



Small-Circle Jujitsu

By Wally Jay

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Small-Circle Jujitsu By Wally Jay

The complete presentation of the system developed by Wally Jay, this book brings together elements from different arts, Jay's broad-based yet focused and effective system incorporates theories, principles, and techniques essential to the development of every martial artist, whether a novice or a seasoned veteran. In this definitive instructional text, Jay covers the history of small-circle jujitsu; techniques for warm-ups, falling and resuscitation; details on weaknesses of the human body; locking techniques for wrists, fingers, arms, and legs; throwing and choking techniques; and self-defense against strikes, chokes, body grabs, and wrist grabs.

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Editorial Review

About the Author

Wally Jay holds a 10th dan in jujitsu and a sixth dan in judo. Jay was inducted into the Black Belt Hall of Fame in 1969 and 1990 for his contributions to jujitsu and the martial arts.

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