

Bruce Tegner Jujitsu

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authoritative easy to follow text school library journal

self defense nerve centers and pressure points is a practical guide to the most effective weaponless self defense using the least possible force and selecting the lowest risk of injury body targets addressing himself to the individual who has basic or moderate skill mr tegner explains how and why vulnerable body areas can be used for street defense he discusses the importance of understanding the possible and probable effects of hitting at various body areas he introduces modern knowledge and a modern vocabulary to a subject which has been obscured by myth and legend he evaluates the so called deadly blows and the secrets of the fighting arts in terms of acceptable scientific evidence and the reality of human anatomy he corrects misconceptions about where and how to strike blows for practical self defense as opposed to point targets used in stylized martial arts and contest matches students of any style of any of the martial arts specialties and teachers of self defense and sport skills will find much valuable source material in this book book jacket

text and illustrations outline an exercise program for individuals practicing judo or karate

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

series covers individuals ranging from established award winners to authors and illustrators who are just beginning their careers entries cover personal life career writings and works in progress adaptations additional sources and photographs

traces the history of various indoor and outdoor sports as presented in articles appearing

in the new york times

the encyclopedia covers the genre from 1920 to 1994 the genre however can be very confusing films often have several titles and many of the stars have more than one pseudonym in an effort to clarify some of the confusion the authors have included all the information available to them on almost 3 300 films each entry includes a listing of the production company the cast and crew distributors running times reviews with star ratings whenever possible and alternate film titles a list of film series and one of the stars pseudonyms in addition to a 7 900 name index are also included illustrated

your students and users will find biographical information on approximately 300 modern writers in this volume of contemporary authors

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

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