



# The Complete Kano Jiu-Jitsu (Judo)

*H. Irving Hancock, Katsukuma Higashi*

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The best guide to learning jiu-jitsu ever written in English, this is the most comprehensive study available. It describes the authentic form of judo developed in the late 19th century by Professor Jiguro Kano — not the many imitations often called by this name. Officially recognized by the Japanese government as the preeminent school of jiu-jitsu, the Kano system was the method in which Japanese armed forces and police were trained.

The complete system of 160 holds and throws is clearly explained, with 487 photographs and four charts providing further clarification. Pressure points, balance, falling, and every other important aspect receives full and complete treatment. The first section presents 60 "tricks" of combat in strict sequence that prepare for part two, in which readers learn how to apply the advantages of the tricks they've learned. The third section deals with highly scientific tricks of combat, by which an opponent may be incapacitated — and the methods of kuatsu, or resuscitation, by which a fallen opponent may be revived.

Martial arts students at every level of experience will find this classic guide a source of valuable information and instruction.

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