



Goshinryu Jujitsu (Paperback)

By Jeffrey W. Brown

AUTHORHOUSE, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In the society of today, the potential of encountering a violent situation increases daily. Violence is all over the news be it car jacking, robberies or terrorist acts. People need to learn self-defense techniques that actually work. Goshinryu Jujitsu may be just what the doctor ordered, no fancy techniques that are difficult to learn and dangerous to try in a real life encounter, but simple techniques that are easily learned and have been proven to work. Through years of experience Sensei Brown has learned (sometimes the hard way), that some of the techniques taught in today's martial art schools are great for winning tournaments however when your attacked violently, some of these techniques just do not work. Many of the instructors of today have never had to defend against an attacker that is intent on seriously injuring them. Sensei Brown reveals the techniques that are best suited for self-defense. Jujitsu is the ancient art of the samurai using empty hands or small weapons and is the mother of many modern arts such as Judo and Aikido. Jujitsu techniques can be traced back...



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Reviews

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