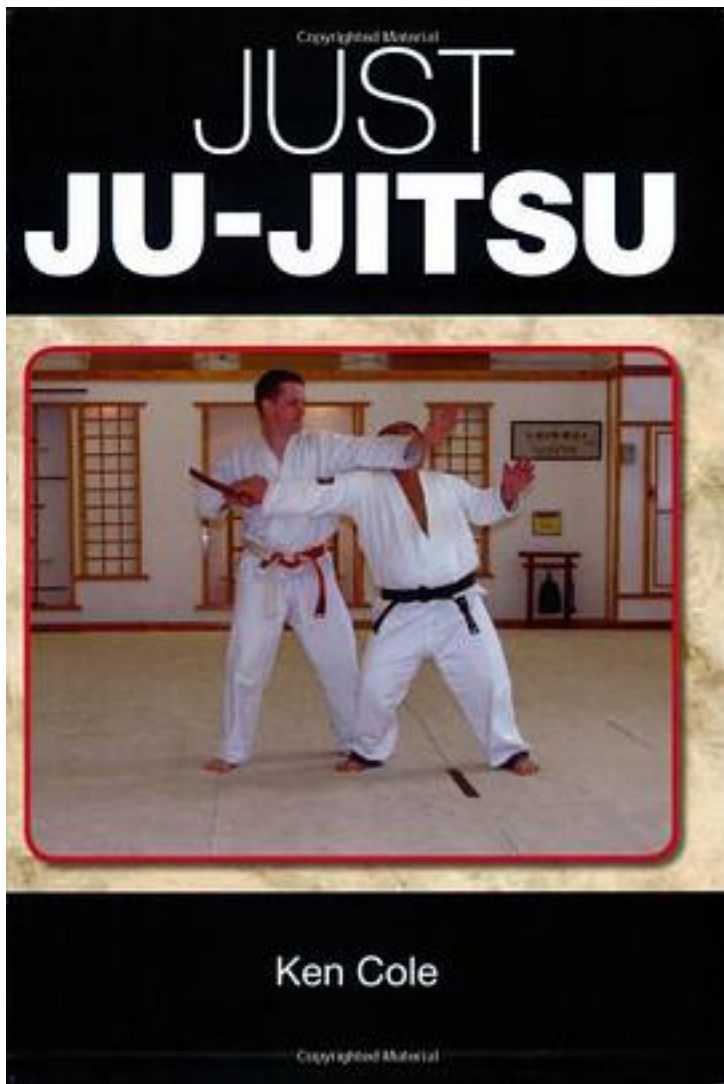


Just Ju-Jitsu



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著者: Cole, Ken

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In this comprehensive work, the author adopts a strictly non-partisan approach and presents a guide to "a basic syllabus" for ju-jitsu. He does not examine any one particular style or syllabus formulated by a single ju-jitsu association, and has written a book that will benefit all ju-jitsu students, whatever their style. Designed as a reference work for both experienced practitioners and novices alike, the book provides students with a good grounding in the variety of techniques they might be expected to learn for their "apprenticeship"--from white belt through to black belt first dan.

作者介绍:

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