



Unarmed Fighting Techniques of the Samurai

Masaaki Hatsumi

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In *Unarmed Fighting Techniques of the Samurai*, world-renowned ninja grandmaster and bestselling author Masaaki Hatsumi explains the fundamentals of various unarmed techniques unique to the Japanese martial arts. Known as *budo taijutsu*, these specialized moves allow the practitioner to evade and receive an attack even from an opponent wielding a sword. Hatsumi covers such topics as *Kihon Happo* (Eight Basic Movements), *Kosshijutsu* (Attacks Against Muscles), *Koppojutsu* (Attacks Against Bones), *Jutaijutsu* (Flexible Body Arts), *Daken Taijutsu* (Fist Punching and Striking), *Ninpo Taijutsu* (Bodily Arts of the Ninja), discussing and demonstrating the many techniques which will enable the fighter to punch, kick and finally lock or control the body of his adversary.

As Hatsumi tells us, the techniques have been secretly passed down from the masters to their students for more than a century, and have become the foundations for a range of other martial arts including judo, karate and aikido. This book will thus enhance the readers understanding of the roots of these various disciplines as well as provide fascinating insights into the spirit of the way of the warrior and the martial arts. Includes over 300 step-by-step photos and rare drawings.

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