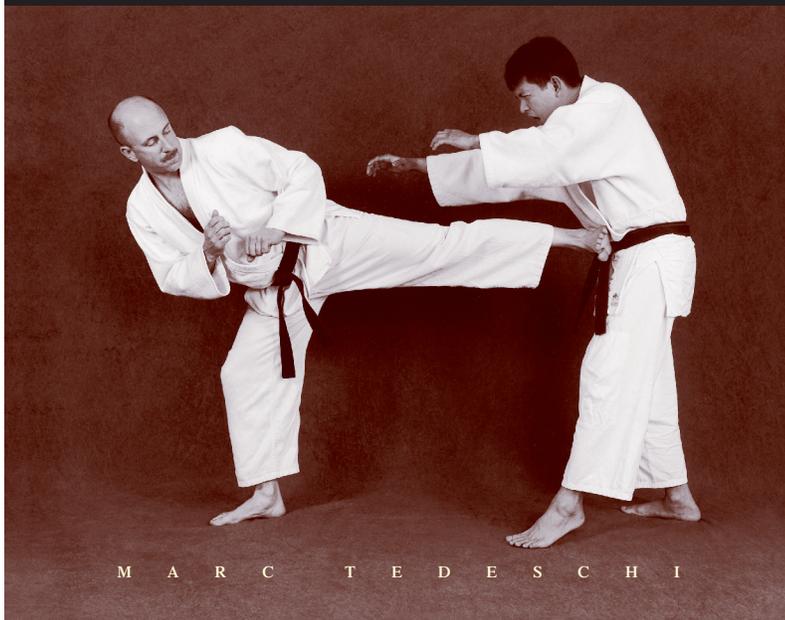


# *The Art of* STRIKING

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.

#### *Other Books in the Series*

*The Art of Striking* is part of a remarkable series of books that provide an in-depth look at the core concepts and techniques shared by a broad range of martial arts. Each of these stand-alone books is dedicated to a specific technical area. Other titles include: *The Art of Holding*, *The Art of Throwing*, *The Art of Ground Fighting*, and *The Art of Weapons*.

**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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# *The Art of* HOLDING

PRINCIPLES & TECHNIQUES



This illuminating work outlines the essential principles and techniques that define the art of holding in most martial arts. More than 1300 outstanding photographs introduce over 155 practical techniques encompassing all types of holds: joint-lock holds, chokes, head locks, nerve holds, pressure point attacks, takedowns, ground pins, advanced combination holds and transitions, and defenses against chokes and joint-lock holds. Comprehensive introductory chapters provide an authoritative overview of important technical principles, East Asian energetic concepts, and 69 fundamental skills encompassing stances, footwork, grips, and methods of tumbling and 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.

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# *The Art of* THROWING

PRINCIPLES & TECHNIQUES



M A R C T E D E S C H I

This illuminating work outlines the essential principles and techniques that define the art of throwing in most martial arts. More than 1200 outstanding photographs introduce over 130 practical techniques encompassing all types of throws: shoulder throws, hip throws, hand throws, leg throws, sacrifice throws, kick-counter throws, advanced combination throws and transitions, and defenses against throws. Comprehensive introductory chapters provide an authoritative overview of important technical principles, East Asian energetic concepts, and 82 fundamental skills encompassing stances, footwork, grips, and methods of tumbling and 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.

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#### *Other Books in the Series*

*The Art of Throwing* is part of a remarkable series of books that provide an in-depth look at the core concepts and techniques shared by a broad range of martial arts. Each of these stand-alone books is dedicated to a specific technical area. Other titles include: *The Art of Striking*, *The Art of Holding*, *The Art of Ground Fighting*, and *The Art of Weapons*.

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# *The Art of* GROUND FIGHTING

PRINCIPLES & TECHNIQUES



M A R C T E D E S C H I

This illuminating work outlines the essential principles and techniques that define the art of ground fighting in most martial arts. More than 1200 outstanding photographs introduce over 195 practical techniques encompassing all types of ground skills: chokes, head locks, joint locks, pins, ground kicks, sacrifice techniques, and defenses and counters from seated, reclining, and kneeling positions. Comprehensive introductory chapters provide an authoritative overview of important technical principles, East Asian energetic concepts, and 109 fundamental skills encompassing body positions, stances, footwork, ground movement, transitional movement, and common methods of tumbling and 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.

