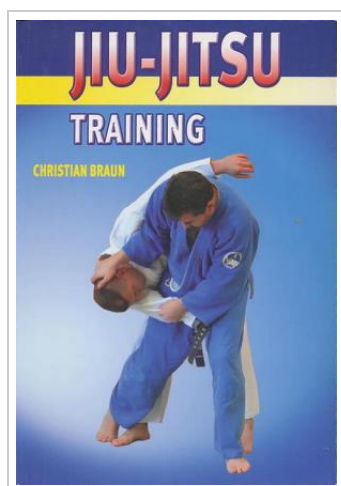




Jiu-Jitsu Training

By Braun, Christian

Meyer & Meyer Sport, 2006. Paperback. Condition: New. 1841261793 In order to be able to train effectively in Jiu-Jitsu, this book covers the basic positions, techniques and combinations required. Featuring many step-by-step photographs, the techniques are fully explained so that students of any level will be able to follow and use them. About the Author: Christian Braun, Mannheim, Germany, has been practicing various forms of Martial Arts for 20 years. Amongst other things he is a Grand Master in Ju-Jutsu (5th Dan). He is the holder of further Master titles in traditional Jiu-Jitsu systems and is an instructor in Progressive Fighting Systems, Madunong Guro in Eskrima and Luta-Livre. For several years he has instructed on national courses throughout Germany for the German Ju-Jutsu Association (Deutscher Ju-Jutsu Verband e.V.) and has officiated as the main instructor for instructor training for the German Association. He is also Head instructor for Open Mind Combat. 264 pages.

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