



Ketsugo Complete Self-Defense System (Paperback)

By S Henry Robert

Createspace Independent Publishing Platform, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The word Ketsugo means combination. In essence it is a combination of the best and most effective self defense moves from the greatest methods of hand-to-hand combat ever devised. To practice Ketsugo is to practice the combined, unbeatable fighting arts of Aikido, Yawara, Ate-Waza, Karate, Savate, Judo and Jiu-Jitsu. To know Ketsugo is to know the striking and kicking methods of Karate and Savate, the twists, locks and joint-breaking art of Aikido, the pressure points used in Yawara and Ate-Waza and the devastating throws of Judo and Jiu-Jitsu. With Ketsugo, your hands, feet and fingers, in fact your entire body, will become fantastic weapons of self-defense. As a combination of the oldest and most effective Oriental Fighting Arts, Ketsugo will enable you to deliver mild, serious and even fatal blows to any attacker. What you ll find within this manual is a course in complete self-defense in which the basic forms of each of the fighting arts have been simplified so that you will learn fast and easily. Study this book according to your needs. Naturally, the more time you...

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