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#### *Other Books in the Series*

*The Art of Ground Fighting* is part of a remarkable series of books that provide an in-depth look at the core concepts and techniques shared by a broad range of martial arts. Each of these stand-alone books is dedicated to a specific technical area. Other titles include: *The Art of Striking*, *The Art of Holding*, *The Art of Throwing*, and *The Art of Weapons*.

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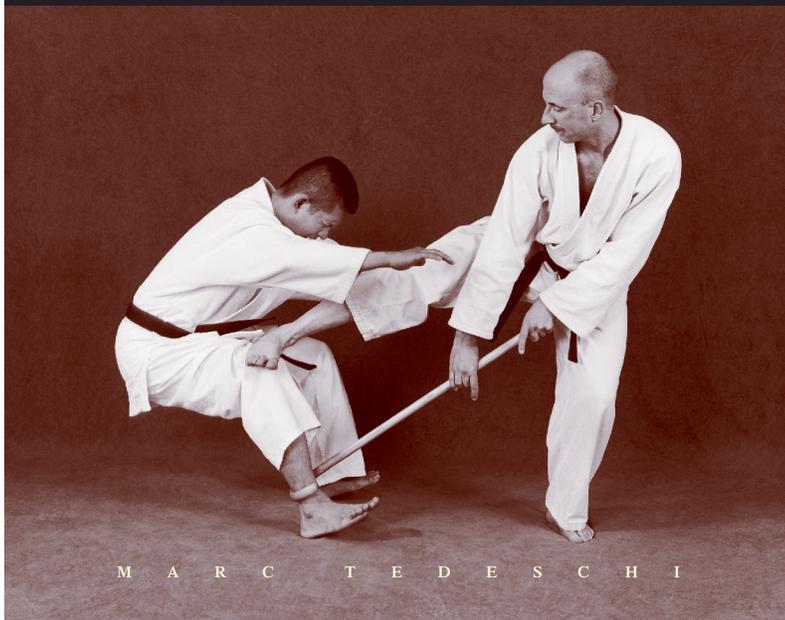
  
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# *The Art of* WEAPONS

ARMED AND UNARMED SELF-DEFENSE



M A R C T E D E S C H I

This illuminating work outlines the essential principles and techniques that define armed and unarmed self-defense involving common weapons. More than 1400 outstanding photographs introduce over 350 practical techniques spanning seven fundamental classes of weapons—knife, short-stick, staff, cane, rope, common objects, and defense against handguns—the mastery of which provides practitioners with a range of skills that will allow them to wield almost anything as a weapon. Each weapons chapter provides an authoritative overview of important technical principles, tactics, weapon types, grips, stances, and fundamental strikes and blocks, followed by numerous self-defense applications. Introductory chapters cover weapons philosophy, energetic concepts, 106 pressure points, and a visual comparison of different martial arts, making 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.

#### *Other Books in the Series*

*The Art of Weapons* is part of a remarkable series of books that provide an in-depth look at the core concepts and techniques shared by a broad range of martial arts. Each of these stand-alone books is dedicated to a specific technical area. Other titles include: *The Art of Striking*, *The Art of Holding*, *The Art of Throwing*, and *The Art of Ground Fighting*.

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## ESSENTIAL ANATOMY

*For Healing & Martial Arts*

# 氣神精

M A R C T E D E S C H I

This unique book will familiarize healing practitioners and martial artists with basic concepts of the human body, as defined by both Western and Eastern medical traditions, allowing those engaged in healing and martial arts to develop a more complete, holistic, and scientifically forward-looking understanding of the body. Overviews of philosophical and conceptual underpinnings are followed by detailed drawings and diagrams of the body's internal systems, as seen by both traditions. Written in a clear and concise style, this beautiful and informative book presents information previously unavailable in any single text, making it an essential work for students, healing professionals, and martial artists.

