts lore tells of masters who possessed a mysterious ability to defeat an opponent with a single perfectly placed blow. The Secret Art of Pressure Point Fighting transforms the ancient legend into a modern reality—an anatomically based fighting and self-defense system that allows a smaller defender to defeat a larger attacker by

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striking at the key points on his body.

Precise anatomical locations of pressure points coupled with diagrams, and striking methods. personal self-defense. Has been called a must read for every serious martial artist.

This comprehensive guide shows readers how to treat common health problems using a variety of pressure point therapies: acupressure, shiatsu, reflexology, acu-yoga, and trigger-point therapy. For each condition, readers can experiment to discover which of these methods work best for them. Forem offers therapies for more than 65 complaints from acne, arthritis, and weight control to eyestrain, headaches, and impotence. More than 50 clear illustrations show readers exactly what they need to do. A section of master drawings show the complete array of points and meridians -- the same ones used in acupuncture. Then each section offers simpler drawings illustrating only the specific points needed for the condition being discussed. Concise instructions on pressure techniques accompany the illustrations.

Learn how to target the weaknesses of an attacker and effectively exploit them in order to defend yourself. The 36 Deadly Bubishi Points gives detailed explanations on how the pressure points of traditional Chinese medicine found in the Bubishi, the

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venerable "Bible of Karate," are used in attacking an opponent and how to defend yourself against such attacks. This book closely examines these vital points and the science behind them. While much has been written about the vital points and their medicinal importance, thanks to the popularity of practices such as acupuncture, martial research on the subject has been lacking. Cardwell discusses the vital points from the perspective of an experienced martial artist—including how the body's vital points are related to the 8 extraordinary vessels and 12 meridians which circulate energy throughout the body. Through detailed step-by-step instructions and over 96 photographs and illustrations, The 36 Deadly Bubishi Points shows how this knowledge can be employed in self-defense. Respond to an attacker by employing these ancient methods in modern, violent situations.

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