

# Martial Arts Pressure Points

[DOWNLOAD HERE](#)

For the teacher and student of self-defense or of any specialty of the martial arts this book will be an important reference source. SELF-DEFENSE NERVE CENTERS & PRESSURE POINTS is a practical guide to the most efficient use of weaponless self-defense using the least possible force. The results of self-defense actions are described in the most accurate way possible, taking into account the factors of relative size, strength, health and emotions. Modern knowledge of physiology and anatomy is applied to this subject which has long been much obscured by myth, superstition and legend. The so-called deadly blows are evaluated. Fantasy and fact are separated. Appropriate body targets for practical self-defense tactics are compared with point targets used in stylized and traditional martial arts and in sport tournament matches. For the teacher and student of self-defense or of any specialty of the martial arts this book will be an important reference source. Check Out My Store For More Great Deal..

[lavernea.tradebit.com](http://lavernea.tradebit.com)

[DOWNLOAD HERE](#)

## Similar manuals:

[The Karate Bible](#)

[Learn Martial Arts On Your Computer](#)

[Martial Arts Weapons And Training Equipment - Patent Document Collection](#)

[Ebook - The Ultimate Karate Bible With Resale Rights](#)

[Learn BRUCE LEE MARTIAL ARTS SECRETS! 5 Great Ebooks!](#)

[Martial Arts Turnkey Minisite Graphics - Learn How To Protect Yourself With PLR EBook](#)

[Self Defense Bundle - Ultimate Karate Bible Plus](#)

[Martial Arts Wordpress Website Turnkey PLR Content](#)

[Learn Mixed Martial Arts Secrets](#)

[Martial Arts Pressure Points](#)

[25 PLR Martial Arts Articles. Martial Arts PLR Articles](#)

[Martial Arts Template & Ebook \(RR/PLR\)](#)

[175 Martial Arts Articles - High Quality Articles - PLR](#)

[Self Defence Pressure Points](#)

[Bruce Lee Martial Arts Revealed - 5 Bruce Lee Training EBooks - Resale Rights](#)

[25 Mixed Martial Arts PLR Articles](#)

[10 Mixed Martial Arts PLR Articles](#)

[25 Martial Arts PLR Articles + 5,200 FREE Reports](#)

[The Ultimate Karate Collection](#)

[Martial Arts - Bruce Lee Training Bundle](#)

[The Complete Guide To Understanding Mixed Martial Arts](#)

[5 Martial Arts Ebooks](#)

[Martial Arts Bruce Lees Fighting Secrets Ebook Bundle](#)

[Bruce Lee Marital Arts 5 Books On Martial Arts Mastery By Bruce Lee](#)

[Mixed Martial Arts PLR!](#)

[Martial Arts Niche Package](#)

[\\*ALL NEW!\\* The Ultimate Karate Bible - MASTER RESALE RIGHTS INCLUDED!! + 25 FREE Reports \( Bargain Hunter Warehouse \)](#)

[Mixed Martial Arts P L R](#)

[The Ultimate Karate Bible - MRR + FREE Bonus Gift](#)

[25 Mixed Martial Arts PLR Articles](#)

[Bruce Lee Martial Arts Training Revealed](#)

[Martial Arts - 25 PLR Articles Pack!](#)

[Bumper Pack Of Martial Arts PLR Information- EBooks & Article](#)

[The Ultimate Karate Bible + 2 Bonus](#)

[176 PLR Articles - Martial Arts](#)

[Bruce Lee Martial Arts Training Revealed](#)

[Martial Arts Ebook With PLR](#)

[Mixed Martial Arts Techniques - 20 High Quality Plr Articles](#)

[Martial Arts Learn How To Protect Yourself PDF Ebook PLR](#)

[10 Articles On Mixed Martial Arts - With PLR + BONUS!](#)

[25 Martial Arts PLR Articles, #1](#)

[25 Martial Arts PLR Articles, #2](#)