



## Self-Defense: Nerve Centres & Pressure Points

**Author:** Bruce Tegner  
**Genre:** Aikido and Other Martial Arts  
**Publisher:** Ventura: Thor Publishing, 2002  
**ISBN:** 0-87407-029-5  
**RRP:** £7.99 (+£2.80 p&p)

*Don't judge a book by its cover. Despite the unintentionally comical pictures adorning its front, this is one of the best pressure point volumes I've yet read, (and I've read quite a lot).*

Author Bruce Tegner was well-placed to write this book on 'pressure points for karate, jujitsu and atemi-waza'. As well as being the youngest second-grade black belt in American history, he has also studied, practiced and taught several other styles in a martial arts career that stretches back to when he was just two years old! The commendable non-partisan stance he adopts when talking about the fighting arts as a result is refreshing.

The format of the book is a simple one. After the obligatory (yet interesting) introduction, the main body of the text lists 83 different vulnerable points on an attacker that may be exploited for the purposes of self-defence; it is aimed at readers who have little or no prior knowledge of martial arts, and is a short and easy-to-read volume that took me an hour to read cover-to-cover. An interesting epilogue section then discusses the basic stances used in the best-known martial arts, and goes a long way to dispelling many of the myths that the credulous beginner may otherwise take on as fact. So, Tegner's effort certainly does arm a novice well, but it is also useful for the more advanced martial artist who may not have strikes as part of their everyday repertoire, a practitioner of Judo for instance. Most importantly, though, and unlike some other books on pressure points I have read, this one makes it clear that safety has to come first. Each strike comes with a list detailing how much damage it could do, split into three distinct categories: when your opponent is bigger than you, when you are both of equal size and when they are smaller. As a man of very large stature I must say I find this guidance very useful.

Ultimately, it's this ethical approach that sells *Nerve Centres & Pressure Points* to me the most. Yes, it does tell a layperson how to do some serious damage to an opponent, but unlike many other books of this type the warning *is* always there; in fact there are some pressure points listed that the author states the reader should avoid entirely. If all writers were as considerate as Mr. Tegner (who has penned many other books of this type), the world of martial arts books would be better for it.

9 sausages out of 10

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