

Read Free The 36 Deadly Bubishi Points The Science And Technique Of Pressure Point Fighting Defend Yourself Against Pressure Point Attacks

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Pressure-Point FightingThe Secrets of KyushoSeishin ShuyoBubishiBubishi Martial Art SpiritAikido Weapons TechniquesThe Western BubishiOkinawan KobudoThe Secret Art of Pressure Point FightingKrav Maga Tactical SurvivalThe Spirit and the FleshDeath TouchKyusho-JitsuSecrets of Phoenix Eye Fist Kung FuAuthentic Shaolin HeritageSoul of the SamuraiPressure Point AtlasBushidoEarth, Sea, SkyVital Point StrikesAncient Okinawan Martial Arts Volume 1Small-Circle JujitsuSabaki MethodMasters SeriesFight Like a PhysicistDim-makThe Power of Pressure PointsAdvanced Pressure Point Fighting of Ryukyu KempoEssential Anatomy for Healing & Martial ArtsJapanese Throwing WeaponsPrairie SmokeThe 36 Deadly Bubishi PointsSuper StrengthShaolin Lohan Kung-FuPressure Point Self DefenseKrav MagaSelf-defense Nerve Centers & Pressure Points for Karate, Jujitsu & Atemi-wazaWing Chun Plum Flower PostsThe Anatomy of Martial ArtsUltimate Kempo

### Pressure-Point Fighting

This book is the go-to reference for Martial Artists and healers with cross-referenced material from both an Eastern (Traditional Chinese Medicine) and a Modern Western Medicine perspective. Hundreds of

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pressure points are depicted with extensive details of what happens when activated along with medical knowledge of point locations, nerve innervation, muscles, arteries, veins, and more. No other texts have this level of detail. It will replace several books in your library all within one volume! Kyusho Jutsu is the ancient application of acupuncture points for combat. Much of this ancient knowledge was lost until re-discovered. This highly detailed textbook will ensure that never again is this knowledge lost to antiquity.

### The Secrets of Kyusho

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 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 upon open-minded observation and willingness to try new, or old, approaches to martial arts training.

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Seishin Shuyo

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

Bubishi

Kempo, also known as Kenpo, is a classic and effective system of self defense. A Japanese martial art that teaches you how to avoid physical confrontations, the primary focus of Kempo, or "Fist Law" is to not inflict harm, but to manipulate the balance and structure of your opponent for optimal results. It teaches you how to avoid conflict through an understanding of Kosho Ryu's unique mental discipline and philosophy developed by the thirteenth century Japanese Buddhist priest, Kosho Bosatsu. With hundreds of photographs of kempo techniques and downloadable video, this Kempo book gives you systematic guidance for maximum effectiveness in the striking, throwing, and locking arts. Practical in its application, powerful in its philosophy, Ultimate Kempo is a martial arts foundation that any practitioner can use to hone their skills. Chapters include: What is Kosho Shorei Ryu Kempo? What is the Martial Way? Concepts of Study Escaping Joint Locking Throwing Striking Pressure Points

Bubishi Martial Art Spirit

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.

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## Aikido Weapons Techniques

This is a guide to pressure point striking for the average martial artist. Sang H Kim demystifies the lore of vital point striking and shows you realistic applications of vital point strikes for self-defence and combat sports. For those new to the concept of vital points, he begins by examining the Eastern theory of acupoints, meridians and ki (qi) and the Western scientific concepts of the nervous and circulatory systems, pain threshold and pain tolerance, and the relationship between pain and fear. This synthesis of accepted Eastern and Western theories helps the reader understand what makes vital point striking work and why it can be not only useful in fighting, but deadly. Based on this introduction, you will learn about 202 vital points for use in fighting including the name, point number, location, involved nerves and blood vessels, applicable techniques, sample applications, and potential results for each point. The points are illustrated in detail on an anatomically correct human model, with English, Chinese, and Korean names as well as point numbers for easy reference. In addition to identifying the vital points, Sang H. Kim gives you detailed information about the type of techniques that work for vital point striking including a discussion of fighting zones and ranges, plexus strikes, stance and footwork, bodily weapons, striking directions and angles and dozens of applications for common empty hand, grappling, groundfighting, knife and gun attacks. Based on over thirty years experience in the martial arts and in-depth research, Sang H. Kim has created one of the most complete books available on the art and science of vital point striking.

