

How to Hit... Really Hard

2008

Russell Stutely is Europe's No.1 Pressure Point Expert and a full time Pressure Point Defensive Tactics (PPDT) Instructor.

He has authored two books, over 50 Martial Arts Instructional DVDs and has begun Training Programs that are creating the next generation of Pressure Point Experts.

He is in constant demand teaching his unique Pressure Point System all over the World.

Instructing Law Enforcement, Military, Security personnel and of course Martial Artists.

This book is a fantastic training aid to those wishing to **DOUBLE** their Power and yet **HALVE** their effort at the same time.



Russell Stutely

Russell Stutely Productions

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While every precaution has been taken in the preparation of this book, the publisher assumes no responsibilities for errors or omissions, or for damages resulting from the use of information contained herein.

Remember: Consult a Doctor BEFORE you take up any exercise. Use EXTREME caution if you practice any of the techniques found in this book.

How to Hit

... Really hard

ABOUT THE AUTHOR



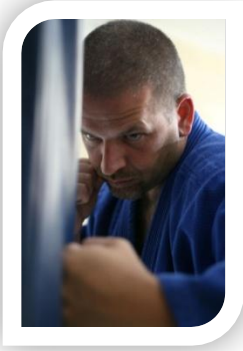
Russell Stutely has produced over 40 Martial Arts instructional DVD's.

A renowned Martial Artist, Author, Pressure Point Fighting and Self Defense Expert.

Creator of the World Famous Open Circle Fighting Method (OCFM)

Qualifications

- Europe's Leading Authority on Acupressure Points and their relationship to the Martial Arts
- Inducted into the World Martial Arts Hall of Fame 2000
- EFC Martial Artist of the Year 2000
- OCFM International Coach
- 6th Dan OCFM
- 6th Dan Karate Jutsu
- 3rd Dan Torite Jutsu
- Instructor at Door Supervisor Courses
- Instructor at Police Training Courses
- Registered Self Protection Instructor ~ British Combat Association (BCA)
- Senior Instructor British Combat Association
- Professional Fighters Trainer



Areas of Speciality: Kata / Form Analysis and Breakdown, Players to the Game, Power generation, Pressure Points and Self Protection.

Quotes from Seminar Attendees and / or hosts

"Russell is great to watch in action" Peter Consterdine ~ 8th Dan Karate

"Russell makes Pressure Points so easy to use. He has transformed my Martial Arts" ~ Bob Sykes 6th Dan Karate ~ Editor of Martial Arts Illustrated.

"Russell puts the reality back into Martial Arts" Rich Mooney 8th Degree Kung Fu

"Waveform strikes are amazingly powerful ~ I have never been hit so hard" Master Mark Adlington 4th Degree Tang Soo Do

"Russell's teaching changed my whole Association's training" John Burke 4th Dan British Association for Martial Artists

"Real self defence, made real easy. Russell and the OCI are where you should go if you want to learn what your Art really means" Malcolm Keith 3rd Dan Ju Jitsu

Introduction

Many people are under the mistaken impression that because I am well known for and teach Pressure Points, that they (Pressure Points) are the extent of what I know and teach.

Nothing could be further from the truth. To fully understand Pressure Points one should have an intimate knowledge of how and why the body works from a Martial/ Combative perspective.

That is, to understand the complexities of Body Physics, Body Mechanics and Body Dynamics. Then to utilize that information in the best possible way in order to facilitate the generation of speed, power, timing etc in a “fight” situation.

I am also very well known for my work on Power / Impact Generation and have proven this countless times, by doubling and in many cases trebling the striking power of an individual, whilst at the same time, reducing their required effort by 50%.

This is by no means an exaggeration of what can be achieved with my methods.

In fact, as a proof of point, in one of my Instructional DVD Sets, Power Black, I was tasked to achieve such results with a wide mix of volunteers.

The volunteers had all been chosen by the Production Company, New Approach Publishing, who flew me to the UK and arranged the whole weekend of filming.

My task was simple, to prove my outrageous claims of doubling power and halving effort.

You can witness the results, recorded live as each volunteer had their technique dissected and put back together, with the same result from utilizing my easy to understand methods.

You guessed it! They all doubled their power and halved their effort. What is even more amazing is that this was achieved in under one hour and for 10 people!

Now, this book, if you follow it closely and correctly, will help you achieve the same results.

Obviously, it will be more difficult without the one to one supervision and correction of minor faults, but you should feel and achieve dramatic results, very quickly indeed.

Before you run off and start practicing these techniques, it is vitally important that you follow my advice for the maximum benefit from this book.

Follow each page step by step. Do NOT try to rush this, take your time and practice S-L-O-W-L-Y.