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Soto-Ryu-Atemi-Poison-Hand Techniques Irving Soto, 2001-01-01 **Japanese Throwing Weapons** Daniel Fletcher, 2012-08-21 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 historical samurai and ninjas Fletcher's expert instructions along with over 200 photographs and the enclosed DVD can help anyone become proficient with Japanese throwing 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 **Karate Breaking Techniques** Jack Hibbard, 2012-01-09 Karate Breaking Techniques is the first book devoted solely to the art and techniques of breaking objects The author a highly experienced martial arts instructor and former Green Beret explains clearly and systematically how to break boards bricks and other objects and discusses practical applications of these techniques for self defense With over 500 outstanding photographs and sketches this karate book demonstrates the breaks themselves then in a simple step by step manner teaches how to execute them properly and safely Although kudo and fighting principles differ from style to style breaking remains a constant no matter what the style Therefore although martial artists may fight differently execute kudo differently or execute entirely different sets of kata all students of all styles can use the information set out in Karate Breaking Techniques to master the art of breaking Beginning with thorough coverage of the basics and on examination of the three principles of speed power and penetration the author explains the importance of focus body conditioning proper placement of objects to be broken breath control and other vital aspects of the art Hand kicking flying and combination breaking techniques are discussed in detail and the book concludes with instructions for performing impressive demonstration techniques **Stick Fighting** Masaaki Hatsumi, Quentin Chambers, 2013-02-01 Step by step instructions and over 300 photographs allow the trainee to follow and learn the techniques with ease The ideal weapon for self defense is a stick To find a comprehensive system of techniques using the stick we must turn to the East for systems known to the West have fallen into disuse In this book the techniques of Kukishin Ryu an ancient Japanese method have been updated and adapted for use today A thorough grounding in the fundamentals dealt with here will enable you to disarm and control any assailant CONTENTS Section 1 Basic Movements Section 2 Techniques against First Attack Section 3 Techniques

against Foot Attacks Section 4 Techniques against Wrist Holding Section 5 Techniques against Sleeve and Lapel Holding
Section 6 Techniques against Seizure from Behind Section 7 Techniques against Stick Holding Section 8 Immobilizations

The Seven Strategies of Hand to Hand Combat Ernest Emerson, 2015-04-08 This is not a book about techniques Black Belt Hall of Famer and Tier One tactical instructor Ernest Emerson opens the doors to the previously hidden Strategies Tactics and Mentality of the world's deadliest warriors giving you the tools to upgrade your training in any system into a truly effective program of combat ready skills Emerson's genius is in being able to break down human conflict combat into its most basic component parts and then explain them in terms that make perfect sense Then in turn he gives you the ability to train and supercharge those components individually so that when they are reassembled the result is an Abrams tank powered by jet engines But if you're looking for a book on how to block a punch you won't find it here This is about giving you the means to create a supercharged capability to take what you already know to the elite level ready for actual combat The difference between tier one operators and the rest of us is not that they know more techniques or possess secret skills They know the same things as we do They just know how to do them much better Emerson takes you into his classroom to teach you the real secrets the forbidden knowledge of the warrior elite America's Special Operations and Black Ops Units The problem with training for real world hand to hand combat skills is that almost all martial arts are over 200 years removed from actual combat and have been softened up or sporterized to be palatable to the general public The difference between conventional training and combatives training is defined by two simple words intent and intensity Each needs the other to be maximally effective and conventional martial arts lack both Without truly knowing if something will actually work in live combat how can an instructor teach combat skills to someone whose life may depend on those skills If you are ever in a situation where you're face to face with pure evil and you're not both physically and mentally prepared for violent deadly combat then that is the day you will likely die The author shows that you must be able to bring violence of action against the bad guy to such a degree that it doesn't just counter his attack but destroys him for attempting to do you harm You will learn how to evaluate your current training against the criteria of the perfect technique to judge everything you do as to whether it will work in real combat or not and avoid wasting your valuable time doing things that are of no value Learning and applying principles and concepts outlined in this book will give you the confidence you need to never again wonder Will this really work or Can I do this You will learn that the true mastery of fighting skills is not just based on confidence in the techniques but ultimately in the confidence you have in yourself Some of the subjects covered in detail include 1 The principles strategies and tactics of combat 2 The physical physiological and psychological effects of combat on the human body and how to use them to your advantage 3 The 3 Laws of Combat and the 6 Instinctual Triggers 4 The high art of preemptive self defense 5 The importance of being able to distinguish between capability and capacity Combative fighting skills is not a martial art It is hard intense painful training along with the development of the Warrior Mindset Without that mindset and

the iron will to win you are only using half of your power The other half is in the mind You will learn how important it is to never neglect one for the other Ernest Emerson has worked with members of the Naval Special Warfare Community Navy SEALs for over 25 years He carried a DOD top secret clearance for 15 years He is the owner of Emerson Knives Inc and the Black Shamrock Combat Academy in Los Angeles California