## The Western Bubishi

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"With detailed anatomical drawings, this book precisely illustrates the inner workings of your body during key martial arts moves. Its color drawings, helpful photos and clear text make it easy to identify the specific muscles you need to train for maximum speed, power and accuracy. More than just an anatomy book, each section is accompanied by exercises and stretches to strengthen muscles, prevent injury, and improve form."--P. [4] of cover.

### Okinawan Kobudo

A collection of documents written by and about Okinawa's most famous karate and kobudo (traditional weapons arts) masters, this anthology includes previously untranslated texts by Miyagi Chojun (founder of Goju Ryu karate), Mabuni Kenwa (founder of Shito Ryu karate), Taira Shinken (founder of Ryukyu Kobudo), Chibana Choshin (founder of Kobayashi Shorin Ryu), and Motobu Choki (the notorious scrapper who in his maturity went on to teach many who became masters in their own right). McCarthy, a renowned martial arts researcher, has also included the findings of his extensive research on these masters and the systems they founded, as well as of the prewar era establishment of the Okinawan karate tradition in the main islands of Japan.

### The Secret Art of Pressure Point Fighting

Describes the effects of blows to nerve centers and pressure points on an equal adversary, a smaller person, and a larger assailant as well as discussing pain, the psychodynamics of self-defense, and the

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differences between martial arts systems

## Krav Maga Tactical Survival

This is a 6" by 9" restored and re-formatted edition of Alan Calvert's original 1924 classic: SUPER STRENGTH. The text remains exactly as written in the original 1924 edition. This book is considered by many strength historians to be "The Bible" of modern muscle building and weight training. The great John C. Grimek kept only one book on his book shelf by his desk at York Barbell and it was his copy of SUPER STRENGTH. This book is truly one of the most influential in the history of the Iron Game and Physical Culture. Alan Calvert was one of the most important and most under-rated figures in the history of physical culture. He was the founder and publisher of STRENGTH MAGAZINE and the founder of MILO BARBELL COMPANY in the early 1900's. MILO was the first mass produced plate loaded modern barbell. STRENGTH magazine was an early leader in physical culture and many famous legends of the Iron Game such as Mark Berry, John C. Grimek, and many others, got their start there. This book has 26 chapters and 298 pages. There are many pages with old photographs and illustrations. This is a must have book for your physical culture library. Visit our website and see our many books at [PhysicalCultureBooks.com](http://PhysicalCultureBooks.com)

## The Spirit and the Flesh

Learn how to target the weaknesses of an attacker and effectively exploit them in order to defend

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yourself. The 36 Deadly Bubishi Points gives detailed explanations on how the pressure points of traditional Chinese medicine found in the Bubishi, the 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.

### Death Touch

Master the Japanese art of shuriken throwing with this illustrated martial arts guide. Japanese Throwing Weapons: Mastering Shuriken Throwing Techniques is a detailed instruction manual for learning authentic shuriken throwing techniques as practiced in Japan, known as shuriken-jutsu. Daniel Fletcher studied under Japan's most notable shuriken sensei, Yasuyuki Otsuka, of the Meifu Shinkage Ryu and in this knife throwing book he reveals the secrets learned in his years of study and training. Fletcher explains the origins and purpose of the shuriken as a weapon and provides information on the various types of shuriken used by the historic samurai and ninjas. Fletcher's expert instructions, along with over 200 photographs and the enclosed DVD can help anyone become proficient with Japanese throwing

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techniques. Weapons instruction includes: Shaken Shuriken—The most familiar of the shuriken family, this sharp-edged, star-shaped weapon is the one typically seen in martial arts film. Bo Shuriken—Shaped like a spike, easy to manufacture, economical, and convenient to carry, this simple weapon is a staple in the arsenal of the Japanese warrior. Teppan Shuriken—A multi-purpose weapon made from iron plates, it can take a variety of shapes and is used both for throwing or hand-to-hand combat.

