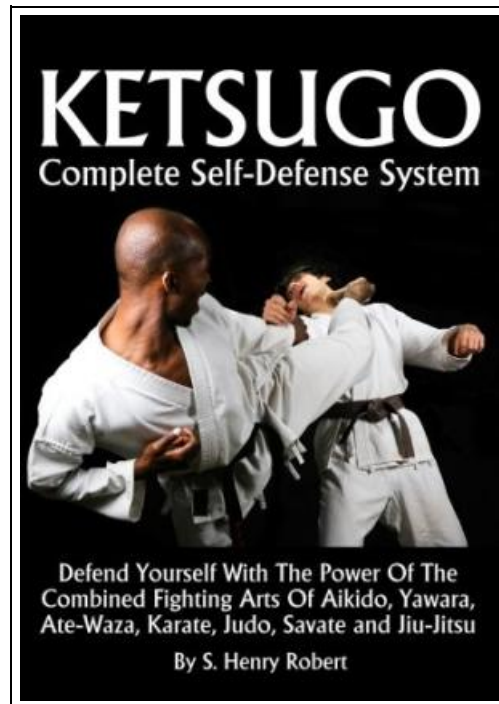


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Reviews

This book is definitely not effortless to start on reading through but extremely fun to learn. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Aliya Franecki)

KETSUGO COMPLETE SELF-DEFENSE SYSTEM (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The word Ketsugo means combination. In essence it is a combination of the best and most effective self defense moves from the greatest methods of hand-to-hand combat ever devised. To practice Ketsugo is to practice the combined, unbeatable fighting arts of Aikido, Yawara, Ate-Waza, Karate, Savate, Judo and Jiu-Jitsu. To know Ketsugo is to know the striking and kicking methods of Karate and Savate, the twists, locks and joint-breaking art of Aikido, the pressure points used in Yawara and Ate-Waza and the devastating throws of Judo and Jiu-Jitsu. With Ketsugo, your hands, feet and fingers, in fact your entire body, will become fantastic weapons of self-defense. As a combination of the oldest and most effective Oriental Fighting Arts, Ketsugo will enable you to deliver mild, serious and even fatal blows to any attacker. What you ll find within this manual is a course in complete self-defense in which the basic forms of each of the fighting arts have been simplified so that you will learn fast and easily. Study this book according to your needs. Naturally, the more time you spend learning Ketsugo, the more proficient you will become. If you only wish to become acquainted with Ketsugo, you should still be able to handle yourself in situations that would have been impossible before. Of course, if your intention is to become adept at Ketsugo, then you must be prepared to study, restudy, practice, and practice again the basic forms in this book. No effort has been spared to make this a thorough, practical course on self-defense. Once you have mastered KETSUGO, regardless of the direction from, or surprise with which, an attack may come, the skill and knowledge that...



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