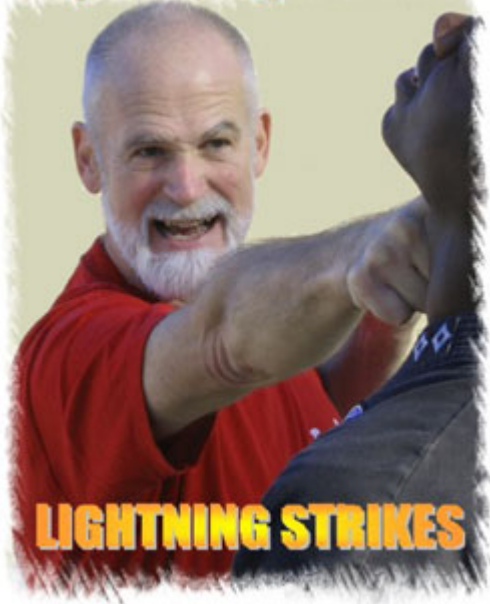


Lightning Strikes 3-DVD Set

Category: » [DVD/CD movies](#)

Stephen K. Hayes



Product ID: SKH0011

Manufacturer: SKH Quest Center

Availability: 90,00 EUR

Sold Out

[See it in our store.](#)

LIGHTNING STRIKES four-hour 3-DVD video set presents exercises, insights, and instructions in the fire interception element of Stephen K. Hayes' 21st Century martial art of To-Shin Do. These 3 DVDs cover techniques and tactics and testing for developing advanced skill in handling bigger and more determined aggressors in many of the most common assaults requiring self-protection, knowledge and skills taught in Red Belt training leading to Green Belt in To-Shin Do.

LIGHTNING STRIKES DVD 1

Explosive Interception Against Grabbing Assault

Unarmed, close-range, pre-emptive defense against shoves, tackles, and restraints

Special section on knife

LIGHTNING STRIKES DVD 2

Explosive Interception Against Striking Assault

Unarmed, close-range, pre-emptive defense against strikes, shoves, and restraints

Fire ring of energy

LIGHTNING STRIKES DVD 3

How to test your Fire Element Explosive Interception Defenses

Sold Out