### Kyusho-Jitsu

Finally! The secrets of the Bubishi translated for the first time! Shrouded in mystery, the Bubishi - Martial Art Spirit is the secret karate text of the Okinawan masters. This book inspired the modern developers of karate such as Chojun Miyagi, the founder of Goju Ryu Karate, Kenwa Mabuni, the founder of Shito Ryu Karate and Gichin Funakoshi, the founder of Shotokan Karate. Guarded for centuries, this mystical book was completely translated into English by Masters George Alexander and Ken Penland. It includes the history of the White Crane System, the Sanchin, Happuren and Nipaipa kata, "The Secret of the Blood" know as Dim Mak, Meridian Theory & Chinese Acupuncture, Pressure Points, Set up & Multiple Strikes, White Crane Fighting Techniques, Knockout & Killing Techniques, an explanation & illustration for 48 essential resuscitation techniques and much, much more! A one of a kind book that every serious karate student and instructor must have.

### Secrets of Phoenix Eye Fist Kung Fu

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The grandmaster of Enshin Karate describes Sabaki's characteristic circular motions and blind spot positioning while demonstrating punches, kicks, blocks, counters, and katas

### Authentic Shaolin Heritage

Revealed in this book for the first time are the long-held secrets of dim-mak: a system of deadly strikes to vital acupuncture points at the root of t'ai chi ch'uan. Learn the martial and healing applications of the most dangerous points, plus set-up points, multiple point strikes and neurological shutdown points. For information purposes only.

### Soul of the Samurai

Japan ' s Ryukyu archipelago was the birthplace of two methods of self-defense now practiced worldwide: Okinawan Karate and Ryukyu Kobujutsu, known as Okinawan Kobudo. Kobudo is the study of weapons adapted from the tools of farming and fishing. Okinawan Kobudo reveals, for the first time through print and photographs, the rich history and techniques of this most prestigious martial art known worldwide as Matayoshi. Andrea Guarelli traces the history of Matayoshi Kobudo, explores the background of each weapon, and demonstrates the form and technique of practice through rare photos, many of which the author took while a student of Shinpo Matayoshi Sensei (1921 – 1997). Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college

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basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

### Pressure Point Atlas

The martial arts world is rife with tales of ancient masters who could cause instant or delayed death or illness by attacking secret points on the human body. But to the Western mind, the concept of striking acupuncture points to disrupt the internal energy, or chi, seems like hocus-pocus. Thus, many serious martial artists dismiss the ancient art of dim-mak (also known as kyusho jitsu), which is literally translated as "death touch," as nothing more than fiction. However, if one can accept the idea that a dim-mak point is an avenue for attacking the nervous system, then it becomes easier to understand how striking specific points or groups of points can devastate the organs and the cardiovascular system. In this book, Dr. Michael Kelly, an osteopathic physician and experienced dim-mak practitioner, explains dim-mak's effects based on medical science. In layman's terms, Dr. Kelly reveals the physiological basis for what is clearly a very real and dangerous method of fighting. In the process of unraveling the mystery of this legendary art, Dr. Kelly makes the true genius of its founders brutally, and painfully, apparent.

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## Bushido

Soul of the Samurai contains modern translations of three classic works of Zen & Bushido. In Soul of the Samurai, bestselling author and respected translator Thomas Cleary reveals the true essence of the Bushido code or Zen warrior teachings according to 17th-century Japanese samurai master Yagyu Munenori and his Zen teacher Takuan Soho. The three works of Zen & Bushido translated in Soul of the Samurai are: The Book of the Sword by Yagyu Munenori The Inscrutable Subtlety of Immovable Wisdom by Takuan Soho The Peerless Sword by Takuan Soho Yagyu was a renowned swordsman and chief of the Shogun's secret police, while Takuan was the Zen spiritual mentor to the Emperor. This samurai philosophy book contains the first English translations of their seminal writings on Bushido. Cleary not only provides clear and readable translations but comprehensive notes introducing the social, political, and organizational principles that defined samurai culture—their loyalty to family, their sense of service and duty, and their political strategies for dealing with allies and enemies. These writings introduce the reader to the authentic world of Zen culture and the secrets behind the samurai's success—being "in the moment" and freeing the mind from all distractions, allowing you to react instantaneously and instinctively without thinking. In these classic works we learn that Zen mental control and meditational training were as important to the Samurai as swordsmanship and fighting skills.