The 10 Best Stick Fighting Techniques Sammy Franco, DEVASTATING STRICK FIGHTING SECRETS The 10 Best Stick Fighting Techniques is the fourth installment in Sammy Franco s 10 Best Book Series This unique book offers you the most practical and useful methods for using a combat stick for real world self defense IDEAL TRAINING FOR ALL COMBAT STICKS The 10 Best Stick Fighting Techniques is an excellent source for learning how to use some of the following weapons Kali and Escrima Stick Police Baton Collapsible Steel Baton Nightstick Side Hand Baton The 10 Best Stick Fighting Techniques is based on world renowned martial arts expert Sammy Franco s 30 years of research training and teaching reality based self defense Mr Franco has taught these unique stick fighting techniques to thousands of his students including law enforcement agents military personnel and civilians and he s confident they will help you in a desperate time of need NO PREVIOUS TRAINING NECESSARY Regardless of your training background or level of experience The stick fighting techniques and strategies featured in this book are straightforward and will work seamlessly with your current martial arts self defense or survival program If you re a student of the Filipino Martial Arts FMA or just a recreational enthusiast you ll also find The 10 Best Stick Fighting Techniques a welcome addition to your library Best of all you don t need any previous training to master these devastating stick fighting techniques FOR BEGINNER AND ADVANCED STUDENT OR INSTRUCTOR Whether you are a beginner or advanced practitioner student or instructor The 10 Best Stick Fighting Techniques teaches powerful street oriented techniques and proven fighting methods to get you home alive and in one piece

The Secret Art of Pressure Point Fighting Vince Morris, 2008-05-28 From a ninth Dan Master a guide to disabling anyone using minimal force with 300 step by step photos showing each vital point and strike Ancient martial arts legends tell of masters who possess a mysterious ability to defeat an opponent and in some cases even cause death with one perfectly placed blow The Secret Art of Pressure Point Fighting transforms the myth into a modern anatomically based self defense technique that allows smaller defenders to defeat larger attackers by striking at the vulnerable points on their bodies Written by one of the world s leading authorities and clearly illustrated with photos of each pressure point this book shows how knowledge of the body s vulnerable points can enhance both competitive fighting and personal self defense skills The Secret Art of Pressure Point Fighting doesn t teach theoretical strikes it presents the actual moves used throughout the world by military special forces and law enforcement agencies to disable opponents as quickly as possible The moves in this book are straightforward and easy to learn They are designed to empower anyone regardless of size or physical strength with the ability to stop an attacker using a minimal amount of physical strength

Master's Death Touch Hei Long, 1990-01-01 Master s Death Touch gets down to the devastating fundamentals of the deadlier side of self

defense Master Hei Long describes the primary targets of an opponent's body and points out how to recognize various physical characteristics that would limit the lethal effectiveness of certain techniques. He then outlines the merciless use of the hands, feet, elbows, and knees to overcome any assailant bent on doing mortal harm. *Advanced Dragon's Touch* Hei Long, 1995-11-01. In this long-awaited sequel to the best-selling *Dragon's Touch*, Master Hei Long focuses on 20 pressure points that are crippling or even lethal when used as counterstrikes in hard-core hand-to-hand combat. Provides more than 50 practical applications. For academic study only. □□ □□□ □□□ Dennis Kim, 2012-07-30. Self-defense techniques taught in martial arts gyms are so complex and difficult that ordinary people cannot use them as freely as they want in a real fighting situation. So I introduced easy and powerful self-defense techniques in this book. Due to the danger that they might cause serious injuries or even death if used wrongly, these techniques are not taught at martial arts gyms. And modern martial arts prohibit the usage of these techniques as they call them foul plays. In dealing with violent crime, sports martial arts have its limits. In my point of view, we need to use all the defense techniques, including what modern sports martial arts call foul play, in order to protect our self-respect and our family from violence. I'm sure this book will be very helpful when you are in danger.

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