

## Jiu Jitsu: The Essential Guide to Mastering the Art



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### ***Reviews***

*This book may be worth purchasing. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.  
(Esta Price)*

## JIU JITSU: THE ESSENTIAL GUIDE TO MASTERING THE ART



Blue Snake Books, United States, 2006. Paperback. Book Condition: New. 259 x 190 mm. Language: English . Brand New Book. This essential guide provides new practitioners with a thorough grounding in the ancient art of jiu jitsu and advanced students of any martial art with an effective method for integrating jiu jitsu techniques into an existing practice. The book begins with the origins of jiu jitsu in 16th-century Japan, explaining the subsequent rise of judo and Brazilian jiu jitsu to give a complete introduction to the history of the art. Next, training requirements, procedures, and equipment are outlined, preparing the reader for training and combat. The practical section of the book begins with the essential principles governing jiu jitsu, and continues with combination maneuvers; specific positions and their advantages in competition; basic submission techniques; the concept of joined centers; training tips; and a glimpse into intermediate positions and their functions. Full-color photo sequences with expert demonstrations supplement the meticulous descriptions. A glossary, index, and a list of useful international jiu jitsu contacts round out this informative guide.



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