

Japanese Jiu-jitsu Secret Techniques of Self-Defense

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Reviews

This written book is excellent. It typically is not going to price a lot of. I found out this book from my dad and i encouraged this book to discover. (Darrin Abbott)

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JAPANESE JIU-JITSU SECRET TECHNIQUES OF SELF-DEFENSE



Tuttle Publishing. Paperback. Condition: New. 224 pages. The original Japanese martial art developed by the elite samurai class during Japans feudal era, Jiu-jitsu is the forerunner of Judo and the precursor of todays ultimate fighting styles, such as mixed martial arts (MMA). For centuries, this method of unarmed self-defense proved so successful in combat that it was kept secret and taught only to a select few. Based on the authors study with instructors at the Tokyo police academy, this book presents all the traditional techniques of Jujitsu, also known as Jiu-jitsu. These techniques teach you valuable restraining methods that force your opponent to submit without abuse by using pressure points. It shows you tips for search and seizure, and the almost extinct art of Hojojutsuhow to tie people up without using any knots. Japanese Jiu-jitsu: Secret Techniques of Self-Defense addresses and demonstrates the full range of Kaisho Goshin Budo Taiho Jitsu Ryu (Tokyo police self-defense). Learn specific techniques such as: The use of handsThrowing an opponentAttacking vital points with strikes and kicksThe use of weapons (like the staff). Designed as a training manual, this fascinating book also serves as a remarkable illustrated guide to the secret art of Japanese samurai self-defense. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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