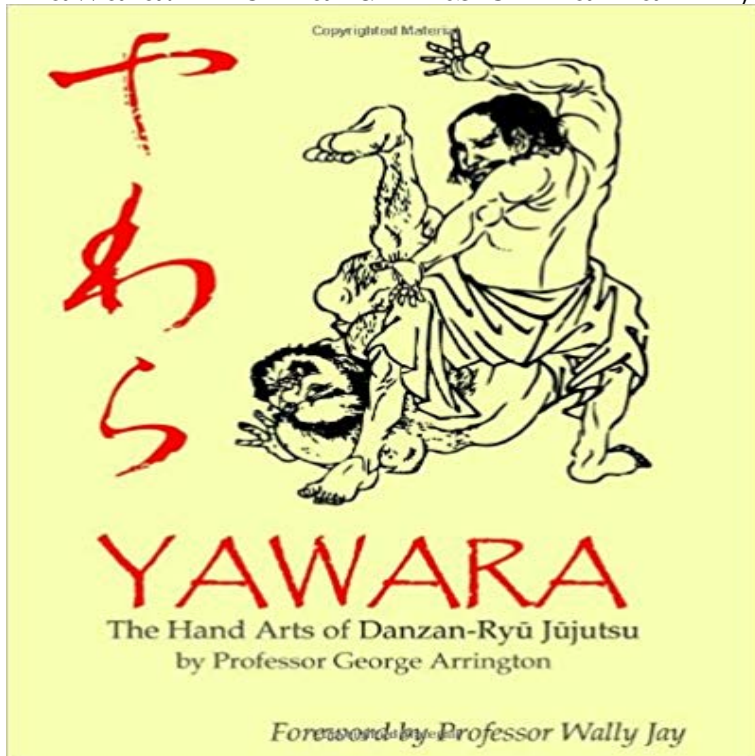


## Yawara: The Hand Arts of Danzan-Ryu Jujutsu



This book describes in both words and pictures the fundamental self defense techniques found in Danzan-Ryu Jujutsu. These 20 techniques include defenses against wrist grabs, chokes, headlocks and other attacks. Correct Japanese Kanji are included for each technique.

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