

Table of Contents

- The Anatomical Foundations of Biomechanics: Introduction
- The Anatomy of Human Motion
- Functional Anatomy and Biomechanics
- The Biomechanical and Physiological: Foundations of Human Motion
- The Concept of Muscular Mechanics
- Movement Control (Muscular Physiology)
- The Fundamentals of Biomechanics: Kinematics in Linear Motion
- Kinematics in Angular Motion
- Kinetics in Linear Motion
- Kinetics in Angular Motion
- Martial Arts Biomechanics: The Biomechanics of Throwing Arts
- The Biomechanics of Striking, Kicking Arts
- The Defense and Attack on Vital Points (Kyusho). Fingers Manipulation
- The Biomechanics of the Sword Art