



Self-Defense: Nerve Centers & Pressure Points for Karate, Jujitsu and Atemi-Waza

By Bruce Tegner

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Stories about mysterious techniques involving nerve centers and pressure have been around for centuries. Here, Bruce Tegner evaluates the myth and legend behind the so-called "deadly" blows and the "secrets" of the fighting arts in terms of acceptable scientific evidence and the reality of human anatomy. This practical guide is addressed to the student or teacher of self-defense or any style of martial arts.

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Review

Tegner's book is a practical guide to the most effective weaponless self-defense using the least possible force. --The Police Chief Magazine

About the Author

Bruce Tegner has become familiar to millions of enthusiasts in the fields of self-defense, karate, jujitsu, and judo as an outstanding authority, teacher, writer and innovator. His brilliant, original contributions have been widely adopted and have had considerable influence among teachers and practitioners of the martial arts. His many books constitute a virtual library and are used by public and private school teachers, clubs, law enforcement agencies and individuals all over the world.

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