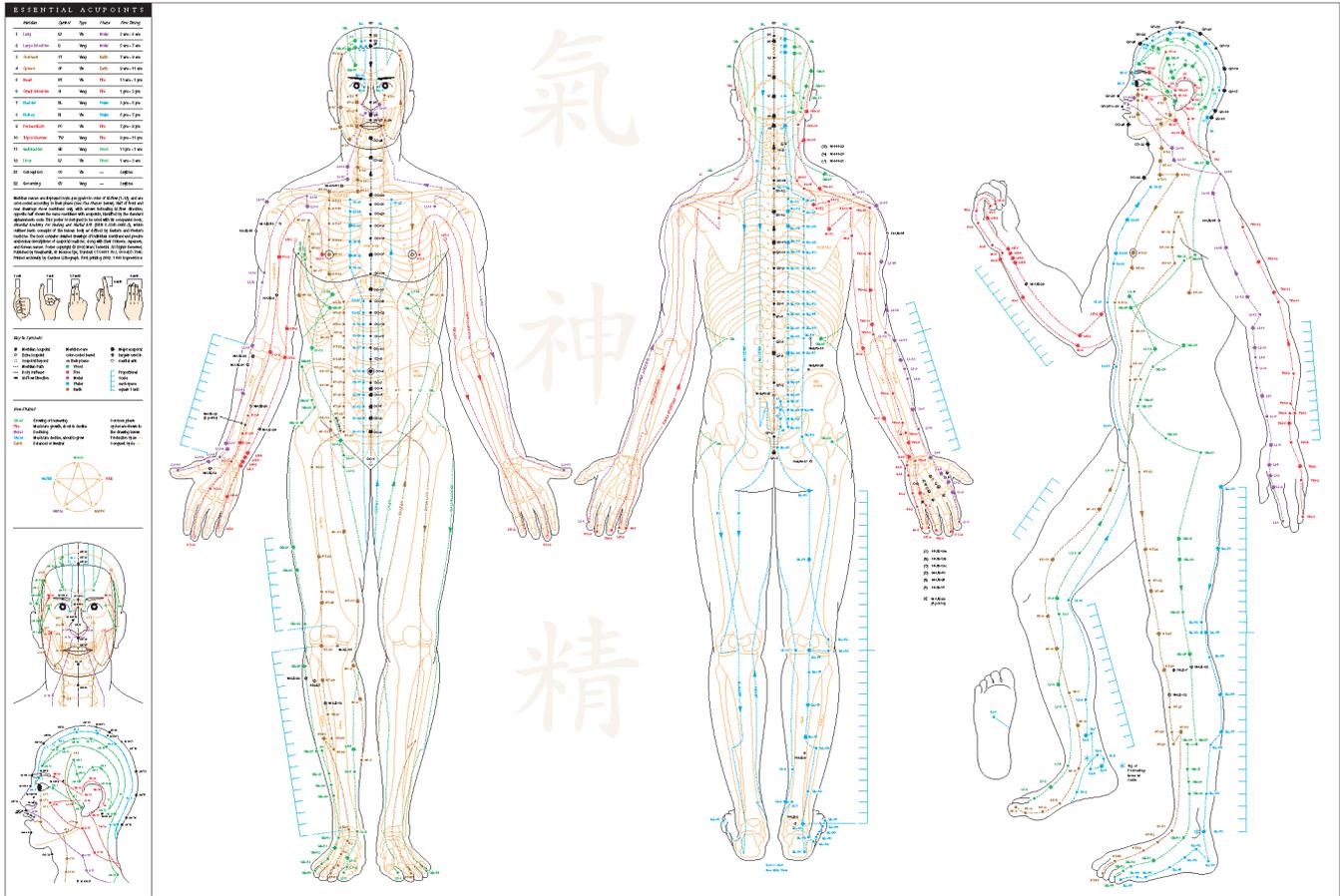
- Lavishly illustrated with over 147 color drawings and 54 duotone photographs
- Easy-to-understand overview of Western anatomical concepts
- Detailed overview of Eastern medical principles, including information previously available only in specialized, costly medical texts
- Comprehensive listing of Oriental pressure points and meridians in English, Chinese, Japanese, and Korean, cross-referenced to nerves, blood vessels, and other anatomical landmarks
- Twenty essential self-massage and revival techniques
- Detailed principles of pressure point fighting, as used in traditional Asian martial arts
- An essential text for students, healing professionals, and martial artists

**MARC TEDESCHI** is an internationally respected artist, designer, educator, and martial arts master, who integrates both healing and combative techniques. Long a student of Eastern concepts of human physiology and integrated medicine, he has practiced martial arts for more than 30 years, training extensively in Hapkido, Taekwondo, Judo, Jujutsu, and Karate. He is the acclaimed author of 11 books, including the 1136-page *Hapkido*, the 896-page *Taekwondo*, and a unique series of general martial arts texts.

  
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This exceptionally high-quality, 27 by 40 inch poster illustrates the acupoints and meridians that are the foundation of Eastern medicine and martial arts. Designed by the author of the landmark books *Essential Anatomy* and *Hapkido*, and printed in seven colors on heavy-duty archival stock, this unique and beautiful poster exhibits a level of accuracy, detail, and functionality unobtainable elsewhere.

