Pressure Point Defensive Tactics Reference Books

The following list of references I have found are a great source of information on the use of compliance points and zones for defensive tactics. Some of these books are very heavily weighted in theory, i.e. Traditional Chinese Medicine as well as Western Medicine, specifically on nerves, anatomy and physiology. They have been a valuable point of reference in developing the principle based training methods and consequence response on the body.

- Analysis of Shaolin Chin-Na by Dr. Yang Jwing Ming
- Art of Combative Motion, DVD by Troy J. Price
- Bubishi; The Bible of Karate by Patrick McCarthy
- DSI Torite Jutsu Reference Manual by Rick Moneymaker, DSI
- Essential Anatomy for Healing & Martial Arts by Marc Tedeschi
- Essential Principles of Shuri-Te Ju-Jutsu Volume-One & Two by Troy J. Price
- Karatedo; Art, Sport, Science by Kyoshi Ridgely Abele, Ph.D.
- Mannal of Acupuncture by Peter Deadman & Mazin Al-kafaji
- Shaolin Long Fist Kung-Fu by Dr. Yang Jwing Ming
- Taiji Chin-Na by Dr. Yang Jwing Ming
- The Ancient Art of Life & Death, the Book of Dim-Mak by A. Flane Walker & Richard C. Bauer
- The Encyclopedia of Dim Mak the Main Meridians by Erle Montaigue & Wally Simpson
- The Encyclopedia of Dim Mak the Extra Meridians by Erle Montaigue & Wally Simpson
- The Pinnacle of Karate—Methods of Shuri-ryu by Grandmaster Robert A. Trias
- The Two Dragons of Dim Mak by Dr. Pier Tsui-Po
- Advanced Martial Science Volume 1 & 2 by Master Michael Patrick DSI
- The Essence of Shaolin White Crane – Martial Power and Qigong by Dr Yang Jwing Ming
- Qigong – The Secret Of Youth by Dr Yang Jwing Ming
- Chi Nei Tsang – Internal Organs Chi Massage by Mantak & Maneewan Chia
- Bubishi – Martial Art Spirit by George W Alexander and Ken Penland

Good reading…

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