## Earth, Sea, Sky

Every action in martial arts and self defense aims at discovering the opponents weak points, exploiting

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them, and finally disabling him/her without injury or to bring him/her under control.

### Vital Point Strikes

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 striking at the key points on his body.

### Ancient Okinawan Martial Arts Volume 1

Seishin Shuyo - Mental Training in Traditional Martial Arts introduces the powerful concepts and methods developed over centuries of traditional martial arts practice. Anyone can benefit from a more powerful, well-developed mind. The mental training techniques of traditional martial arts, known as Seishin Shuyo, can be used in every facet of daily life and will empower you in relationships, business, health, learning, and personal inner growth. Martial artists are renowned not only for their physical skills but equally for their incredibly powerful mental attributes as well: Unshakable Calm Clarity Under Stress Emotional Balance Perseverance Over Time Maintaining Focus Strategic Thinking Fighting Spirit Overcoming Pain and Adversity Meditation in Motion Unbreakable Will Power All these and more are part of martial arts mental training and can be developed through specific techniques and practices

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## Small-Circle Jujitsu

The complete system of small-circle jujutsu. Fully illustrated, this book covers falling, key movements, resuscitation, all forms of joint locks, throwing techniques, chokes and self-defense applications. Wally Jay is a member of Black Belt's Hall of Fame.

## Sabaki Method

Master the ancient Chinese martial art of Shaolin Kung Fu with this illustrated martial arts guide. The style of marital arts described in this book is believed to have developed from a form devised at the Shaolin Temple by the Indian monk Bodhidharma. Called Shih-pa lohan shou (Eighteen Arhat Hands), it was the original Lohan form. Its purpose was to provide monks with exercises that would not only strengthen their bodies and minds, but also arm them with a formidable system of self-defense. The authors present the Lohan techniques of south China (as taught by the Hood Khar Pai) in both solo—and partner— practice forms. Intended as a supplement to actual training, Shaolin Lohan Kung-Fu gives the history of the Shaolin arts and then continues with a detailed explanation of the Lohan form. Accompanied by almost 30 sketches and over 400 black-and-white photographs, this straightforward introduction to the Lohan system is a must for any serious student of Shaolin techniques. Chapters include: Background of Shaolin Kung Fu; Fundamentals of Shaolin; The Lohan Pattern; Shaolin Training Methods; and more!

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## Masters Series

Translations and explanations of Mori poetry and traditional wisdom are presented with photographs of New Zealand landscape.

## Fight Like a Physicist

Krav Maga: Real World Solutions to Real World Violence presents a no-nonsense approach to neutralizing attackers in close quarters. Author Gershon Ben Keren explains the philosophy behind the Krav Maga method, which is the basis of the Israel Defense Force's (IDF) devastating close combat system. This book lays out a systematic approach to self-defense and provides illustrated confrontation scenarios paired with tailored practical responses. Accompanied by clear, easy-to-follow photographs, practical combat skills are described in step-by-step detail, along with the movement patterns needed to make them effective in real-life settings. All of the photos in the book were shot in real-time, demonstrating what realistic movements—both from the attacker's and defender's perspective—look like. Where applicable, techniques have been shot in the scenarios in which they occur such as bars, restrooms, ATMs, etc. The situational components of such violent incidents are explained, so the reader can learn to identify, predict, and avoid violence before it occurs. Contents of this Krav Maga book include: What is Krav Maga? Krav Maga Yashir Introduction to author Gershon Ben Keren Basic Skills (Stances, Movement, Blocking and Striking)—The Timeline of Violence; Controlling Range; Relative Body Positioning; Groin Kick; Driving Knee Self-Defense Scenarios—Knife Disarming; Gun to Front of

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Body; Abductions and Hostage Taking; Knife Shank; Improvised Weapons Unarmed Assaults and Dynamic Components of Violence—Preventing a Front Headlock; Applying an Effective Guillotine; Defending Knees in a Clinch and more!

