

Advanced Pressure Point Grappling

By Robert A. Williams, author of *Defensive Driving*

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The Official
Martial Arts
Instructional
Self-Defense



Advanced Pressure Point Grappling

Rick Clark



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Pressure Point Fighting Rick Clark, 2022-03-22 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 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

Kyusho-Jitsu George A. Dillman, Chris Thomas, 1992 Thorough detailing of how to use pressure point strikes for personal self defense *Small Press*, 1994 **Bowker's Complete Video Directory**, 2000 The Publishers Weekly, 1996

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