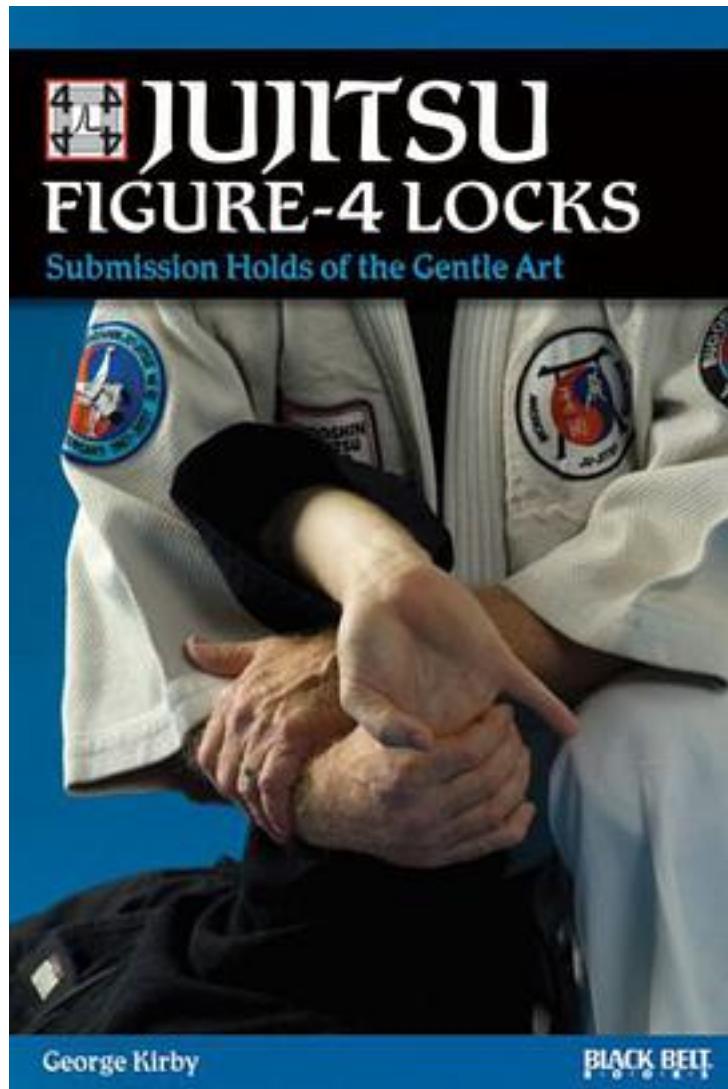


Jujitsu Figure-4 Locks



[Jujitsu Figure-4 Locks_下载链接1](#)

著者:Kirby, George

出版者:

出版时间:2009-9

装帧:

isbn:9780897501804

Focusing on essential principles, this overview illustrates jujitsu's most effective trapping technique. From elementary figure-4 lock characteristics to variations on multiple positions, practitioners of all skill levels will learn how to utilize basic methods through detailed photographic sequences and easy-to-read captions. Accessible and comprehensive, this guidebook will prove invaluable to both beginning and advanced grapplers. As a study of one of jujitsu's most essential principles, this book breaks down the art's most effective trapping technique. From fundamental figure-4 lock characteristics to figure-4 variations from multiple positions, practitioners of all skill levels will learn how to utilize these powerful pressure holds through detailed photographic sequences and easy-to-read captions. Accessible and comprehensive, this guidebook will prove invaluable to both beginning and advanced grapplers.

作者介绍:

目录:

[Jujitsu Figure-4 Locks 下载链接1](#)

标签

评论

[Jujitsu Figure-4 Locks 下载链接1](#)

书评

[Jujitsu Figure-4 Locks 下载链接1](#)