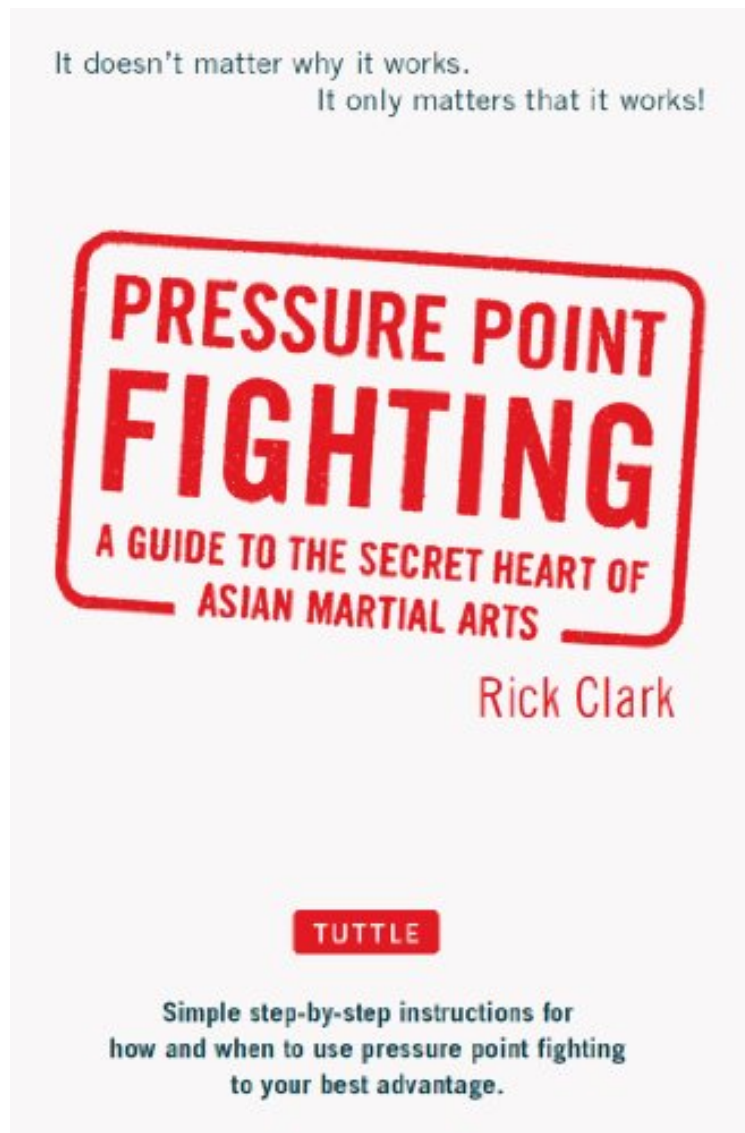


Pressure-Point Fighting: A Guide to the Secret Heart of Asian Martial Arts

Von Rick Clark

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Von Rick Clark : Pressure-Point Fighting: A Guide to the Secret Heart of Asian Martial Arts before purchasing it in order to gage whether or not it would be worth my time, and all praised Pressure-Point Fighting: A Guide to the Secret Heart of Asian Martial Arts:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. ich mag esVon Tim IdeViele nette Denkanste. Wer einen Lehrgang von rick besucht hat fhlt sich im schreibstil gleich wohl.

Die Bilder sind auch hilfreich. Ein steter bewohner meiner Trainingstasche

Kurzbeschreibung 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.

Pressestimmen-In my fifteen years as a martial arts journalist, I have seldom seen a martial artist with the ability and knowledge of Rick Clark. Pressure Point Fighting is a book for all martial arts styles... a must-read for students, teachers, and those interested in learning more about common-sense martial arts and self-defense.- --Jane Hallander, from the Foreword

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