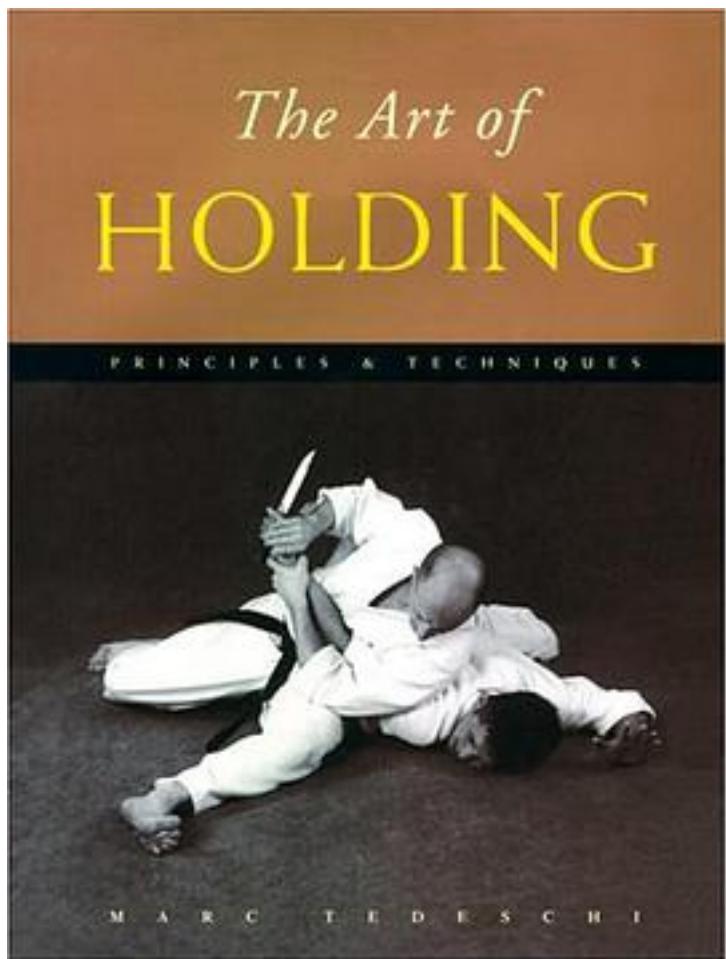


# The Art of Holding



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出版者:Random House Inc

出版时间:2001-10

装帧:HRD

isbn:9780834804913

This illuminating work outlines the essential principles and techniques that define the art of holding in most martial arts. More than 1,300 outstanding photographs introduce over 155 practical techniques encompassing all types of holds: joint-lock holds,

chokes, head locks, nerve holds, pressure point attacks, takedowns, ground pins, advanced combination holds and transitions, and defenses against chokes and joint-lock holds. Comprehensive introductory chapters provide an authoritative overview of important technical principles, East Asian energetic concepts, and 69 fundamental skills encompassing stances, footwork, grips, and methods of tumbling and falling. Precise anatomical illustrations and descriptions of 106 common Oriental pressure points, and a visual comparison of different martial arts, make this an invaluable resource for all martial styles.

Expertly written and designed by the author of the 1,136-page Hapkido—widely acclaimed as the most comprehensive book ever written on a single martial art—this exceptional work is designed to stand alone, or function as a companion text with the author's other works on martial techniques and anatomy. Regardless of the style you practice, these books will enrich your training, improve your technique, and deepen your understanding of the unique qualities embodied in your own martial art.

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