Kyusho Jitsu The Dillman Method Of Pressure Point Fighting

The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known martial arts figure in the world.

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Pressure-Point Fighting

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Advanced Pressure Point Fighting of Ryukyu Kempo

This book presents a harmonized approach to three major martial arts namely, karate, jiu-jitsu, and judo. The first part deals with the philosophical aspect of life and looks at how balance should be achieved between opposites such as soft and hard, hot and cold, violence and non-violence, masculine and feminine, etc. (yin-yang) which are found in nature, rather than adopting the modern tendency which is to try to favour only one side of the equation to the detriment of the other. It illustrates how martial arts can help us develop "mastery" of these so-called opposites so as to live in harmony with our spiritual being instead of ignoring it and favouring the development of the ego, source of all our misery. The second part of the book covers the basic technical aspect of gross and fine motor skills and is addressed to advanced practitioners. It stresses the need to keep an open mind with reference to cultures and provides an extensive glossary (Japanese, English, and French).

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Black Belt

Dillman and Thomas present instruction on the life-saving art of pressure point self-defense.

The 36 Deadly Bubishi Points

Practical self-defense explained in words and photos. Includes illustrations showing the pressure points used in self-defense techniques.
The Homing Beacon of Martial Arts

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Kyusho-Jitsu

Thorough detailing of how to use pressure point strikes for personal self-defense.

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Small-Circle Jujitsu

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**Black Belt**

The complete system of small-circle jujutsu. Fully illustrated, this book covers falling, key movements, resuscitation, all forms of joint locks, throwing techniques, chokes and self-defense applications. Wally Jay is a member of Black Belt's Hall of Fame.

**Advanced Pressure Point Grappling**

In the practice of karate, throughout the world and all levels, there is one sure constant - the Kata. These formal sequences of karate techniques form the basis of all proper practice, and their range in degree of difficulty means that they can be taught throughout a student's career. This new edition, which first appeared as two separate volumes, covers the first thirteen Shotokan Kata: Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan, Bassai-Dai, Empi, Sochin, Jion, Hangetsu and Nijushiho. Fully illustrated with photographs of each move, the accompanying text explains each sequence fully and clearly with a thorough investigation of the Kata's 'bunkai' or application. The authors concentrate not only on physical conditioning, but also on the correct mental and spiritual attitude. Complete with an exploration of the historical background and development of the Kata, this book will prove indispensable to all students of karate.

**Black Belt**

Prometheus is the first and only biography "authorized or otherwise"of Grandmaster 10th-Degree Black Belt, George A. Dillman . . . irrefutably one of the pioneers of the Eastern martial arts in post-World War II America. For anyone with an interest in the evolution of these arts in the West, Dillman's experience provides a veritable Who's Who of those exciting times. The author is acknowledged as perhaps the foremost authority on Pressure Point Theory applied to the martial arts in the U.S. Prometheus details the kind of hard science that Dillman engaged and sponsored (cadaver studies, EKG studies, electrical and neurological monitoring, thermal imaging) of Eastern Pressure Point Theory. Three medical doctors and a SWAT officer, among his highest ranking students, add their expertise to this book with reports of their investigations of Dillman's methods. Having trained under the likes of Harry Smith, Danny Pai and Hohan Soken, Dillman was one of the most-awarded competitors on the tournament circuit in the 1960s and '70s, and received advanced instructor certifications in a wide variety of martial arts. Dillman was always dedicated to sharing the work's benefits for both health and self-defense. During the 1980s and '90s, for example, he partnered with other great Headmasters, Wally Jay (Small Circle Jujitsu), Remy Presas (Modern Arnis) and Leo Fong (Wei Kuen
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Do), to give seminars all over the world. With testimonies from 50 of his peers and students (now teachers), the book is a record of his contributions to others, both personal and professional. As much of the narrative is offered in Dillman's own words, the reader meets the man himself, his unvarnished prose, his quirky interactions with animals (even cougars and bears!), his irrepressible sense of humor, and his sheer determination in pushing limits in whatever he undertook. George is now the CEO of Dillman Karate International, a global organization with hundreds of affiliated schools and tens of thousands of students.

Black Belt

Precise anatomical locations of pressure points coupled with diagrams, and striking methods. personal self-defense. Has been called a must read for every serious martial artist.

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Kyusho-Jitsu

The Universal Soul
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 on open-minded observation and willingness to try new, or old, approaches to martial arts training.

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The Secrets of Kyusho

Pressure Point Karate Made Easy

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**Karate Kata Applications**

Learn how to target the weaknesses of an attacker and effectively exploit them in order to defend yourself. The 36 Deadly Bubishi Points gives detailed explanations on how the pressure points of traditional Chinese medicine found in the Bubishi, the venerable "Bible of Karate," are used in attacking an opponent and how to defend yourself against such attacks. This book closely examines these vital points and the science behind them. While much has been written about the vital points and their medicinal importance, thanks to the popularity of practices such as acupuncture, martial research on the subject has been lacking. Cardwell discusses the vital points from the perspective of an experienced martial artist—including how the body's vital points are related to the 8 extraordinary vessels and 12 meridians which circulate energy throughout the body. Through detailed step-by-step instructions and over 96 photographs and illustrations, The 36 Deadly Bubishi Points shows how this knowledge can be employed in self-defense. Respond to an attacker by employing these ancient methods in modern, violent situations.

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Every action in martial arts and self defense aims at discovering the opponents weak points, exploiting them, and finally disabling him/her without injury or to bring him/her under control.

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