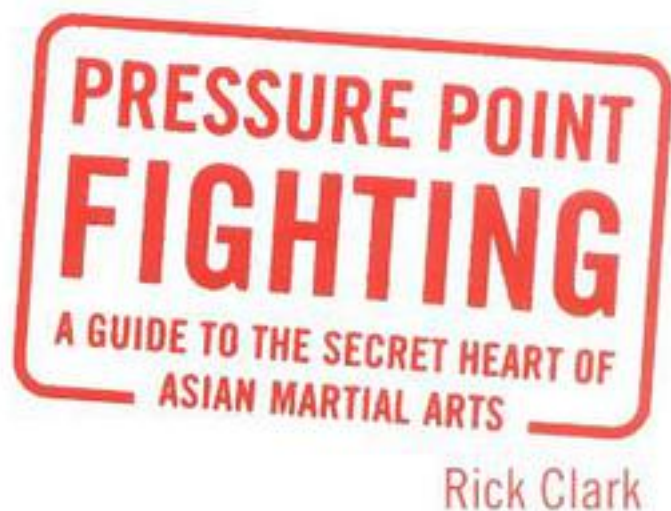


Pressure-point Fighting

It doesn't matter why it works.
It only matters that it works!



Simple step-by-step instructions for
how and when to use pressure point fighting
to your best advantage.

TUTTLE MARTIAL ARTS

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Pressure-point fighting -- the practice of manipulating the body's vital nerve and reflex points for self-defense -- offers the unique ability to neutralize attackers without causing any permanent harm. This intricate and temporarily devastating self-defense system has obvious advantages. What it hasn't had is a comprehensive guidebook from the Western perspective. Now martial arts expert Rick Clark offers all the fundamental pressure-point techniques -- illustrated with hundreds of photographs and twenty-five detailed pressure-point charts -- melding the ancient Asian knowledge with modern Western medicine and science. Here, at last, contemporary readers can learn to utilize this effective, reliable defensive art on their own terms.

作者介绍:

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