



## My Self-Defense Solution: A Blended Approach to Self-Defense (Paperback)

By MR Ken Zimmerman Jr

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The martial arts has always been a solution to a question or problem. Judo was created when Dr. Jigoro Kano put his mind to solving the problem of how to train at 100 percent effort without getting someone injured by the crippling techniques of Japanese Ju-Jitsu. Helio Gracie created the basis for Brazilian Jiu-Jitsu by trying to solve the problem of how a weak guy could survive and overcome a much stronger attacker. Karate and Okinawan weapons developed as a means of protection against the samurai. The problem that I have been trying to solve for the last three years is how you adapt a traditional martial art to the self-defense needs of today. Using techniques the way that they were done to defeat samurai is not effective in the modern era. Written as a martial arts master's thesis over a year, the book also includes suggestions for how to integrate some modern lessons into your martial arts education.



**READ ONLINE**  
[ 4 MB ]

### Reviews

*Completely among the finest ebook We have ever go through. I really could comprehend every little thing using this created e pdf. I am pleased to let you know that this is actually the greatest ebook i actually have read through inside my own daily life and might be he very best ebook for ever.*

-- **Gordon Kertzmann**

*Merely no phrases to describe. It really is rally intriguing throug reading time. I am happy to tell you that this is basically the greatest book i have go through in my own lifestyle and might be he greatest book for ever.*

-- **Kattie Wunsch**

## Other eBooks



### **Weebies Family Halloween Night English Language: English Language British Full Colour**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



### **Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire**

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.Still finding it getting your way around your Kindle Fire Wish you had the answers to all your frequently asked...



### **My First Bedtime Prayers for Girls (Let's Share a Story)**

Shiloh Kidz, 2016. Book Condition: New.



### **My First Bedtime Prayers for Boys (Let's Share a Story)**

Shiloh Kidz. BOARD BOOK. Book Condition: New. 1634096452 Special order direct from the distributor.



### **Will My Kid Grow Out of It?: A Child Psychologist's Guide to Understanding Worrisome Behavior**

Chicago Review Press. Paperback. Book Condition: new. BRAND NEW, Will My Kid Grow Out of It?: A Child Psychologist's Guide to Understanding Worrisome Behavior, Bonny J. Forrest, At some point most parents wonder whether their child's behavior is "normal." He won't focus...



### **Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values**

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...