

# The Art of Throwing



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This illuminating work outlines the essential principles and techniques that define the art of throwing in most martial arts. More than 1,200 outstanding photographs introduce over 130 practical techniques encompassing all types of throws: shoulder throws, hip throws, hand throws, leg throws, sacrifice throws, kick-counter throws, advanced combination throws and transitions, and defenses against throws. Comprehensive introductory chapters provide an authoritative overview of important technical principles, East Asian energetic concepts, and 82 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 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.

作者介绍:

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