



COMPLETE BOOK OF JUKADO SELF DEFENSE JUDO KARATE AIKIDO JIU JITSU
MODERNIZED WHITE BELT THROUGH BLACK BELT









complete book of jukado pdf

STRICTLY speaking, this isn't a book review. It is a personal endorsement of a selection of books that were written by Bruce Tegnér.. Tegnér, as we pointed out decades ago in our bibliographic study of books on the combat arts, was a much-maligned and by far under appreciated teacher of practical self-defense.. Critics are dime-a-dozen second-handers —— and all of us who do this ...