

(Mobile ebook) Arm-locks for All Styles (English Edition)

Arm-locks for All Styles (English Edition)

Von Iain Abernethy

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Von Iain Abernethy : Arm-locks for All Styles (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Arm-locks for All Styles (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen3 von 3 Kunden fanden die folgende Rezension hilfreich. Fantastic introduction to arm-locking techniquesVon Lemon"Arm-locks for all styles" is highly interesting, comprehensive and

very useful. It is recommended to any martial artist who wants to learn more about joint-locking techniques and improve his close combat skills. The book starts with a short overview about the basic principles, how locks can be identified in various karate forms and applied safely during training. In the following chapters more than 50 arm-locks are taught, including very effective wrist, elbow and shoulder locks. Since Iain Abernethy puts a very strong emphasis on self protection all the locks can be applied quickly and quite easily. The sequence for each movement is described in detail and illustrated on photos. What I found particularly amazing is how the author manages to uncover a large number of locks in various karate forms. Consequently, their application is automatically practiced in kata training once the principles are understood. On the last 18 pages some transition drills are taught and can be used as food for thought. On the whole, "Arm-locks for all styles" is a must read for all who are interested in practical martial arts. Buy it, read it and learn from it. This book is worth every cent.

1 von 1 Kunden fanden die folgende Rezension hilfreich.

Armhebel fr jede Gelegenheit Von Marc O. Sigle Iain Abernethy ist einer der fhrenden Kampfkünstler in Europa, wenn es um die Entschlüsselung von traditionellen Formen geht. Bereits 2002 veröffentlichte er das Buch 'Bunkai Jutsu', in dem er realitätsnahe Anwendungen von Formen vorstellte. In 'Armlocks for all Styles' (ISBN 0953893235) befasst er sich mit Armhebeln und zeigt, dass diese in zahlreichen Taekwondo- und Karate-Formen zu finden sind. Fr die Entschlüsselung von Formen stellt er die folgenden Regeln auf: 1. Jede Form ist ein in sich geschlossenes Selbstverteidigungssystem. 2. Alle Anwendungen dienen dazu, eine Konfrontation unverzüglich zu beenden. 3. Jede Bewegung spielt eine Rolle ' es gibt keine unnötigen Bewegungen. 4. Jede Bewegung dient dazu, im Kampf angewandt zu werden. 5. Die Winkel, in denen die Techniken ausgeführt werden, sind wichtig. 6. Die Stellungen sind ein wichtiger Bestandteil der Technik. 7. Echte Kämpfe verlaufen nicht so, wie geplant. 8. Ein Kämpfer muss auf allen Distanzen kämpfen können. 9. Die Wahrscheinlichkeit eines Angriffs muss in Betracht gezogen werden. 10. Schläge auf empfindliche Punkte. 11. Beachte unvorhersehbare Bewegungen deines Gegners. 12. Fr jede Bewegung gibt es mehrere Anwendungsmöglichkeiten. 13. Jede Anwendung muss sich in der Realität ausführen lassen. 14. Verstehe das Prinzip, auf dem die Technik basiert. Iain Abernethy hat nach diesen Regeln zahlreiche Formen analysiert und die Techniken von der Idealphase in die Realität übertragen. In 'Armlocks for all styles' demonstriert er diese Anwendungsmöglichkeiten, die sich leicht nachvollziehen lassen. Aufgeschlossene Taekwondo- und Karate-Formen können sie leicht in ihr Selbstverteidigungs-Repertoire aufnehmen.

0 von 0 Kunden fanden die folgende Rezension hilfreich.

comprehensive arm-lock applications in karate kata Von the log Although this book is titled "arm-locks for all styles" Mr. Abernethy puts also a strong emphasis how the introduced arm-locks can be found within Karate kata. For Karate-Ka this book is an inspiration to explore different applications of kata techniques and sequences, beyond their most taught rudimentary explanations and to broaden their understanding and interpretation of kata.

Kurzbeschreibung Arm-Locks for All Styles is a must read for all martial artists who wish to expand, enhance and develop their knowledge of arm-locks. The wide range of wrist, elbow and shoulder locks covered in this book ensures that it will be of benefit to all martial artists, regardless of style. This book will help practitioners of 'striking systems' to introduce armlocks into their training, Martial artists who are more familiar with armlocks are sure to enjoy the wide diversity of content and the unorthodox nature of some of the locks covered. This book also includes detailed guidance on how to uncover the arm-locks 'hidden' within the katas, hyungs and forms. Arm-Locks for All Styles covers locks that can be used whilst fighting vertically and on the ground and is a must for all martial artists who understand the need for skills at all ranges of combat.

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