



# Aiki-Jujutsu: Mixed Martial Art of the Samurai

*Cary Nemeroff*

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**Aiki-Jujutsu: Mixed Martial Art of the Samurai** Cary Nemeroff

## Essential reading for practitioners and instructors of mixed martial arts

Using step-by-step photography and text, the author, a 10th Dan, demonstrates how to perform the throws, hand strikes, grappling/groundwork maneuvers, blocks, break-falls, kicks, and sword-disarming techniques of the complete Aiki-Jujutsu system, including Kempo-Jutsu, Aiki-Jutsu, and Ju-Jutsu. He also provides a concise history of the concepts and systems surrounding Aiki-Jujutsu's development, such as Budo and Bujutsu, enabling the practitioner to gain a more comprehensive understanding of the art. This book will appeal to anyone interested mixed martial arts or the traditional Asian martial arts, and those who seek to learn more about the techniques, philosophy, and history of the fighting arts of the Samurai.

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