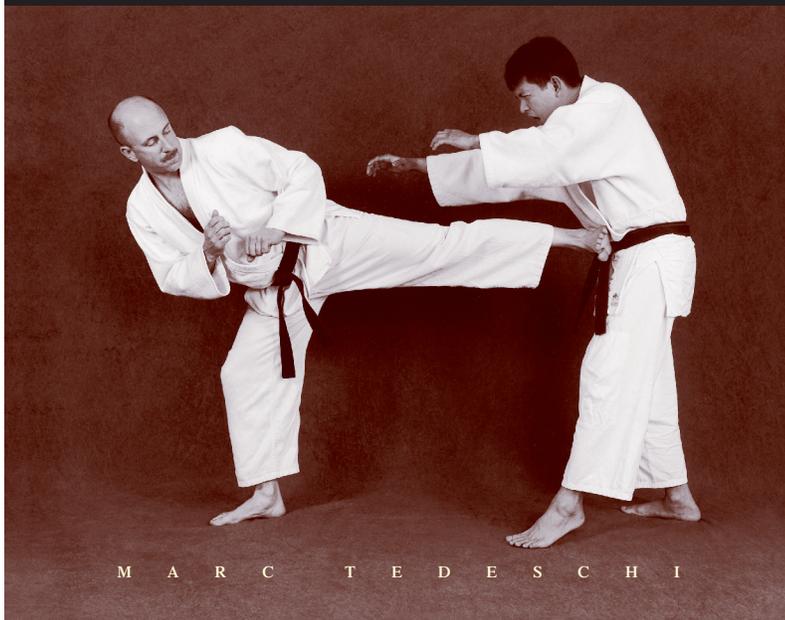


The Art of STRIKING

PRINCIPLES & TECHNIQUES



This illuminating work outlines the essential principles and techniques that define the art of striking in most martial arts. More than 1400 outstanding photographs introduce over 400 practical techniques encompassing all types of strikes: hand strikes, elbow strikes, standing kicks, aerial kicks, ground kicks, head butts 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 basic 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 1136-page *Hapkido*—widely acclaimed 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.

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MARC TEDESCHI is an internationally respected designer, photographer, educator, and martial arts master. He has practiced martial arts for more than 30 years, training extensively in Hapkido, Taekwondo, Judo, Jujutsu, and Karate. Mr. Tedeschi's landmark texts rank with the finest ever produced on the healing and martial arts. He has written 11 books, including the 1136-page *Hapkido* and *Essential Anatomy*.


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