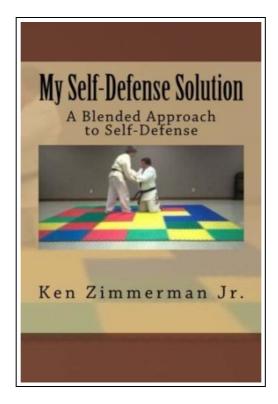
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Print on Demand *****. The martial arts has always been a solution to a question or problem. Judo was created when Dr. Jigoro Kano put his mind to solving the problem of how to train at 100 percent effort without getting someone injured by the crippling techniques of Japanese Ju-Jitsu. Helio Gracie created the basis for Brazilian Jiu-Jitsu by trying to solve the problem of how a weak guy could survive and overcome a much stronger attacker. Karate and Okinawan weapons developed as a means of protection against the samurai. The problem that I have been trying to solve for the last three years is how you adapt a traditional martial art to the self-defense needs of today. Using techniques the way that they were done to defeat samurai is not effective in the modern era. Written as a martial arts master s thesis over a year, the book also includes suggestions for how to integrate some modern lessons into your martial arts education.



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