### Dim-mak

Apply and defend against all manner of kicks, sweeps, leg locks, leg checks and kick checks by learning to master the lost study of plum flower posts. It's time to rediscover the forgotten secrets to harnessing and wielding the power of the plum flower posts in combat. The missing link for training the Wing Chun stance, this book helps intermediate students and practitioners reach the highest levels of proficiency, teaching leg skills, sticking skills, good positioning, and checking and immobilization skills. The plum flower posts consist of 11 posts--10 wooden gerk jong, or legwork posts, and one mok yan jong, or wooden man post. Together, they complete a set called the moy fa jong. The wooden dummy trains practitioners to protect the upper centerline by applying hard techniques with proper distance, position, and leg control, while the gerk jong are designed and placed to train all elements of legwork and manage the lower centerline. A valuable training tool for any and all styles and families of Wing Chun, mastering the posts ensures that you never lose a fight due to lost balance or bad positioning; fall from leg sweeps, leg locks, or leg checks; or miss the knockout because of poor distance or knockout power.

Comprehensively written and supplemented with 180 full-color illustrations and photos, Wing Chun Plum Flower Posts is an essential resource for Wing Chun students, practitioners, and teachers looking to expand their knowledge base and skill set.

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## The Power of Pressure Points

### Advanced Pressure Point Fighting of Ryukyu Kempo

Master the wooden weapons used in Aikido with this comprehensive martial arts training manual. Although aikido is often thought of as a nonviolent, noncompetitive martial art, the use of weapons was introduced by the art's founder O'Sensei Morihei Ueshiba. In fact, aikido techniques that use wooden weapons can enrich all aspects of your practice, helping you to understand both basic and advanced aikido technical tactics as well as conceptual strategies and skills. Building on the authors' belief that no empty-hand system is complete without weapons training, *Aikido Weapons Techniques: The Wooden Sword, Stick, and Knife of Aikido* demonstrates weapon use both as a training tool to better illustrate aikido principles, and as a self-defense against weapon attacks, focusing on the three primary weapons used in aikido: Ken—the wooden sword Jo—the wooden staff Tanto—the wooden knife A complete discussion of each weapon is included, with descriptions of the stances, grips, techniques, forms, defenses, and training appropriate for each. With over 200 step-by-step photographs and detailed instructions, this aikido book provides an in-depth exploration of weapons use in aikido—from its spiritual implications to technical theory and practical use.

### Essential Anatomy for Healing & Martial Arts

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Pressure Point Self Defense For Beginners! How To Defend Yourself & Eliminate Attackers With Pressure Points Are You Ready To Learn All About Pressure Points? If So You've Come To The Right Place Here's A Preview Of What This Self Defense Book Contains A No Pressure Introduction To Pressure Point Self Defense So, What Is Pressure Point Fighting? Knockout Pressure Points Explained (Must Read!) The Common Targets That You NEED To Know And Much, Much More! Order Your Copy Now And Learn To Defend Yourself

### Japanese Throwing Weapons

The Western Bubishi is an advanced exploration into the application of Traditional Chinese Medicine to the fighting arts. The Extraordinary Vessels are examined with extreme detail, which rivals many Traditional Chinese Medicine textbooks. Their functions and interactions with the twelve Main Meridians are covered and provide an easy to understand description. Each of the eight Extraordinary Vessels are examined point-by-point and various methods to attack them are presented from a martial perspective. The thirty-six Vital Points that were listed in the historic martial document - The Bubishi - are examined in great detail and provides the western student with a much clearer picture of the combative importance of that document. The Primary Energetic Target of the body is provided with detailed analysis. The subject of Body Alarm Reaction (BAR) is covered with solid research and provides the western martial artists a better understanding of this phenomenon. BAR is then examined from an eastern perspective, and combined with Extraordinary Vessel interactions to illustrate how to utilize the knowledge in a combative sense. This book is the first in a series that will unlock the true combative methods of eastern-based fighting disciplines.

