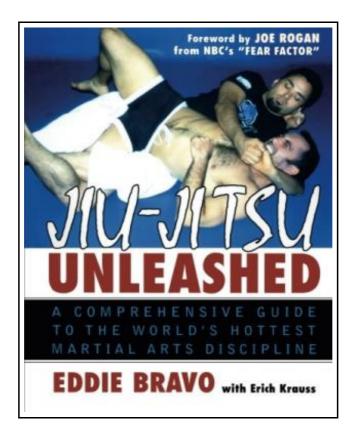
Jiu-Jitsu Unleashed: A Comprehensive Guide to the World s Hottest Martial Arts Discipline



Filesize: 3.65 MB

Reviews

If you need to adding benefit, a must buy book. It is really simplified but excitement from the 50 percent of your book. I discovered this book from my dad and i recommended this book to understand.

(Dorothy Sawayn)

JIU-JITSU UNLEASHED: A COMPREHENSIVE GUIDE TO THE WORLD S HOTTEST MARTIAL ARTS DISCIPLINE



McGraw-Hill Education - Europe, United States, 2005. Paperback. Book Condition: New. Comprehensive. 228 x 184 mm. Language: English . Brand New Book. With martial arts champions such as Ken Shamrock and Tito Ortiz appearing on The Tonight Show with Jay Leno, giving training tips in Muscle Fitness and Men s Journal, and conducting interviews on Howard Stern's radio show, millions of people are turning to the martial arts for sport, a means of self-defense, and a form of exercise. Many of these newcomers to the martial arts never stepped foot into a martial arts training facility, and have no plans of ever doing so. They want to learn to defend themselves without traveling to a gym or paying steep monthly dues. Some purchase martial arts guidebooks so they can prepare themselves both mentally and physically to enter a dojo a year or two down the road. Martial Arts Unleashed: Jiu-jitsu offers readers: a detailed history and evolution of the discipline; a description of the various theories and strategies behind training and competing; a breakdown of the gear and training space needed to get started; a description of warm-up routines, footwork, and stances; detailed instruction accompanied by step-by-step photographs that divulge everything from the basic kicks, punches, and blocks to the most advanced techniques; instruction on how to combine various techniques into sophisticated combinations; sample workouts for all levels of training; weight lifting programs to improve strength; cardiovascular workouts to improve stamina; sample diets to improve overall health; and, resources that show readers where to ply their trade and learn even more. For those desiring to learn the martial arts for self-defense rather than sport, the book features a section on those techniques best suited for practical application. For the more advanced students, this book describes how to blend...

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