

The Complete Jujitsuan - W.h. Garrud

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This is one of the first books published in English on this Japanese grappling art. It covers the entire spectrum of practical technique: breakfalls, standing defenses, tripping and throwing, ground locks and maneuvers, a fascinating section on jujitsu vs boxing, plus general hints on how to train safely and effectively. This time-honored classic is guaranteed to fascinate and educate practitioners of Japanese and Brazilian jujitsu, all grappling and throwing arts, and collectors of classic close-combat texts. Author: Garrud, W.H. Publisher: Paladin Press Illustration: N Language: ENG Title: The Complete Jujitsuan Pages: 00000 (Encrypted PDF) On Sale: 2011-08-24 SKU-13/ISBN: 9781581604214 Category: Sports & Recreation : Martial Arts & Self-Defense

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