



KYUSHO 250

250 Kyusho-Jitsu Techniques with Martial Science

DSI Rank Requirements for 4th - 6th Dan

One DVD Disc; 120-Minutes Total (Item Code: DVD-AO2)

Instruction by Alex Ormaza

Cost \$99.00

DVD Contents:

Official requirements for the Dragon Society International's (DSI) 4th through 6th Dan. This DVD contains the original DSI Torite-Jitsu 50 techniques plus four variations of each technique, performed on the right and left sides of the body, for a total of 250 techniques. Applications also include some defense from weapons and ground fighting.

Each technique is explained using both Modern Western Medicine and Traditional Chinese Medicine.

Martial Science Applied to Modern Western Anatomy:

Bones, Tendons, Ligaments, Muscles, Arteries and Organs

Martial Science Applied to Traditional Chinese Medical Anatomy:

Energetic Meridians, Extraordinary Vessels, Quadrant Theory, 5 Element Theory and Yin/ Yang Theory

Originally performed in 2009 by Alex Ormaza, 6th Degree Black Belt and Senior Instructor for the Dragon Society International.