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The Power of Pressure Points: The Most Common and Effective Martial Art Pressure Points

R. Barry Harmon

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"It is simply the 'go-to' book of pressure points. With clear narrative and useful photos and illustrations, Master Harmon has put together a wealth of information that will provide both beginning and experienced martial artist with an understanding of the theory and practice of pressure points and their interrelationships with Ki, Um (yin)-Yang, the Five Elements, and Channel Theory."

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"This text is an excellent compendium of the body's pressure points. The discussion of Yang/Um, Ki, and the regulatory benefit of stimulation of the acupressure points are quite educational in this overview of the underlying philosophy and tenets of martial arts. The accompanying historical "tidbits" provide additional insights. I thoroughly recommend this text for serious practitioners of martial arts."

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