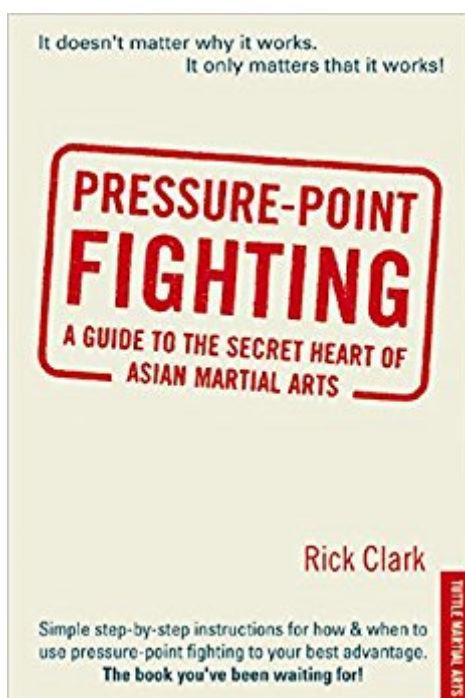


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# Pressure-point Fighting: A Guide To The Secret Heart Of Asian Martial Arts



## Synopsis

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.

## Book Information

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## Customer Reviews

"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

.Rick Clark began teaching martial arts in 1962, at the age of fourteen, and has been an enthusiastic student ever since. With ample experience in arts including judo, jiu-jitsu, karate, and Korean systems, a thorough understanding of physiology, and a knack for digging out gems from obscure sources, he has helped to bring about a quiet revolution in the training regimen of martial artists around the world. When he's not traveling throughout North America and Europe to conduct vital-point and applications seminars, he continues to research diligently at home in Indiana.

I purchased this book after i had the opportunity to partake in one of Mr. Clark's seminars. This book makes a good companion piece and reference to Mr. Clark's pressure point seminar, but i can see how it might not give the average reader much benefit. The drawings on the pressure points are kind of vague, and some of the photographs might be a bit hard to follow in sequence and see exactly where the action is taking place. For these reasons i gave it 3 stars. Now if you have sat through his class, then i would give this book 4.5 stars. Mr. Clark in person is very informed, teaches his methods with humor (and a bit of pain) and is able to show you exactly what you should be doing. I really enjoyed having the chance to train with him and would jump at the opportunity again. This book is therefore good for me in this instance because i had the benefit of seeing the moves firsthand, and i use the book as a refresher when the moves become hazy in my memory. pressure point fighting is like anything else, it takes lots of practice to be able to become accurate and some things are just easier to learn from another person rather than a book.

The author is very knowledgeable, and very encouraging to martial artists to explore the topic further. I use the book, like a reference book. I have not read straight through it completely; however, I hope that the graphics will be more descriptive in future issues. I am hoping that the author will create a companion DVD to go with this book. Much of this book is not easy for me to follow. It requires the reader to have a great understanding of Chinese cultural definitions, terms, philosophy and qigong.

A good book to get you in to it and make you want to learn more

Professor Clark is an extraordinary man, he has gained knowledge of asian arts and has passed that knowledge onto many students and avid readers.

Came on time as promised. As advertised

Lessons will be learned!

well written

great stuff

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