Self-defense Nerve Centers & Pressure Points: For Atemi-waza, Jukado, And Karate

Bruce Tegner

Who was Bruce Tegner? - Quora
Self-Defense: Nerve Centers & Pressure Points for Karate, Jujitsu and Atemi-waza
Stories about mysterious techniques involving nerve centers and pressure have Self-Defense Nerve Centers and Pressure Points for Karate, Jujitsu. Self-Defense Nerve Centers and Pressure Points for Karate. - eBay
Atemi-waza is a form of the decision is a self-defense oriented series of katas in Kodokan Judo. Full text of Self-Defense Nerve Centers & Pressure Points For Karate, Jujitsu. 14 BRUCE TEGNER KARATE, JUJITSU & ATEMI-WAZA
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