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## Prairie Smoke

The Encyclopedia of Pressure Points! Want to know what will happen when you strike a particular Pressure Point? Want to know which points are lethal or which ones lead to knockouts? This Atlas is a roadmap of the body energetically! Classifications such as Five Element Points, Horary Points, Sedation Points, Tonification Points, Window of the Sky Points, Destructive Points, Constructive Points, and much more, are defined and listed. Want to know which points were the 36 Vital Points listed in the Bubishi, the old secret text of the Okinawan masters? They are here! Angle of activation as well as detailed explanations of each point with polarity, element, and more is laid out in explicit detail. Full of tables and anatomical diagrams, you will go back to this reference over and over! Charts are great, but you need this book in your pocket or gym bag. Some customers have bought multiple copies: one for the school and one for home. Some even keep a copy in their vehicle! Heck, some even buy extras because they have worn their first copy out! One customer wanted extra copies to have just in case he lost his original! Once you read this book, you will understand why! This is an invaluable reference tool that you cannot be without in your training! Pick up a copy, or two, today!

## The 36 Deadly Bubishi Points

“ This Book introduces martial artists to the most effective and commonly used pressure points ” . R. Barry Harmon, License Acupuncturist, 9th Dahn Black Belt in the World Kuk Sool Association Any mistakes in the research or information in this book is the total and complete responsibility of the writer.

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In no way should any contributors be held responsible for the writer ' s opinions or mistakes. This book is meant to help martial artists understand the power, use, and effectiveness of using pressure points for striking and grabbing purposes. This book will cover the most effective, the most common, and the most practical pressure points in martial arts; therefore, I will not cover every single pressure point that is used in martial art, acupuncture or healing. It will also include points or areas that are not regular pressure points but specific common areas that are used for martial art striking or grabbing. I will not be discussing the anatomical or energetic effects of each point when struck but the effects of the strike on the pressure point. In other words, I explain what may happen to the individual when a particular pressure point is hit. It was a very difficult decision to choose how much information to place in this book. The goal of this book is to include enough information to help the reader understand the pressure points and their possibilities. I have tried to avoid overwhelming the reader with more information than most martial artists are interested in studying. That said, I decided to include a little more information than most might be interested in concerning the theories of Ki, Um (Yin) -Yang, Five Elements, Channel theory, and pressure points. This information is specifically included for those martial artists that are interested in a more in-depth study.

## Super Strength

This book will familiarise healing practitioners and martial artists with basic concepts of the human body, as defined by both Western and Eastern medical traditions, allowing those engaged in healing and martial arts to develop a more complete, holistic, and scientifically forward-looking understanding of the body. Included are: an overview of Western anatomical concepts; an overview of Eastern medical

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principles; a comprehensive listing of Oriental pressure points and meridians in English, Chinese, Japanese, and Korean, cross-referenced to nerves, blood vessels, and other anatomical landmarks; twenty essential self-massage and revival techniques; detailed principles of pressure point fighting, as used in traditional Asian martial arts.

### Shaolin Lohan Kung-Fu

Master the terrifyingly effective Phoenix Eye Fist style of Chinese Kung Fu with this illustrated martial arts guide. The Secrets of Phoenix-Eye Fist Kung-Fu depicts an enormously potent art, also known as Chuka Shaolin, that does not depend on strength or size. Instead, it utilizes a special striking technique, the phoenix-eye fist, aimed at vital points on the opponent's body. Phoenix-Eye Fist Kung-Fu excels at close-range fighting—an area neglected in many other martial arts—and employs a variety of lightning-fast strikes and kicks. Due to its deadly efficacy, there is no sparring in Chuka Shaolin, but instead complex two-person practice forms are employed—both for empty-handed fighting and for fighting with weapons—in which the practitioners fight all-out, and are protected only by a precise knowledge of the form. With hundreds of clear photographs, The Secrets of Phoenix-Eye Fist Kung-Fu reveals: The fundamental techniques of the empty-handed art A complete breakdown of the two-person empty-hand practice forms Detailed instruction in Chuka Shaolin pole fighting, including the practice forms An overview of the other weapons used in Chuka Shaolin, including the sai, the twin knives, the spear, and the farmer's hoe Special forms of Chi Kung designed to increase striking power, increase vitality, and aid in resisting and healing injuries

