



Small Circle Jujitsu

Wally Jay



Small Circle Jujitsu:

Small-Circle Jujitsu Wally Jay, 1989 The complete presentation of the system developed by Wally Jay this book brings together elements from different arts Jay's broad based yet focused and effective system incorporates theories principles and techniques essential to the development of every martial artist whether a novice or a seasoned veteran In this definitive instructional text Jay covers the history of small circle jujitsu techniques for warm ups falling and resuscitation details on weaknesses of the human body locking techniques for wrists fingers arms and legs throwing and choking techniques and self defense against strikes chokes body grabs and wrist grabs Small Circle Jujitsu , 2020-06-14 The first book on Small Circle Jujitsu to be released in over a quarter of a century this work is essential reading for any who study the art or plan to It contains decades of collaborative research and development contributed by the system's most senior practitioners including for the first time anywhere Professor Leon Jay's six new foundation principles With sections on precepts healing judo arnis pressure points and advanced practice and contributions by some of the most well respected voices in the martial community it contains material that is sure to be new to every reader Small Circle Jujitsu is an organic system and this book is the guide to the historical roots from which it sprang the current state of the art and the direction in which it is evolving

Small-Circle Jujitsu [With Video] Wally Jay, 1999-03-01 **Small-Circle Jujitsu** Wally Jay, 1998-09-14 Volume 1 discusses the 10 basic principles of small circle jujitsu including an explanation and demonstration of finger wrist and joint locking **Small-Circle Jujitsu: Book and DVD Combo** Wally Jay, 1999-03-01 Book techniques for warm ups falling and resuscitation details on weaknesses of the human body locking techniques for wrists fingers arms and legs throwing and choking techniques and self defence against strikes chokes body grabs and wrist grabs Jay's system of small circle jujitsu based on 50 years of training and teaching experience works on the premise summarised in his own words It's not how much you can hurt a person in an altercation but how little you can hurt a person and still control him *Black Belt* , 1995-11 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world Black Belt , 1989-03 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world **Small-Circle Jujitsu** Wally Jay, 1998-09-14 Volume 2 discusses in depth advanced arm wrist finger and leg locks **Small-Circle Jujitsu 3** Wally Jay, 1998-09 Volume 3 discusses grappling including falling effective throws advanced chokes and resuscitation *Black Belt* , 1998-07 The oldest and most

respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

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