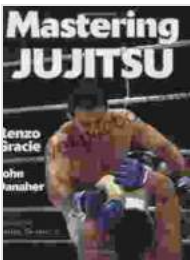


# Mastering Jujitsu: The Ultimate Guide to the Art of Leverage

Jujitsu is a martial art that uses leverage to overcome an opponent's strength. It is a powerful and effective self-defense system that can be used by people of all ages and sizes. Mastering Jujitsu will teach you the basics of jujitsu, including throws, joint locks, and chokes. You will also learn advanced techniques for self-defense and competition.



## Mastering Jujitsu (Mastering Martial Arts Series)

by Renzo Gracie

★★★★☆ 4.6 out of 5

Language : English  
File size : 6908 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 252 pages  
Lending : Enabled



## The History of Jujitsu

Jujitsu originated in Japan centuries ago. It was developed by samurai warriors as a way to defeat their opponents without using weapons. Jujitsu was also used by the police and military as a method of self-defense. Today, jujitsu is practiced all over the world as a martial art, self-defense system, and sport.

## The Benefits of Jujitsu

Jujitsu offers many benefits, including:

\* Improved self-confidence \* Increased physical fitness \* Enhanced self-defense skills \* Reduced stress \* Improved coordination \* Greater flexibility

## **The Techniques of Jujitsu**

Jujitsu is a comprehensive martial art that includes a wide variety of techniques. These techniques can be divided into three main categories:

\* Throws \* Joint locks \* Chokes

Throws are used to take an opponent to the ground. Joint locks are used to control an opponent's joints. Chokes are used to restrict an opponent's breathing.

## **The Principles of Jujitsu**

The principles of jujitsu are simple:

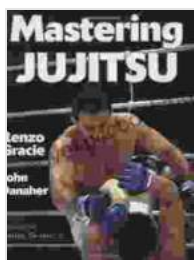
\* Use leverage to your advantage. \* Control your opponent's balance. \* Attack your opponent's weak points.

By following these principles, you can overcome an opponent who is larger or stronger than you.

## **Mastering Jujitsu**

Mastering Jujitsu requires time and effort. However, it is a rewarding journey that will benefit you in many ways. If you are interested in learning jujitsu, I encourage you to find a qualified instructor and start training today.

Mastering Jujitsu is the ultimate guide to the art of leverage. This comprehensive book teaches you everything you need to know about jujitsu, from the basics of throws and joint locks to advanced techniques for self-defense and competition. Whether you are a beginner or an experienced martial artist, Mastering Jujitsu will help you take your skills to the next level.



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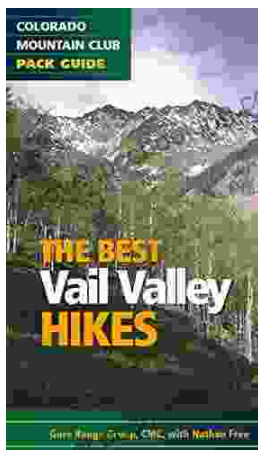
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