



A Brief Study of Japanese Jiu Jitsu: - Essential Knowledge Off the Tatami - (Paperback)

By Jonathan Cussins

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Jiu Jitsu is an unarmed form of combat first used by the samurai warriors of ancient Japan. It s an all-round martial art that uses striking, blocking, grappling, locking, throwing, submission and weapons techniques. Jiu Jitsu is used by police and armed forces around the world and for street self defence. The emphasis is on technique over power and strength by using the opponent s force against themselves. This book is not intended to be a how to manual for learning jiu jitsu, there are plenty of those books already available. Instead this book picks up on all those areas of jiu jitsu that can be learned and researched off the mat and outside the dojo. Some chapters of this book will help those potential students unsure of whether jiu jitsu is for them to make a more informed decision. It will also be of great use to those looking to achieve higher grades in jiu jitsu, to expand their knowledge, educate themselves on the wider concepts and develop an interest in research that will lead them deeper into their own...



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