

The Armlock Encyclopedia 85 Armlocks For Jujitsu Judo Sambo And Mixed Martial Arts

Japanese Jiu-jitsu Judo and Jujitsu The Key to Judo and Jiu-jitsu Judo America Fit-- The Japan Year Book Police Ju Jitsu JUDO Jujutsu 1913 Jiu Jitsu Complete Judoka The Japan Year Book Japan's Ultimate Martial Art Brazilian Jiu-jitsu Guide to Martial Arts Born for the Mat Karate Techniques & Tactics The Key to Judo The Armlock Encyclopedia Martial Arts Darrell Max Craig Carol Ellis Walter Brown Gibson T. Shozo Kuwashima Frederick Paul Lowell Katsuji Inahara James McCauslin Moynahan T. Shozo Kuwashima Noguchi Seiryuken Kiyose Nakae Glynn A. Leyshon Takenobu Yoshitaro Darrell Max Craig Renzo Gracie John Goldman Keiko Fukuda Patrick M. Hickey Chikashi Nakanishi Steve Scott David Armentrout

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with extensive step by step photographs and instructions this jiu jitsu guide is an effective tool for mastering this ancient martial art the original japanese martial art developed by the elite samurai class during japan s feudal era jiu jitsu is the forerunner of judo and the precursor of today s ultimate fighting styles such as mixed martial arts mma for centuries this method of unarmed self defense proved so successful in combat that it was kept secret and taught only to a select few based on the author s study with instructors at the tokyo police academy this martial arts book presents all the traditional techniques of jujitsu also known as jiu jitsu these techniques teach you valuable restraining methods that force your opponent to submit without abuse by using pressure points it shows you tips for search and seizure and the almost extinct art of hojojutsu how to tie people up without using any knots japanese jiu jitsu secret techniques of self defense addresses and demonstrates the full range of kaisho goshin budo taiho jitsu ryu tokyo police self defense learn specific techniques such as the use of hands throwing an opponent attacking vital points with strikes and kicks the use of weapons like the staff this fascinating jiu-jitsu book designed as a training manual also serves as a remarkable illustrated guide to the secret art of japanese samurai self defense

introduces the martial arts of judo and jiu jitsu and describes the clothing equipment skills

and terminology of the two related sports

this is a new release of the original 1939 edition

includes list of clubs societies associations etc

in no other sport can mere brute strength be so quickly and so decisively overcome by sheer skill as in judo the modern scientific form of jiu jitsu this practical guide will enable any physically normal person practising with reasonable diligence to develop in a short time the speed and finesse necessary for mastering the science of jiu jitsu judo is also splendid as a day by day method for keeping fit as well as valuable equipment for self defense systematic practice of the 120 judo movements set forth by the authors is guaranteed to give tone to any sluggish muscle each step in the forty one lessons in elementary judo is clearly explained with 180 illustrations of the performance in action a glance at the accompanying direction gives an accurate explanation of the principles of leverage balance and action that enable even a beginner to develop an undeniable advantage over any opponent in this enlarged edition important new material has been added including eleven lessons which will be of particular use to men in the armed forces these movements are intended both for recreation and for use in actual hand to hand combat

a jujutsu instruction manual for the shinto rikugo school which was a blend of six different classical jujutsu schools published in japan in 1913 this school was set up to compete with the popular kodokan judo jujutsu 1913 was one of the earliest japanese martial arts guides to use photographs to show how to do techniques jujutsu 1913 contains 200 black and white photographs and illustrations showing the proper way to set up various throws sweeps chokes and grappling techniques the titles and descriptions have all been translated into english for the first time an invaluable look into how jujutsu was taught in the pre war era an excellent book for jujutsu jiu jitsu judo bjj or japanese martial arts researchers or practitioners

includes the sections who s who in japan business directory etc

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training manual also serves as a remarkable illustrated guide to the secret art of japanese samurai self defense

step by step photographs and illustrations demonstrate more than one hundred maneuvers from the traditional martial art of brazilian jiu jitsu with an overview of the history of jiu jitsu and its uses

provides a basic introduction to the martial arts with illustrations of each movement

introduces the basic techniques and tactics of karate

in a follow up to his popular championship sambo submission holds and groundfighting steve scott teaches you 85 essential armlocks for jujitsu judo sambo and mixed martial arts the armlocks taught in this encyclopedia apply to gi and no gi combat sports allowing you to use them in a wide variety of situations including self defence and street applications steve scott makes it easy to learn the most effective and popular armlocks of modern grappling sports by organising them into four broad categories the cross body armlock the bent armlock the straight armlock and the armpit lock in addition to teaching how to set up and apply each of the locks he shows you how to defend against common armlocks fight from both the mount and guard lever your opponent s arm free for an attack and vary your grip for maximum power for those new to grappling you will also learn the core skills of applying armlocks controlling position and training smart plus a glossary of grappling terms and a rules of the room guide to common sense rules on the mat

presents basic information on the essential skills and techniques of martial arts

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Introduction

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