



Japanese Physical Training; The System of Exercise, Diet, and General Mode of Living That Has Made the Mikado s People the Healthiest, Strongest, and

By Harrie Irving Hancock

Theclassics.Us, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1903 edition. Excerpt: . CHAPTER XI THINGS THAT THE STUDENT CAN TEACH HIMSELF--HOW AGILITY IS ACQUIRED In the preceding chapters there has been given all that is essential to the preliminary work of the jiu-jitsu student. One who has mastered in all its details the work described, and who has kept at it with assiduity, will find himself in greatly improved health and much better able to cope with an adversary in actual combat. The Japanese student is required to devote several months to the foundation work. In his earlier months of practice he is kept mostly at the feats whose aim is the development of muscle and endurance, and he is given only enough combat work to keep up his interest in the study of physical well-being. After the first few months of practice the student is taught to think more for himself. There is much...



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