

THE ESSENCE OF Hakkoryu Jujutsu



TECHNIQUES OF SANDAN GI

Dominic G. Palamides

BLACKBelt RANKED 1ST DAN 1980

Techniques Of Sandan Gi The Essence Of Hakkoryu Jujutsu

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Techniques Of Sandan Gi The Essence Of Hakkoryu Jujutsu:

The Essence Of Hakkoryu Jujutsu Dennis G. Palumbo,1995-11-01 Shihan Dennis Palumbo expands upon the principles of hakkoryu jujutsu by fully exploring the more advanced and subtle applications of sandan gi Besides the martial applications of the art this book illustrates the final phase of waza training and includes photos of advanced walking exercises after class massage and more

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the confidence to relax in a threatening situation and dominate it Here you will discover the disabling pressure point pin of te
kagami the excruciating pain of nidan wrist locks and eight nidan walking exercise sets designed for defense against kicks
attacks from the rear and surprise attacks to the upper body

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