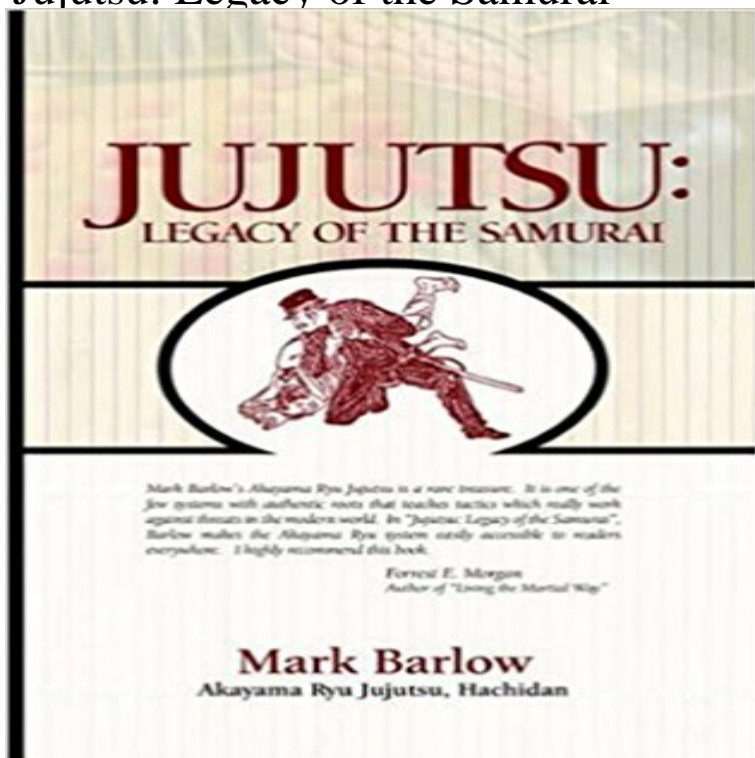


Jujutsu: Legacy of the Samurai



From its origins on the battlefields of ancient Japan to today when civilians, law enforcement and military forces around the world attest to its effectiveness, Jujutsu has proven to be the ultimate weapon in hand to hand self defense. JUJUTSU: LEGACY OF THE SAMURAI examines both the classical martial arts of the Samurai and the modern interpretations. Barlow offers an in-depth look at a fascinating martial art as well as providing concise, easy to understand instruction in the basic techniques of Akayama Ryu Jujutsu. Martial artists of any style or level of experience will find this material useful and informative.

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