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Jay,1999-03-01 Book techniques for warm ups falling and resuscitation details on weaknesses of the human body locking techniques for wrists fingers arms and legs throwing and choking techniques and self defence against strikes chokes body grabs and wrist grabs Jay s system of small circle jujitsu based on 50 years of training and teaching experience works on the premise summarised in his own words It s not how much you can hurt a person in an altercation but how little you can hurt a person and still control him **Small-Circle Jujitsu [With Video]** Wally Jay,1999-03-01 **Small Circle Jujitsu**

,2020-06-14 The first book on Small Circle Jujitsu to be released in over a quarter of a century this work is essential reading for any who study the art or plan to It contains decades of collaborative research and development contributed by the system s most senior practitioners including for the first time anywhere Professor Leon Jay s six new foundation principles With sections on precepts healing judo arnis pressure points and advanced practice and contributions by some of the most well respected voices in the martial community it contains material that is sure to be new to every reader Small Circle Jujitsu is an organic system and this book is the guide to the historical roots from which it sprang the current state of the art and the direction in which it is evolving **Small-Circle Jujitsu** Wally Jay,1998-09-14 Volume 1 discusses the 10 basic principles of

small circle jujutsu including an explanation and demonstration of finger wrist and joint locking Small-Circle Jujitsu Wally Jay,1998-09-14 Volume 2 discusses in depth advanced arm wrist finger and leg locks *Small-Circle Jujitsu* Wally Jay,1995-09-14 Volume 5 discusses the principles of learning highly effective finger locking techniques for self defense application Black Belt ,1989-03 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 marital arts figure in the world

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