- Over 400 acupoints and 14 major meridians, color-coded and shape-coded for clarity.
- Three large full-body drawings (front, rear, and side), plus two detail-drawings of the head. Drawings contain skeletons, proportional scales, and anatomical landmarks to assist practitioners in accurately locating acupoints.
- Acupoints precisely placed based on anatomical locations established by the major Chinese medical institutions.

- Highlights Yin-Yang and Phase (Element) relationships, Qi-flow timing, and common targets used in martial arts.
- Designed to stand alone, or be used as a companion with the author's books on healing and martial arts.
- Uses nomenclature and graphics consistent with the author's books and major Eastern medical systems, making for easy cross-referencing with various textbooks.
- Seven-color printing on high-quality, heavy-weight, archival paper; long lasting and suitable for framing; printed in the USA by one of the world's finest printers.
- Matte paper ensures easy viewing and eliminates glare and reflections typical of glossy posters.
- An essential tool for students, healing professionals, massage therapists, acupuncturists, athletes, and martial artists.

  
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# Hapkido

TRADITIONS • PHILOSOPHY • TECHNIQUE



M A R C T E D E S C H I

*"This book is in my experience the most comprehensive ever written on a single martial art. It is superbly organized, highly informative, and contains thousands of outstanding photographs. An authoritative presentation of basic principles and techniques, integrated with modern innovations, makes this work indispensable to martial artists of virtually any style."*

– PROFESSOR WALLY JAY

This ground-breaking work is the first to comprehensively document the traditions, philosophy, and techniques of one of the world's most varied, exciting, and practical martial arts—Hapkido. More than 9000 photographs introduce over 2000 martial techniques, including strikes, kicks, blocks, avoiding movements, holds, joint locks, chokes, throws, falls, tumbling, ground fighting, and weapons. Numerous closeups show precise grips, leverage methods, pressure points, hitting surfaces, and direction of force.

In addition to self-defense techniques, chapters are included on East Asian philosophy, martial arts history, anatomy, meditation, healing, and pressure point fighting, as well as in-depth, previously unpublished interviews with the world's preeminent Hapkido Grandmasters and renowned Grandmasters of related martial arts. Because of similarities between Hapkido and many other martial arts, including Taekwondo, Jujutsu, Aikido, Judo, and Tai Chi Chuan, this book is a useful reference for practitioners of all martial arts styles, from novices to masters. This unique work is the definitive text on Hapkido and destined to become a classic of martial arts literature.

**MARC TEDESCHI** is an internationally respected artist, designer, and educator, who holds a seventh-degree black belt in Hapkido, a martial art that integrates both healing and combative techniques. He has practiced martial arts for more than 30 years, training extensively in Hapkido, Taekwondo, Judo, Jujutsu, and Karate. A prolific writer, Mr. Tedeschi's landmark publications rank with the finest ever produced on the healing and martial arts. He is the author of 11 books, including the 896-page *Taekwondo* and *Essential Anatomy*.

  
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# Hapkido

AN INTRODUCTION TO THE ART OF SELF-DEFENSE



M A R C T E D E S C H I

One of the world's most exciting, varied, and practical martial arts, Hapkido consists of thousand of techniques encompassing all forms of martial skills: strikes, kicks, blocks, avoiding movements, holds, joint locks, chokes, throws, tumbling, ground fighting, weapons, meditation, and healing. This is the first introductory text to accurately portray Hapkido in its entirety, and includes essential material to guide novices during their initial training. Sixty practical self-defense techniques for most types of attack, more than any competitively priced book, are clearly illustrated through hundreds of outstanding photographs. Precise anatomical drawings of 83 common Oriental pressure points, and comprehensive chapters on history and philosophy make this book essential reading for anyone seeking a concise, honest, and accurate overview of this exciting and fast-growing martial art.

