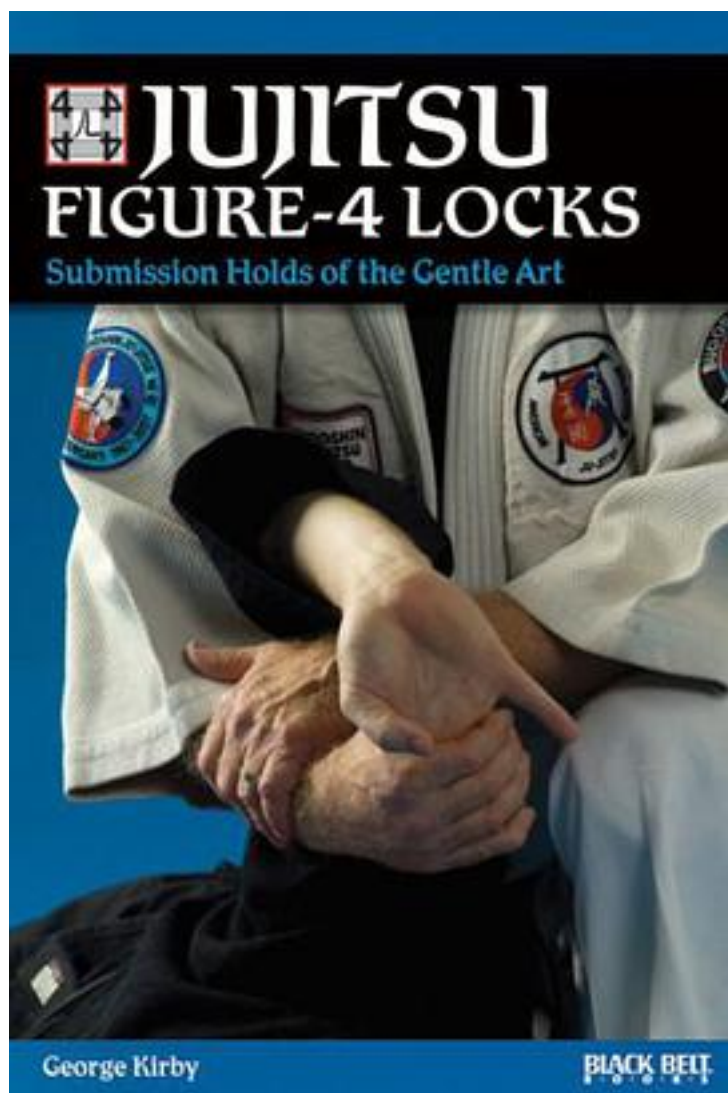


Jujitsu Figure-4 Locks



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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.

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