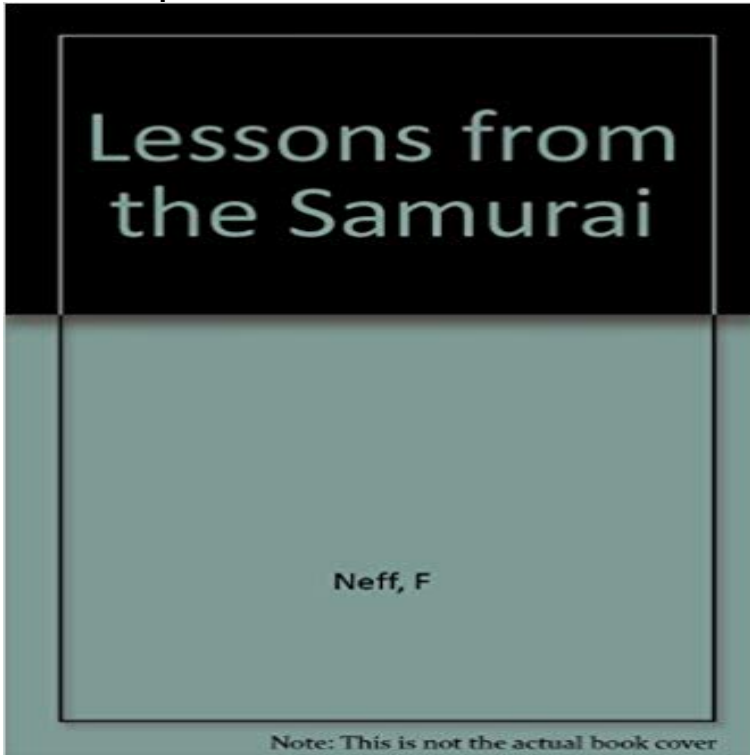


# Lessons from the Samurai: Ancient Self-Defense Strategies and Techniques



This book discusses the Japanese Samurai Warriors history, philosophy, physical conditioning and fighting methods. Fighting techniques include ones used in ju-jutsu, yawara, and kempo. Some of the topics covered are history, philosophy, common questions, conditioning the body for battle, meditation, foundation for defense, movement, dodging, the art of atemi, training suggestions, falling techniques, punches, strikes, foot techniques, blocks, combination of fighting techniques, the art of throwing, escapes, counter move and containment strategy. This book teaches how to plan your defense. The reader learns how to confuse the opponent, turn the tables on an attacker and handle different types of fighters..

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