

Advanced Pressure Point Fighting of

by George Dillman with Chris Thomas



Dillman Theo
for all System

Advanced Pressure Points Fighting

Christian G. Meyer

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Combat Pressure Points: A No Nonsense Guide To Pressure Point Fighting for Self-Defense Sammy Franco,2022-11-21

Combat Pressure Points A No Nonsense Guide to Pressure Point Fighting for Self Defense is a one of a kind book designed to teach you hard hitting pressure point fighting techniques for real world self defense Pressure point fighting is a fighting skill that can be performed by just about anyone young and old regardless of size or strength or level of experience Best of all you don t need martial arts training to apply these simple fighting techniques Unlike other pressure point books Combat Pressure Points is devoid of impractical and gimmicky techniques that can get you injured or possibly killed when faced with a real world self defense crisis Instead this book arms you with the most efficient effective and practical pressure point strikes that work in the chaos of a real world survival situation In fact the self defense skills and techniques found within these pages are straightforward and easy to apply Combat Pressure Points is based on world renowned self defense expert Sammy Franco s 30 years of research training and teaching both martial arts and combat sciences He has taught these cutting edge pressure point fighting skills to thousands of his students and now he s put them down in this in depth book With over 150 detailed photographs and dozens of easy to follow instructions Combat Pressure Points has everything you need to master the devastating art of pressure point fighting LEARN Impact Pressure Point Fighting Compression Pressure Points Knock Out Pressure Point Targeting Solo and partner Pressure Point Drills Pressure Point Conditioning Secondary Pressure Point Targets Advanced Pressure Point Fighting Hundreds of training tips And much much more Whether you are a beginner or advanced student or teacher Combat Pressure Points teaches you brutally effective skills battle tested techniques and proven strategies to get you home alive and in one piece

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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 **Black Belt**, 1996-05 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 marital arts figure in the world *Small Press*, 1994

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