

# *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.

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 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*.

**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 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*, the 896-page *Taekwondo*, and *Essential Anatomy*.

  
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