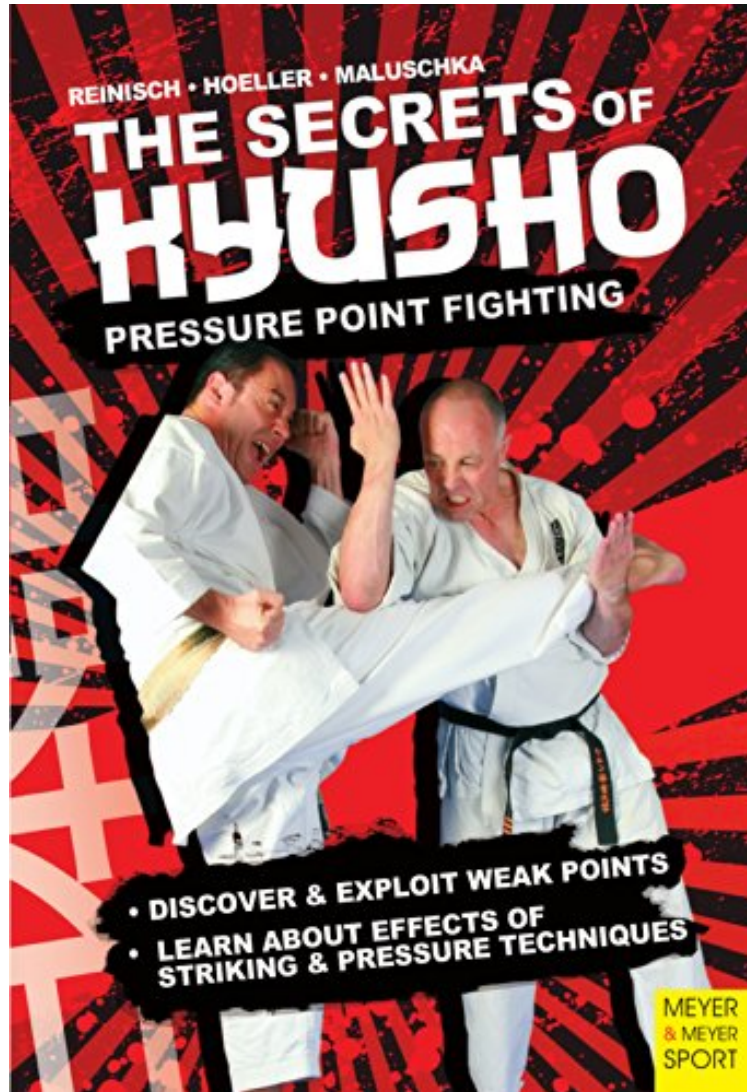


(Download) The Secrets of Kyusho

The Secrets of Kyusho

Von Stefan Reinisch

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Von Stefan Reinisch : The Secrets of Kyusho before purchasing it in order to gage whether or not it would be worth my time, and all praised The Secrets of Kyusho:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Going farther than most books on martial artsVon Michael HEvery Budoka who is interested in getting to know the secret points of kyusho should look into this well written book. The authors have accomplished a compendium which shows, demonstrates and explains all (secret) trigger points for martial arts. The medical / anatomic background is part and parcel of the book, helping to understand the potential dangerous effects (both physical as well as legally) the

techniques could have. Fully recommended!!!

Kurzbeschreibung All moves in martial arts and self-defense aim at finding the opponents weak spots and using these to ultimately control and subdue him. Although the knowledge of the human physique has increased recently, descriptions of punch and pressure techniques in most martial arts books focus only on causing pain, paralysis, death. Exact explanations of their impact are missing or given only on a spiritual level. However, understanding the impact of ones actions should be the focal point of any martial artist with a sense of responsibility. Kyusho provides detailed information about attack points of the human body and the relevance of the pressure point system in martial arts. With this approach the book offers the chance for every martial artist to expand his knowledge of the human body and the effect the pressure point system has on it.

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ber den Autor und weitere Mitwirkende Stefan Reinisch is a lawyer and holder of the 4th Dan in Jujitsu. He is an instructor in Jujitsu at the University Sports Institute in Vienna and acts as an advisor covering the areas of security training for businesses as well as teaching self defense to women and young girls. He is the co-author of the book on self defense for women and girls (in German "Selbstverteidigung fr Frauen und Mdchen"). Juergen Hoeller holds a diploma as Sports Instructor and Therapist as well as a diploma in Sports Training. He holds a trainer C license in boxing as well as possessing a 3rd Dan in Taekwondo, a 3rd Dan in Ashihara Karate, a 3rd Dan in Jujitsu as well as further black belts in Judo and Combat Hapkido. He is a lecturer on courses at home and abroad as well as acting as instructor on Trainer courses for various sports unions (Taekwondo, Judo, Fencing). He is a holder of the Bronze Order of Merit for the German Taekwondo Union and is a fitness trainer and author of numerous books on Martial Arts and Self defense. Axel Maluschka is a Business Coach and author. He has been training in various Martial Arts (Ashihara Karate, Taekwondo, Jujitsu and Kickboxing) since 1996, and is one of Juergen Hoellers students.