



The Secrets of Kyusho

Stefan Reinisch

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All moves in martial arts and self-defense aim at finding the opponent's 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 one's 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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