

# Jujutsu: Traditions, Ways Modern Practices (Paperback)

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# Reviews

This composed book is excellent. This really is for all who statte that there had not been a worth reading through. Your life period will probably be change as soon as you total looking over this ebook. **(Cheyanne Barrows)** 

# JUJUTSU: TRADITIONS, WAYS MODERN PRACTICES (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The book addresses important aspects of the combat art of Traditional Japanese Jujutsu and lists and explains the key principles that drive the execution of technique when fighting in distance, close quarter and on the ground. It is intended for Western Jujutsu instructors and their more serious students. It also explores a number of little known areas that don t often receive much attention in martial arts books, and speaks to some of the mostly hidden aspects of the art. For example, are you interested in knowing how to help students achieve mind-body harmony, and why this state is essential for combat, self defense, competition, or class learning? It s all in Chapter VI. Is peak experience, flow, or being in the zone a precondition for generating Ki Power? When it happens, martial artists report that they suddenly find themselves in an alternate state of reality; they feel shots of powerful energy coursing through their body and, psychologically, they feel empowered and invincible! Does this sound familiar to you? Read Chapter X and find out how such power may be developed. One of the most beneficial ways of training involves brain stimulation. This is a method that enhances the efficiency of the brain through neurogenesis, and contributes to a superior quality of movement (see Chapter VIII). And don t let some of the tech jargon put you off. The process is about stimulating the brain through Jujutsu to develop more communication pathways in your head so that you can think fast, move more fluidly and with control. It s amazing how this works! And the process is supposed to slow down the aging process as well. Sign me up! We all know...

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