

## Jujutsu: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts)

Nathan Johnson

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### Jujutsu: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts)

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Jujutsu: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Nathan Johnson Explores the myth and reality of Jujutsu, a distinct and effective martial art largely concerned with the locking and immobilization of an opponent's limbs.



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