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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...

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- Authored by Hans-Erik Petermann
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