



# Secrets of Miyama Ryu Combat: Combat Ju-Jutsu-The Lost Art

*D'Arcy Rahming*

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## **Secrets of Miyama Ryu Combat: Combat Ju-Jutsu-The Lost Art** D'Arcy Rahming

Six hundred years ago, the Samurai practiced combat Ju-Jutsu. Their success became legendary and their art became the parent of Judo Aikido and some styles of Karate. recaptures that ancient art of the Samurai and adapts its self-defense techniques for modern martial artists of all disciplines. Fully illustrated step-by-step lessons demonstrate and explain techniques to use against punches grabs weapon attacks and multiple attackers.

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