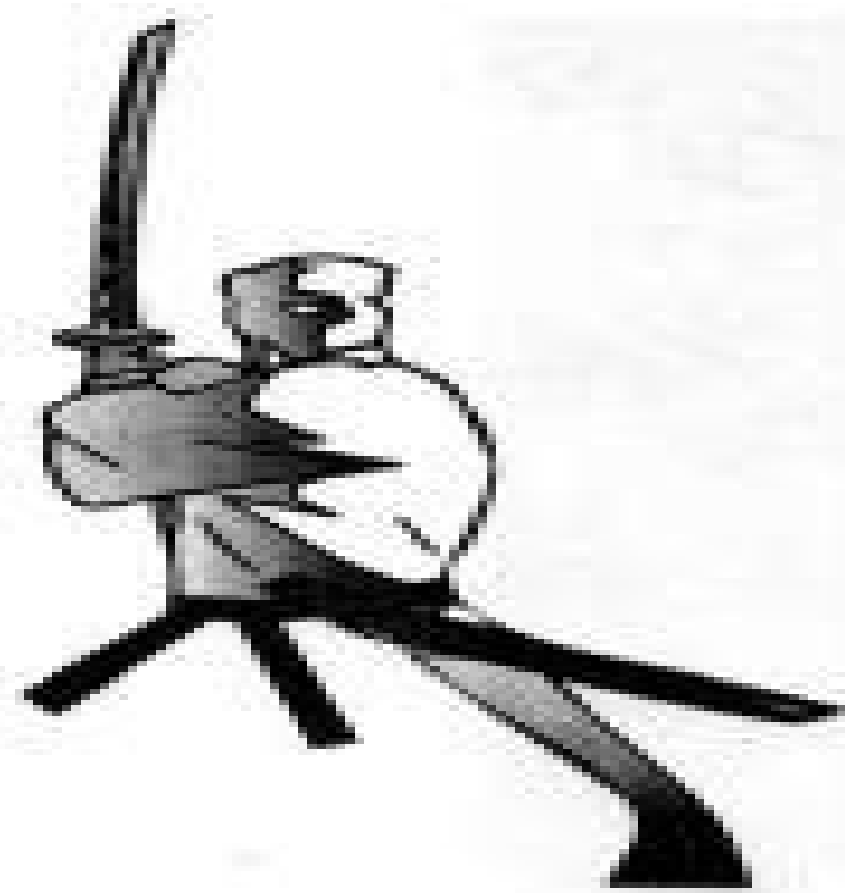


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Usja Jujitsu Manual

Ben Bergwerf



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manual was written for law enforcement and security officers who may be interested in the use of the Mini Baton The Mini Baton can include any type of short stick such as the Yawara stick Persuader Baton Kubatons Tactical Pens and other short stick like object Topics in this manual include History of the short stick or Mini Baton Basic principles of the Mini Baton Stance and balance Basic gripping Basic blocking Basic striking Wrist control and takedown techniques How use the Mini Baton for basic self defense Basic teaching principles There is also a sample course outline for those who are interested following an organized program of learning this effective and practical self defense and control tool **Encyclopedia of**

Associations V1 National Org 46 Pt2, 2008-04 **Black Belt**, 1999-08 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world **Small Business Sourcebook** Yolanda A. Johnson, Sonya D. Hill, Julie A. Mitchell, 1998

Judo Kata Llyr Jones Ph D, Biron Ebell M a, Lance Gatling M. a., 2016-09-14 The practice of judo katas has changed over time as a result of perceived purpose The chapters in this anthology were written by seven authorities in judo history and

practice Their writings clarify the purpose of kata and thus its mode of practice and their place in competition In 1926 a contest occurred in which thirty seven of the finest judoka in Japan competed before the Emperor Hirohito The first chapter by Robert W Smith details the techniques utilized by each master and also compares their skills with today s judo practitioners The next two chapters by Dr Llyr Jones and Biron Ebell deal with the transmutation of judo over the decades Both authors give ample support that the original guidelines have evolved into competitive sport resulting in a substantial decline in the number of adults practicing judo Where does kata stand in judo practice today Dr Lance Gatling reports on The First Kodokan Judo International Competition 2007 He outlines the background of the competition the competitors the motivations for this competition the historical development of judo katas and their importance to the correct study of judo Dr Llyr Jones next chapter has two objectives to explain the purpose of kata in judo and to critically evaluate the concept of kata championships To achieve these objectives Jones offers personal comments observations from rare Japanese source material as well as insight into the thinking of world renowned judo experts Linda Yiannakis provides two insightful chapters Her first chapter presents a conceptual framework for examining principles of judo throwing techniques The principles are classified as primarily structural operational or contextual in nature In her second chapter she points out that martial artists are acutely aware of the need to develop a sense of timing for the best possible moment to apply techniques in free play or contest This chapter examines some critical features of patterns and rhythms in a variety of contexts and provides a few basic exercises for the development of awareness and use of rhythm patterns and timing in judo Jones Savage and Gatling present an in depth study into Kodokan Goshin jutsu a Kodokan judo exercise formally established in 1956 to teach the principles and techniques of self defense against unarmed and armed attacks and to meet modern lifestyle needs Their chapter reviews the place of Goshin jutsu among the Kodokan katas and then summarizes the history its creation A description of the exercise s structure and technical contents follows along with an in depth explanation of its principles and associated teaching and learning challenges This also includes a review of the most reliable learning texts in Japanese English and selected other Western languages Kodokan Goshin jutsu s performance aspects are considered next An objective assessment of its practical self defense effectiveness follows before finally conclusions are drawn The short final chapter by Dr Jones is on Kodokan judo s Nage no kata forms of throwing and Katame no kata forms of control Their study helps facilitate the development of free practice randori skills Many look at judo studies as including three dimensions free practice competition and forms Kata practice is vital to the other two If you are involved with judo this anthology will deepen your purpose and inspiring your practice

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