



Jujitsu: Expanded Edition

George Kirby

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Expanding upon its early version, this is the definitive reference for jujitsu practitioners and instructors around the world. Additional techniques and theoretical concepts are included, as well as updates to testing and belt rank requirements, nerve and pressure point body charts, and historical commentary. Showcasing the traditional style and featuring detailed pictures of technical sequences, this is an authoritative look at the gentle Japanese martial art.

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