

## **Humane Pressure Point Self-Defense**

Author:George A. Dillman with Chris ThomasGenre:Aikido and Other Martial ArtsPublisher:Reading, P.A.: Dillman, 2002ISBN:1889267036RRP:£22.99 (+£2.80 p&p)

A well-well known martial arts instructor tells the world how to win a fight without actually fighting at all.

George A. Dillman is a well-known instructor in the martial arts world. Holding a 9<sup>th</sup> grad black belt in karate, and formerly a friend of both Bruce Lee and Mohammed Ali, he has been part of the 'scene' for many years. With Chris Thomas, himself a 7<sup>th</sup> Dan, here he writes on how to defend one's self with the minimum amount of force, and the least likleyhood of legal repercussions.

The length of the text is possibly slightly more than one might expect – 5 chapters and 2 appendices spread over about 250 pages – but this is not necessarily a bad thing. There is very little waffle, with the authors managing to maintain just the right tone in their writing, which is informative but not overwhelming. After an interesting introduction, which includes photographs of Mr. Dillman with some of the great martial artists of the last century, and citations from more, the first chapter proper sees the authors offer an insight into their style. Yet while this volume might well be seen as a 'branded product', it also offers some very useful advice on self-defence that are universal, including the breakdown of aggressors into 4 very recognisable categories, and, more importantly, how to deal with each type of aggressor. The moral would seem to be: don't look like a victim, and you're less likely to become one. The remainder of the book details blow-by-blow instructions on how to find pressure points, how and when one should apply attacks against them, and how to transfer this new knowledge from practice in the dojo to the real world of the street outside.

Overall, then, I think this is a very good book in many ways. It goes to great length to explain how and what happens to somebody when they are attacked, and how to overcome these natural urges to defend one's self. The techniques themselves are well explained and I think will help a lot of people. My one criticism, and I'm afraid it is quite an important one, is the lack of information about the revival points included in the book. For most 'knock out' points, there are usually equally powerful revival points, and to leave them out could result in somebody, aggressor or not, becoming seriously if not fatally injured.

7 sausages out of 10

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