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Kuntao Jiu-Jitsu: Your Guide to Realistic Self Defense and Street Survival

By Marc Bochner

Trafford Publishing. Paperback. Condition: New. 340 pages. Dimensions: 10.7in. x 8.3in. x 0.7in. Kuntao Jiu-Jitsu: Your Guide to Realistic Self-Defense and Street Survival is the official training manual written by certified Kuntao Jiu-Jitsu instructor Marc Bochner. This manual explains the philosophy, concepts and physical self-defense techniques that comprised the martial arts style of Kuntao Jiu-Jitsu. Kuntao Jiu-Jitsu is an effective art for individuals who are interested in learning how to realistically defend themselves and their families. This book covers aspects of self-defense such as verbal defusing of situations, conceptual and mindset training, trusting your intuition, fear management, and using basic inherent survival instincts to defend yourself. Physical techniques include how to properly strike an adversary, evading an adversary's attack, joint manipulations, correct way to apply chokes, how to off balance and throw an adversary, utilizing takedowns, ground survival - including street and sport grappling, weapon defenses, and defenses from a striking adversary, as well as chokes and grab defenses. This comprehensive manual is for people who are interested in realistic self-defense regardless of skill level. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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