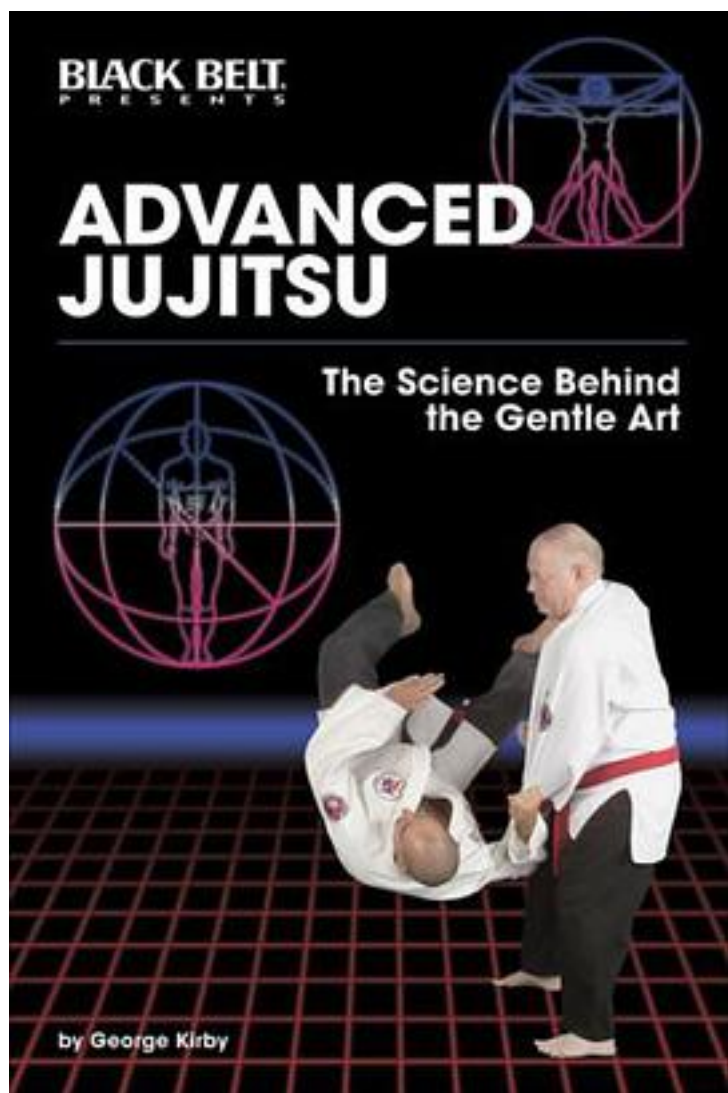


Advanced Jujitsu



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HAVE YOU EVER WONDERED HOW YOUR SENSEI SEEMS TO CAPTURE AND REDIRECT HIS OPPONENT’S ENERGY SO EFFECTIVELY AND EFFORTLESSLY? In this new book from American Ju-Jitsu Association (AJA) co-founder George Kirby, you will learn why and how your sensei seems to have access to strength and energy that goes beyond his verbal explanations. Transcending the mere memorization of kata, forms and techniques, Kirby takes you into advanced concepts that will actually simplify your training, help you learn new techniques faster and grant you deeper access to the inner workings of jujitsu. These concepts can be applied to the entire spectrum of martial arts, as they address the fundamentals of technique, physics, anatomy, relaxation, humility, self-confidence and open-mindedness. More than a mere technical manual, Advanced Jujitsu: The Science Behind the Gentle Art is an insightful guide to the fundamental concepts that can transform the martial arts practitioner into a martial artist—or even a sensei.

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