

Bruce Tegner Jujitsu

Bruce Tegner's Complete Book of Jujitsu Stick-fighting Savate Brecht Newsletter Something about the Author Aikido & Bokata Self-defense Nerve Centers & Pressure Points for Karate, Jujitsu & Atemi-waza The Encyclopedia Americana Top of the News The Publishers Weekly American Book Publishing Record Cumulative, 1950-1977 The Publishers' Trade List Annual The New York Times Encyclopedia of Sports: Indoor Sports Books in Print Karate & Judo Exercises Alternatives in Print Teach Your Boy Self-defense and Self-confidence Books and Pamphlets, Including Serials and Contributions to Periodicals American Book Publishing Record Library Journal Bruce Tegner Bruce Tegner Anne Commire Bruce Tegner Bruce Tegner R.R. Bowker Company. Department of Bibliography Gene Brown Bruce Tegner Bruce Tegnér Library of Congress. Copyright Office Bruce Tegner's Complete Book of Jujitsu Stick-fighting Savate Brecht Newsletter Something about the Author Aikido & Bokata Self-defense Nerve Centers & Pressure Points for Karate, Jujitsu & Atemi-waza The Encyclopedia Americana Top of the News The Publishers Weekly American Book Publishing Record Cumulative, 1950-1977 The Publishers' Trade List Annual The New York Times Encyclopedia of Sports: Indoor Sports Books in Print Karate & Judo Exercises Alternatives in Print Teach Your Boy Self-defense and Self-confidence Books and Pamphlets, Including Serials and Contributions to Periodicals American Book Publishing Record Library Journal Bruce Tegner Bruce Tegner Bruce Tegner Anne Commire Bruce Tegner Bruce Tegner R.R. Bowker Company. Department of Bibliography Gene Brown Bruce Tegner Bruce Tegnér Library of Congress. Copyright Office

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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

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

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

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