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BLACK MEDICINE



**Volume III
Low Blows**

N. Mashiro, Ph.D.

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Black Medicine, Vol. III: Low Blows (Black Medicine)



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Learn more Black Medicine, as Mashiro shares his favorite techniques for bringing the body into violent and unpleasant contact with an opponent's vulnerable areas. The chapter on fighting a standing up opponent from the ground that could conveniently save your lifestyle! Presents devastating responses to all kinds of attacks, including wrist keeps, choke, knife and club episodes.



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Great Book Awesome book. Teaches you some neat tips for effective fighting. I study a martial art myself and realize that right now there is definitely stuff in this book I could use in a real fight. This book will also show you some stuff that real fighters might use against you. Great Book I have browse the whole Black Medicine serious. It is definitely a great book for somebody who is studying fighting techinques, and should be utilized as a reference just and not the means of learning self-defense on your own. Not really value reading. In this book he shows various episodes and what sort of person can defend and provide the attacker to submission in a relatively easy manner. Good information given in a concise and very clear manner. What I liked about this book compared to many others on this particular subject matter, is that it displays you a satiation and the different ways to start defending yourself, so that the reader can choose one, they are preferred with. Mashiro's writing design and description is amazing. extremely good manual of defense In case you have this, you must have the first vol, this one complete the other. Three Stars I need not write anything Knowledge of the other books isn't strictly required to use these techniques (they are explained and Illustrated perfectly) but is does Make it a bit easier having them as reference. If you're only likely to get one black medicine book, get this one! Here we can discover that the size and the pounds of the attacker has no relationship to be able to neutralize nearly every satiation and get out without getting yourself hurt in the process. Another great book in this series, it dives deeper into self-defense techniques for those people who are not seeking to become an expert fighter. Five Stars Arrived just fine. Not necessarily worth reading. Can give you some ideas to work from. Better Books Available An excellent basic review however, not anything overly interesting if you ask me. Looks unused. Good info I recommend this book for self defense, part of a 4 book set, great information, not a thick book, however, not an expensive one particular either. Without proper teaching this book might not be of great advantage and may even get you harm, if the techniques shown are performed incorrectly. In that one Mashiro will take the reader a step further. It simply didn't grab my interest very well. The best of the four volumes Whereas the first two volumes deal with the targets and weapons of the body Respectively, this volume gives actual scenarios and attack combinations Making usage of what you have discovered in one and two.



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