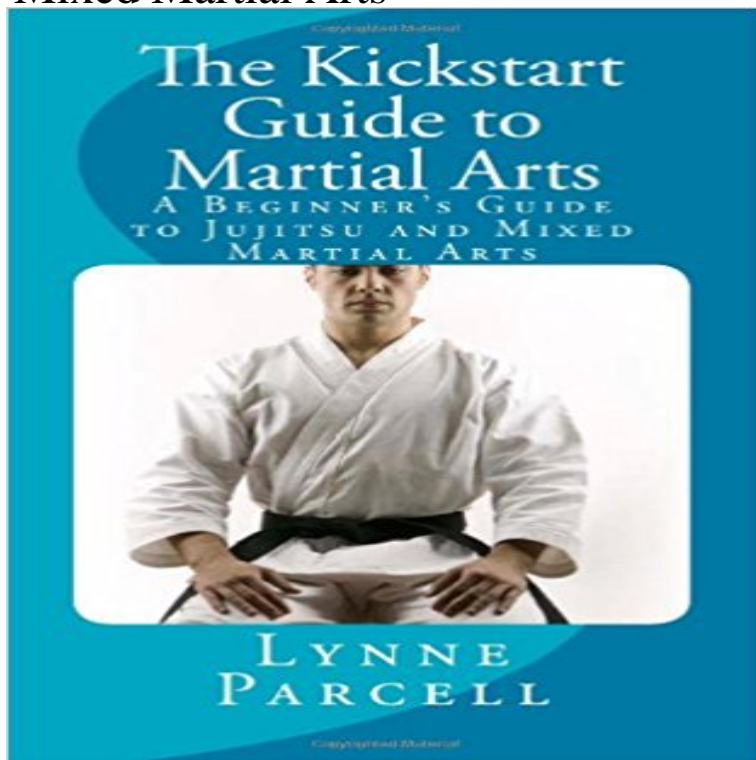


# The Kickstart Guide to Martial Arts: A Beginners Guide to Jujitsu and Mixed Martial Arts



Jujitsu is a name used for Japanese martial arts techniques. The meaning of this word is the art of softness or way of yielding. Jujitsu came from Japan as a way of defeat of an opponent without using any weapons. Since hitting the opponent didn't do much justice, they would be attacked with pins and throws. This worked against the attacker's energy. Find out why people do jujitsu. Through this ebook, we will learn the different techniques of jujitsu and its forms. We all also learn the five sectors of jujitsu also known as the art of training. Discover: What is jujitsu The forms and techniques of jujitsu Rules in joining MMA competition And more

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