


[DOWNLOAD](#)


Mikazuki Jujitsu Manual Learn Jujitsu

By Kambiz Mostofizadeh

Paperback. Book Condition: New. Paperback. 137 pages. Jujitsu was the battlefield art of the Samurai who used the techniques to defend themselves when they had lost their weapon and were facing an armed opponent. But in today's environment where random violence is a certainty, the knowledge of jujitsu has empowered countless individuals with the art of the samurai for self defense. The book by Kambiz Mostofizadeh is a jujitsu manual explaining core jujitsu techniques, shares the principles and applications of ju or yielding, covers Jujitsu's Japanese origins, teaches methods for fighting against multiple attackers, includes techniques for defeating mixed martial artists, and divulges strategies for offensive and defensive maneuvers. The book features more than 20 handdrawn illustrations representing the various techniques used within jujitsu. Mikazuki Jujitsu Manual; Learn Jujitsu also features a glossary of jujitsu terms, annual jujitsu tournaments, and methods for defeating a boxer. The author said I wrote this book as a guide for my students and any student of modern martial arts. I believe all people can benefit from the study of martial arts, because the need for personal safety and protection is essential to everyone. This item ships from multiple locations. Your book may arrive from Roseburg, OR,...



READ ONLINE
[7.33 MB]

Reviews

The book is great and fantastic. It usually does not price excessive. I am happy to tell you that this is the greatest ebook i actually have read during my personal existence and can be the very best ebook for possibly.

-- **Abbie Feest**

Just no words to explain. Indeed, it is actually play, nevertheless an amazing and interesting literature. Its been written in an exceptionally simple way and is particularly simply following i finished reading through this ebook by which in fact altered me, alter the way in my opinion.

-- **Leilani Rippin**