



# Martial Mechanics: Maximum Results with Minimum Effort in the Practice of the Martial Arts

By Phillip Starr

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Interest in a wide range of martial arts grows exponentially each year, but few practitioners understand the scientific forces that underlie these arts. The originators of ancient traditional systems intuitively grasped the body mechanics behind their disciplines, and thus were capable of generating uncanny striking force. Contemporary students, on the other hand, often fail to achieve the high levels of technical proficiency they desire because they are unaware of these laws and how they work in a martial arts context.

Drawing on the author's decades of experience as both student and teacher, *Martial Mechanics* explains, in humorous, easy-to-understand language, how physics and kinesiology affect martial arts techniques and how readers can best utilize them to make them faster, more powerful, and hence more effective in actual combat. Featuring black-and-white photographs throughout, *Martial Mechanics* is written for both internal and external martial artists, mixed martial arts practitioners with an interest in competition or self-defense, students of kung fu, karate, taekwondo, muay thai boxing, kickboxing, wing chun, and more. Even many of the traditional grappling arts utilize certain striking techniques, and their disciples as well can improve their percussive skills with this practical guide.

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#### Review

“Sifu Phillip Starr presents clear-cut, easy-to-read, and convincing explanations about the how and why behind some of the most important concepts in traditional martial arts training. This book divulges valuable insights that will save you from countless hours of incorrect practice, frustration, and injury. Read it, re-read it, and then read it again! It’s that good.”

—Mark Cheng, LAc, PhD, RKC II, director and chief physician, Chung-Hua Institute and contributing editor to *Black Belt* magazine

“This book will enrich any martial artist’s understanding of the martial arts basics.”

—John A. Morrow, adjunct professor of Kinesiology, St. Ambrose University and 7th Level Black Sash in Shaolin Chuan Kung Fu

“*Martial Mechanics* will make you a better martial artist...period. Using terms we all can understand and techniques you can integrate quickly, Sifu Starr gives you priceless insight into the ancient fighting arts in today’s terms. Simply put, *Martial Mechanics* is extraordinary!”

—Kris Wilder, author of *Lessons from the Dojo Floor* and Black Belt in Tae Kwon Do, Kodokan Judo, and Goju-Ryu Karate

#### About the Author

A practitioner of the Chinese martial arts for over 50 years, Phillip Starr is the founder of Yiliquan kung-fu, an art that seamlessly merges China’s three classical internal systems. A member of the Inside Kung-Fu Hall of Fame and the author of *The Making of a Butterfly*, he teaches in Omaha, NE.

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