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Traditional Jujitsu Moves. This section gives photographs and full descriptions for many techniques found in a standard traditional Jujitsu syllabus.

### **Traditional Jujitsu Moves and Ju Jitsu Techniques**

Jiukido Jujitsu is a non-traditional military style of hand-to-hand combat. Students will learn to fight an assailant using throws, kicks, locks, chokes, pressure points, strikes to vulnerable areas, and stick fighting techniques.

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Having explored jujitsu techniques thoroughly, George Kirby now focuses on the essential principles of jujitsu's most effective techniques: the figure-4 lock and its variations.

### **Jujitsu Figure-4 Locks: Submission Holds of the Gentle Art**

YouTube Premium Loading... Get YouTube without the ads. ... talks about the 4 basic wrist locks from China a person can apply to their opponents. 1. Reverse wrist lock 2. Direct Wrist Lock 3 ...

### **There Are 4 Basic Wrist Locks - The Wrist Is Very Easy To Break When You Know How | Kung Fu Training**

Jujitsu Figure-4 Locks will take you deep inside the theory and concepts of figure-4 locks and then also provide some direct examples & applications of this "simple" hold. Once you master the concepts your ability to come up with more effective figure-4 locks will be limited only by your skills and a solid understanding of the theory of this devastating lock! .



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