

MANUAL DE JIJITSU Y KYUSHOJITSU

Contenido: El siguiente manual consta de contenido de bjj con aproximadamente 49 técnicas las cuales aunque son pocas le servirán para comprender la biomecánica del bjj y así poder crear sus propias técnicas. Adicionalmente se incluye un manual de kyusho que habla sobre la ciencia de los puntos débiles, un tema que podría ser muy útil para personas que no poseen mucha fuerza física.

Kyusho Jitsu Manual

L Cohen

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The Publishers Weekly ,1993 Kyusho Jitsu Evan Pantazi,2009 **Subject Guide to Books in Print** ,1996

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