



The Essence Of Hakkoryu Jujutsu: Techniques Of Sandan Gi

By Dennis G. Palumbo

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Shihan Dennis Palumbo expands upon the principles of hakkoryu jujutsu by fully exploring the more advanced and subtle applications of sandan gi. Besides the martial applications of the art, this book illustrates the final phase of waza training and includes photos of advanced walking exercises, after-class massage and more.

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