



Pressure Point Atlas

Michael Patrick

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The Encyclopedia of Pressure Points!

Want to know what will happen when you strike a particular Pressure Point? Want to know which points are lethal or which ones lead to knockouts? This Atlas is a roadmap of the body energetically!

Classifications such as Five Element Points, Horary Points, Sedation Points, Tonification Points, Window of the Sky Points, Destructive Points, Constructive Points, and much more, are defined and listed. Want to know which points were the 36 Vital Points listed in the Bubishi, the old secret text of the Okinawan masters? They are here!

Angle of activation as well as detailed explanations of each point with polarity, element, and more is laid out in explicit detail. Full of tables and anatomical diagrams, you will go back to this reference over and over!

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