



Shuri-Te Bu-Jutsu-Kai

Combative Kyusho-Jutsu Training Guide

Vital Points, Theory and Martial Applications

Special Price \$36.00

Book Description, Spiral-Bound - 164 Pages

Includes E-Book disc with the entire manual in PDF format

- Principles and Theory of Yin and Yang
- Yin and Yang Aspects of the Human Body and of Traditional Martial Art Systems
- 9-Moving Forces (Undo Chikara) of External Martial Training
- Internal Striking Power & Formula for Fa-Jin Internal Energy Manifested Externally
- The Six Unifications/Coordination's of Internal Martial Arts
- Proper Posture and Overcoming & Resisting Force
- Five Elements/Phases Theory & Cycles and Interaction of the Five Elements/Phases
- The Meridians (Jing-Luo) Twelve Main/Regular Meridians and Extraordinary Channels/Vessels
- Qi/Chi Circulation In The Twelve Main Meridians and Command Points of the Twelve Main Meridians
- 108 Vital Points of the Conception & Governing Vessels, Lung, Large, Spleen, Stomach, Heart, Small Intestine, Kidney, Bladder, Pericardium, Triple Heater, Liver, Gall Bladder Channel Points

Types of Kyusho-Jutsu Points, Methods & Usage:

- Alarm Points of the 12-Organs & Angle/Direction of Attack and Hand Formations Used in Organ Striking
- Major Set-Up Points
- Release Points for Musculo-Skeletal/Joint, Body Fluids & Fighting Spirit and How to Activate Release Points
- Sealing the Blood/Qi and Major Arteries & Veins of the Body and Potential Targets
- Diurnal Cycle of the Twelve Meridians
- Thirty-Six Forbidden Vital Points Listed in the Bubushi
- Seven Pairs of Corresponding Qi/Chi Gates
- Commonly Used Kyusho-Jitsu Vital Striking Points and Six Meridians of the Arms

Martial Applications:

- Some Characteristics/Principles Used When Applying Martial Art Techniques
- Strategy of Goshin-Jutsu-Waza (Self-Defense Techniques)
- Simple Knock-Out Techniques , Releases (Hazushi) Into Vital Point Striking, Choking/Sealing the Blood Techniques
- Entering & Blocking with Vital Point Striking Methods, Striking Drills to Develop Fluid & Continuous Motion
- Yin & Yang Continuous Multiple Point Striking Techniques, Palm-Elbow-Fist-Knee-Elbow-Palm Striking Combination
- Stop-Shock-Strike-Takedown, Enter-Strike-Takedown and Enter-Strike into Neck Locks
- Kansetsu-Waza - Joint Bending & Locking Techniques, Arm Bars and Wrist Locks
- Chin-Na/Te-Waza Joint Locking Techniques and Leg Trapping Chin-Na Takedown with Ankle Locks
- Principles of Motion within Takedowns/Throwing Techniques Parts of the Wave
- Takedown Techniques (Otoshi-Waza), Kicking Defenses Using Low-Line Kicks & Leg Destructions
- Handgun Defense
- Eight Palms Sequence Training For Internal Striking Power
- Ten Knee Sticks (Hiza-Geri)
- Attacking Mu/Alarm & Shu/Associated Points
- Combative Applications Using Vital Points
- Combative Chin-Na Applications Using Vital Points and Arm Bar Takedowns with Vital Points
- Leg/Ankle Destructions with Vital Points and Leg/Ankle Trapping Takedown with Vital Points
- Shoulder Joint Locking with Vital Points and Neck/Cervical Spine Locking with Vital Points
- 36 Elbows Flow Series: Combative Elbow Applications with Vital Points, Joint Locks Using Elbows with Vital Points and Cervical Spine Locks & Takedowns Using Elbows with Vital Points
- Five Elements Striking Theory using Shuri-Ryu Karate Ippon-Kumite-Kata #6
- What is Qigong & how does it relate to my Martial Art?
- Chinese Herbal Formulas For Martial Artist
- Conclusion & Ending Remarks & References

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