



Jujitsu: Advanced Techniques for Redirecting an Opponent's Energy

George Kirby

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Jujitsu: Advanced Techniques for Redirecting an Opponent's Energy George Kirby

If you are a student of *jujitsu*, judo, *aikido*, or karate, or a fan of the martial arts, this book by George Kirby will help you connect the dots between concepts and techniques. It deals with the theory and application of circular movement and the unstoppable vortex created that allows you to execute techniques quickly and effectively with minimal effort on your part. You will learn how to use an opponent's momentum against him in devastating fashion through appropriate application of his and your *ki* (energy), *kuzushi* (off-balancing) and proper positioning of your *saiki tanden* (center). Maximizing the elements of circular movement in using an opponent's energy against him results in fast and effective control during an attack.

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