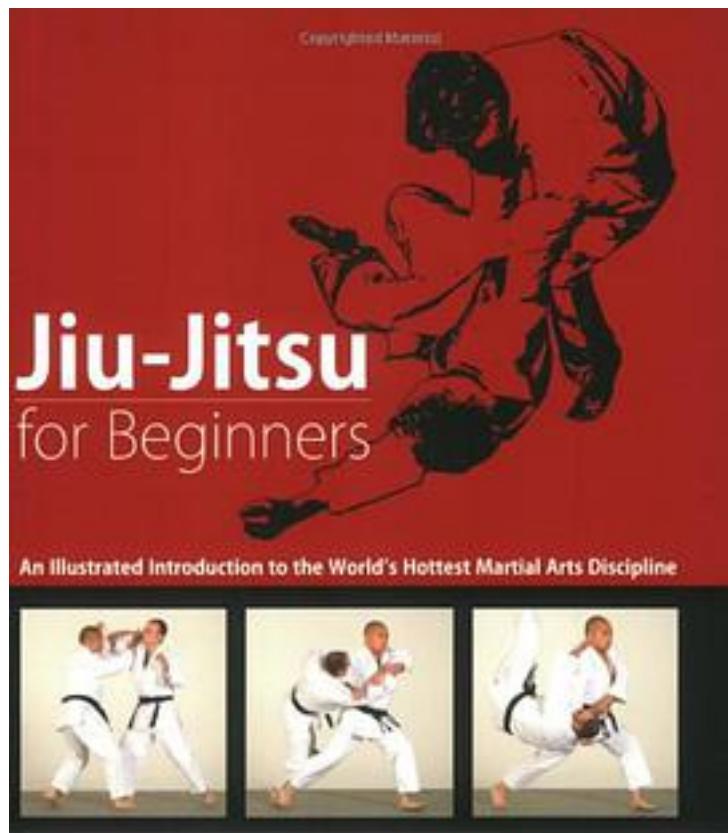


Jiu-Jitsu for Beginners



David Walker

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Jiu-jitsu for all, from white belt to green belt, illustrated in full color. Martial arts are more popular today than ever, and jiu-jitsu is one of the most practiced martial arts disciplines in the world. It is perfect both for beginners looking to exercise, or serious

fighters looking to take part in the booming world of mixed martial arts competition. This book guides the reader through the requirements of winning novice jiu-jitsu belts. Using clear, step-by-step, full-color photography, it covers the history of jiu-jitsu; preparing to train (mentally and physically); strikes, throws, locks, groundwork, and weapon defense; the practical use of self-defense; and putting all of it together for belt grading. 200 color illustrations.

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