



The Art of Striking: Principles & Techniques

Marc Tedeschi

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One in a series of remarkable books that provide an in-depth look at the core concepts and techniques shared by a broad range of martial arts styles.

This illuminating work outlines the essential principles and techniques that define the art of striking in most martial arts. More than 1,400 outstanding photographs introduce over 400 practical techniques encompassing all types of strikes: hand strikes, elbow strikes, standing kicks, aerial kicks, ground kicks, head and body strikes, advanced combinations, avoiding and blocking skills, defenses against punches and kicks, and pressure point attacks. Comprehensive introductory chapters provide an authoritative overview of important technical principles, East Asian energetic concepts, and 109 fundamental skills encompassing hitting surfaces, stances, footwork, and common methods of falling. Precise anatomical illustrations and descriptions of 106 common Oriental pressure points, and a visual comparison of different martial arts, make this an invaluable resource for all martial styles.

Expertly written and designed by the author of the 1,136-page *Hapkido*--widely acclaimed as the most comprehensive book ever written on a single martial art--this exceptional work is designed to stand alone, or function as a companion text with the author's other works on martial techniques and anatomy. Regardless of the style you practice, these books will enrich your training, improve your technique, and deepen your understanding of the unique qualities embodied in your own martial art. View sample pages, read book reviews, or get more information at marctedeschi.com

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