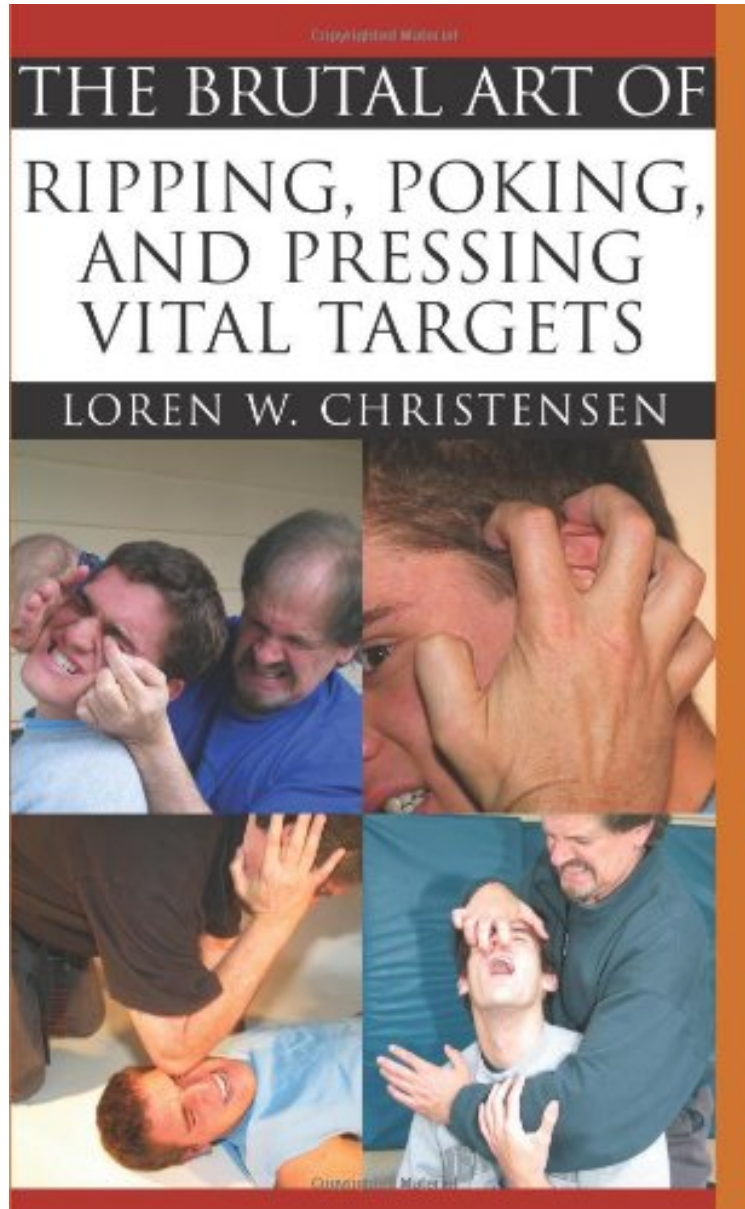


The Brutal Art Of Ripping, Poking Pressing Vital Targets

Loren W. Christensen

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Loren W. Christensen : The Brutal Art Of Ripping, Poking Pressing Vital Targets before purchasing it in order to gage whether or not it would be worth my time, and all praised The Brutal Art Of Ripping, Poking Pressing Vital Targets:

1 of 1 people found the following review helpful. Loaded with solid information, BUT C'mon...By

PointlessSquireThis book is loaded with solid information; valuable tools and techniques for ending street fights as quickly as possible. With no disrespect to the author, I can summarize this book in the following sentence: "strike, poke, or grab your aggressor's eyes or groin." The information in this book may save your life, but it's very basic and commonsensical. If you have had any amount of martial arts training, and if you have thought about dirty-fighting at all, than you won't need this book. I would say this book is for anyone who has zero martial arts experience and needs a crash course in life-saving defense techniques overnight. Otherwise, I doubt you would need it. I understand the author is experienced and well respected - but I don't think this book is his best work. 1 of 1 people found the following review helpful. Really good book! Very informative. By Coach David Alexander I like Loren Christensen's products. I have two of his books and a DVD. I have added some of his techniques into my B.E.T. "Target Based" Self Defense System. Coach David Alexander(.com) (World Famous Self Defense Expert) 0 of 0 people found the following review helpful. Five Stars By Ronald R. Taylor I call this "the drunken moe" from the 3 stooges.

There is nothing pretty or clean about brawling. It hurts, it's frightening, it's brutal and it's ugly. If you accept the fact that all fighting is dirty all the time, then you must take advantage of every dirty trick you can muster. That's where this book comes in. The ripping, poking, pinching and pressing techniques in this book emphasize quick, vicious delivery to the eyes, throat, ears, groin, nerve points and other acutely vulnerable targets on the human body. They range from annoying (to distract an attacker while you set up other moves) to devastatingly destructive, when there are no other options but to cause intense pain and potential injury. The criteria for their inclusion are that they must be simple, they must hurt and they must work in close-in fighting. No streetfighting education is complete without the arsenal of nasty tricks in *The Brutal Art of Ripping, Poking, and Pressing Vital Targets*

About the Author Loren Christensen began his law enforcement career in 1967 when he served in the army as a military policeman in the United States and in Vietnam. He joined the Portland, Oregon, Police Bureau in 1972 and retired in 1997. During those years, he specialized in street gangs, defensive tactics, dignitary protection, and patrolling the bizarre streets of skid row. He now writes full time and teaches martial arts.