

# *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*.

**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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