

Wado Ryu Karate/Jujutsu is the third book by master martial arts instructor, Mark Edward Cody. This volume explores the origins, techniques and kata of one of Japan's most traditional martial arts. This is the first book to examine all seventeen kata of the system and is one of the few existing texts written by a native English speaker. Unlike other works on the subject, kata movement is explained in precise detail. The reader is given clear, systematic instruction in the direction, execution and technique of kata movement. Cody chronicles the traditions of Wado Ryu in light of the necessity for innovation and combat effectiveness in the propagation and evolution of ancient fighting systems. Wado Ryu Karate/Jujutsu embodies the ancient martial principle to Absorb that which is useful. Hironori Ohtsuka created the Wado system by blending the best aspects of Shotokan Karate with Shindo Yoshin Ryu Jujutsu. Following the Founders example, Cody draws upon his knowledge of Filipino Combat Systems and other arts in his analysis of this Traditional Japanese Fighting Art.

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