



Advanced Jujitsu: The Science Behind the Gentle Art, George A. Kirby, Black Belt Books/Ohara Publications, Incorporated, 2006, 0897501527, 9780897501521, 131 pages. With this new book from American Ju-Jitsu Association cofounder George Kirby, gain access to strength and energy that seems to go beyond physical explanation. Transcending the mere memorization of kata, forms, and techniques, Kirby discusses advanced concepts that will actually simplify training, help learn new techniques faster, and provide 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..

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The Ultimate Guide to Grappling , Raymond Horwitz, Jon Sattler, Jeannine Santiago, Aug 1, 2007, , 232 pages. More than 30 years worth of tutorial essays and interviews with martial arts professionals compose this extensive resource on the art of grappling. Instructional chapters

Never Trust a Politician A Critical Review of Politics and Politicians, Joseph J. Truncale, Mar 31, 2008, , 192 pages. Here is a book the average citizen will love and the politicians of all the major parties will probably hate. This is a book that gives equal criticism to democrats, liberals

Jiu Jitsu for All White Belt to Green Belt, David Walker, Apr 1, 2008, , 176 pages. Jiu Jitsu for all: yellow belt to green belt guides the reader through the requirements of these novice Jiu Jitsu belts. Using clear step-by-step photography, it covers

Hagakure The Book of the Samurai, Tsunetomo Yamamoto, Feb 19, 1992, Sports & Recreation, 180 pages. Hagakure is a Kodansha International publication..

Mind Over Muscle Writings from the Founder of Judo, 冢本 八郎, Nov 21, 2005, Philosophy, 155 pages. In 1882 Jigoro Kano (1860-1938) founded Kodokan Judo at Eishoji Temple in Tokyo. It was the culmination of a lifelong devotion to the jujitsu of the past, which he reorganized

Jiu Jitsu Black The Official World Jiu Jitsu Federation Training Manual, Robert Clark, Mar 4, 2003, , 160 pages. The third in a series of three, this training manual takes students to achieve the coveted Black Belt -- the highest level in Jiu Jitsu..

Complete Aikido , Roy Suenaka, Nov 15, 1997, Sports & Recreation, 416 pages. Details the life of aikido master Roy Suenaka and describes the philosophy and the techniques of this non-violent martial art.

Secrets of Combat Jujutsu, Vol. 1: The Official Textbook of Miyama Ryu, Volume 1 The Official Textbook of Miyama Ryu, D'Arcy Rahming, Oct 1, 2004, , 192 pages. Discover the ancient secrets of the legendary Samurai warriors. Master the skills you need to defend against attacks in a world filled with violence. Secrets of Combat Jujutsu

The Hidden Roots of Aikido Aiki Jujutsu Daitoryu, Shiro Omiya, 1999, Sports & Recreation, 216 pages. Demonstrates the philosophies and techniques of the Daitoryu tradition--the martial discipline from which Aikido was crafted.

Kodokan Judo , Jigoro Kano, 1994, Sports & Recreation, 264 pages. Written by the founder of Kodokan judo, Jigoro Kano, this text explains the original concepts and techniques of judo in detail..

India After Gandhi The History of the World's Largest Democracy, Ramachandra Guha, 2008, India, 300 pages. Told in lucid and beautiful prose, the story of India's wild ride since independence is a riveting one. Guha explores the dramatic protests and conflicts that have shaped modern

Dynamic Aikido , Gōzō Shioda, 1977, Sports & Recreation, 160 pages. This introduction to aikido aims to train the reader to sense their opponent's intentions and turn his movements to your own advantage..

Aikido and the Dynamic Sphere An Illustrated Introduction, Adele Westbrook, Oscar Ratti, Jul 1, 2001, Sports & Recreation, 384 pages. The best, most comprehensive book ever published on aikido.

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