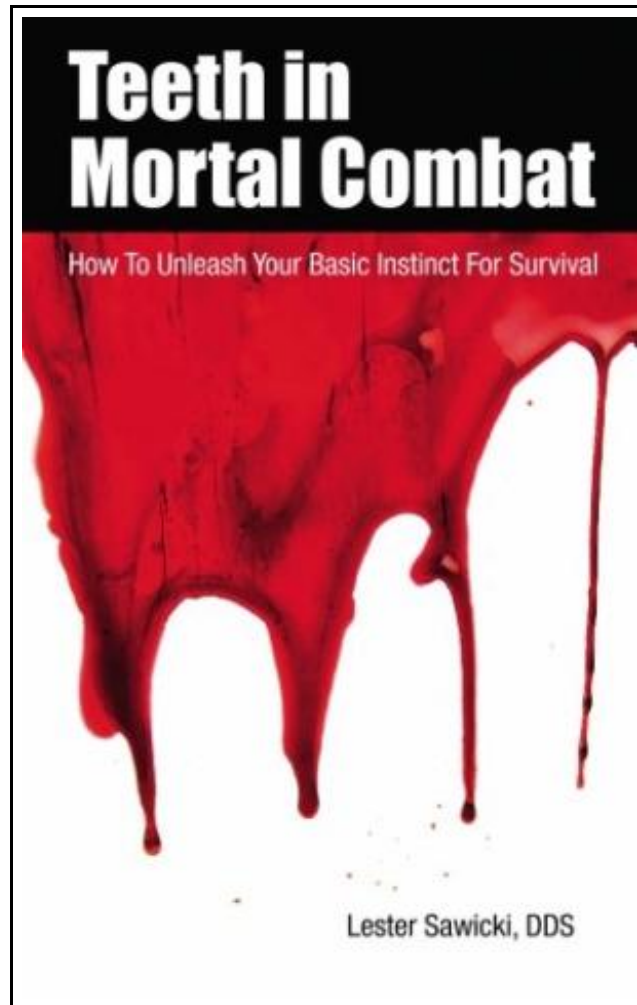


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Lester Sawicki, United States, 2010. Paperback. Book Condition: New. 198 x 124 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is a fascinating piece of study where Dr. Sawicki, both martial artist and dentist of 30 years, draws upon his experience and insights studying self-defense to shine a light upon an aspect of martial arts that has been ignored: the place teeth and jaw play in life-and-death combat. Written especially for martial artists, students of yoga, practitioners of meditation, and dental professionals, the general public will also enjoy it is a skillful weaving of information including a crash course on western physiology of the mouth, eastern yin-yang philosophy and evolution of the human skull. The roots of malocclusion and bruxism are considered relative to the teeth and jaw as formidable fighting tools. Teeth are primal weapons when one's instinct to survive is unleashed and the rise of taboos against biting, in particular the use of teeth in expression of vicious passion are pursued. Powerful yet easily performed energy-building exercises are described with the intention of strengthening and aligning the chi center of the oral cavity with the tan tiens of the energetic body. Practice of these exercises can lead to a deeper understanding of man's place in the cosmos and a boost to one's overall health and fitness. Dr. Sawicki wants his readers to thrive -- and survive.



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