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## Pressure Point Self Defense

Winner of the: Gay Book of the Year Award, American Library Association Ruth Benedict Award, Society of Lesbian and Gay Anthropologists Award for Outstanding Scholarship, World Congress for Sexology "An extraordinary perceptive study of the berdache and the most comprehensive treatment of this controversial topic to date."—American Historical Review

## Krav Maga

An in-depth, sometimes whimsical look into the physics behind effective fighting techniques and examining the core principles that make them work: momentum, energy, center of mass, levers and wedges. It also exposes the illusion of safety provided by gloves and helmets, aiding the reader in reducing traumatic brain injury in martial arts, boxing, and other contact sports.--Publisher.

## Self-defense Nerve Centers & Pressure Points for Karate, Jujitsu & Atemi-waza

Devoted to the most enigmatic and little-known aspect of training of Shaolin monks. Training methods allow supernatural abilities to develop, far beyond abilities of an ordinary man. The book was written with the blessing and direct participation of the Head of the Shaolin Monastery Reverend Miao Xing, nicknamed "The Golden Arhat," one of the best Shaolin fighters of all times. These secret practices traditionally called "72 arts of Shaolin" or the essence of the Shaolin Combat Training.

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## Wing Chun Plum Flower Posts

Bushido: the samurai code of Japan is one of the most influential books ever written on "the way of the warrior." A classic study of Japanese culture, the book outlines the moral code of the samurai way of living and the virtues every warrior holds dear. In Bushido, Nitobe points out similarities between Western and Japanese history and culture. He argues that "no matter how different any two cultures may appear to be on the surface, they are still created by human beings, and as such have deep similarities." Nitobe believed that connecting Bushido with greater teachings could make an important contribution to all humanity, that the way of the samurai is not something peculiarly Japanese, but of value to the entire human race.

## The Anatomy of Martial Arts

Treasured for centuries by karate's top masters, the Bubishi is a classic Chinese work on philosophy, strategy, medicine, and technique as they relate to the martial arts. Referred to as the "bible of karate" by famous master Chojun Miyagi, for hundreds of years the Bubishi was a secret text passed from master to student in China and later in Okinawa. All of karate's legendary masters have studied it, applied its teachings, or copied passages from it. No other classic work has had as dramatic an impact on the shaping and development of karate as the Bubishi. Karate historian and authority Patrick McCarthy spent over ten years researching and studying the Bubishi and the arts associated with it. The first English translation of this remarkable martial arts manual includes numerous explanations and notes.

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McCarthy's work also includes groundbreaking research on Okinawan and Chinese history, as well as the fighting and healing traditions that developed in those countries, making it a gold mine for researchers and practitioners alike. For the final word on the true origins and spirit of classic Okinawan martial arts, one need look no further. This karate book is one of the best karate training supplements available.

### Ultimate Kempo

Krav Maga Tactical Survival presents proven solutions to dangerous, real-life situations. Krav Maga is the official self-defense system of the Israeli Defense Forces and has been battle-tested by police, armed forces, private security personnel and security-minded individuals around the globe for 60 years. Krav Maga teaches you how to quickly size up a dangerous situation and neutralize your attackers before they gain the upper hand. This martial arts book is full of examples of real-world life-threatening situations, and in each case the clear, step-by-step photographs and text illustrate an effective solution—showing you how to disrupt your attacker's strategy, disarm them, damage or destroy their ability to harm you, and quickly disengage so you can move to a more secure location. Krav Maga Tactical Survival covers the following essential techniques: Upper Body Combatives (hammer-fist strikes, hook punches, head-butts, front kicks and more) De-escalation techniques Spoiling knife and firearm draws Neutralizing knife and firearm attacks Dealing with unarmed attacks (clothing grabs, chokes and bear hugs) Executing pick-ups and throws

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