- Over 680 high-quality photographs, and 48 illustrations
- More photos and techniques than any similarly-priced competitive book
- Precise anatomical drawings of 83 common Oriental pressure points
- Comprehensive chapters on history and philosophy
- Sixty practical self-defense techniques, spanning most types of attacks
- Basic material to guide novices during their initial training
- Essential reading for anyone seeking a concise overview of Hapkido

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# Taekwondo

TRADITIONS • PHILOSOPHY • TECHNIQUE



M A R C T E D E S C H I

*The most comprehensive text ever written on the world's most widely practiced martial art—Taekwondo. Expertly integrates traditional and modern approaches, sport and self-defense, in a single definitive text.*

This ground-breaking text is the first to offer Taekwondo in its totality, documenting the traditions, philosophy, and techniques of the world's most widely practiced martial art. In more than 8600 photographs spanning 896 pages, renowned Taekwondo masters and elite competitors demonstrate over 700 core Taekwondo techniques, including stances, footwork, hand strikes, elbow strikes, standing kicks, jump kicks, ground kicks, avoiding and blocking skills, step and self-defense sparring, Olympic-Style sparring, breaking techniques, and solo forms and patterns. Techniques are named in both English and Korean throughout.

Detailed introductory chapters provide an authoritative overview of Taekwondo's history, philosophy, current structure, and contemporary issues, and thoroughly review breathing and meditation, warmups and flexibility exercises, and vital targets. To address the highly specialized and constantly evolving needs of sport competitors, in-depth chapters on Olympic-Style sparring cover basic concepts, current trends, core techniques, tactics and strategies, terminology, competition rules, referee signals, and more than 90 core attacking and counterattacking techniques used by world-class competitors. For forms enthusiasts, 250-plus pages provide an overview of 49 forms and patterns embraced by major federations, such as the WTF and ITF. Inclusive of virtually all Taekwondo styles, this unprecedented work is the definitive text on Taekwondo.

**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. A prolific writer, Mr. Tedeschi's landmark publications rank with the finest ever produced on the healing and martial arts. He is the author of 11 books, including the 1136-page *Hapkido* and *Essential Anatomy*.

  
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# Taekwondo

THE ESSENTIAL INTRODUCTION



M A R C T E D E S C H I

*The essential introductory text,  
written by the author of the  
landmark 896-page book, "Taekwondo:  
Traditions, Philosophy, Technique."*

This is the first introductory text to accurately portray the world's most widely practiced martial art, Taekwondo, in its entirety. Inclusive of virtually all Taekwondo styles, including Olympic-Style, this unprecedented work integrates traditional and modern approaches, sport and self-defense, in a single concise text—along with basic material required by novices during their initial training. Clearly written and expertly designed and photographed by the author of the landmark 896-page *Taekwondo: Traditions, Philosophy, Technique*, this unique book is essential reading for anyone seeking a succinct, unbiased, and accurate overview of Taekwondo's traditions, history, philosophy, and techniques.

- Over 530 high-quality photos, and 62 illustrations
- Comprehensive chapters on history and philosophy
- Over 150 techniques, spanning basic skills, sport, and self-defense
- Concise overviews of Olympic-Style sparring and solo forms
- Precise anatomical drawings of 83 vital targets
- Basic material to guide novices during their initial training
- Essential reading for anyone seeking a concise overview of Taekwondo

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# Taekwondo

COMPLETE WTF FORMS



M A R C T E D E S C H I

*The most comprehensive book ever written on Taekwondo's most widely practiced forms systems, including those sanctioned by the World Taekwondo Federation: P'algwae, T'aegük, and WTF Black Belt.*

This unique text is the first to offer a detailed, comprehensive presentation of Taekwondo's three most widely practiced forms systems, including those sanctioned by Taekwondo's largest governing organization, the World Taekwondo Federation. More than 5000 photographs and 1200 drawings spanning 512 pages document the 25 individual forms that make up the P'algwae, T'aegük, and WTF Black Belt forms systems.

Detailed introductory chapters provide an overview of Taekwondo's structure, review the historical origins of forms, outline principles of execution and interpretation, and describe the underlying philosophical concepts and meanings associated with each form and form system. In subsequent chapters, each of the 25 forms begins with summary pages for quick reference, followed by a detailed breakdown of each movement, which includes larger photos, descriptive text, alternate views, closeups of complex actions, Korean nomenclature, precise drawings of footwork, pattern diagrams on every page for constant reference, and examples of select movements applied to practical self-defense. Since forms training is intended to be a reflection of actual combat, descriptive text also outlines the combative purpose behind each movement, as well as common alternate interpretations.

While many books on forms have been produced over the years, none offer the level of detail, accuracy, and technical description provided by this text. Written and designed by the author of the 896-page *Taekwondo*—widely acclaimed for its comprehensive integration of traditional and modern approaches, sport and self-defense—this indispensable companion work is the definitive book on WTF forms.

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