



Warrior Jujitsu

George Alexander

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This is the official training manual of the International Shorinji Ryu Jujitsu Federation. It details the history and techniques for the entire system from beginner to master levels. It included detailed descriptions and diagrams of the techniques needed for mastery of the system. Written by top masters Hanshi George W. Alexander and Hanshi Ken Penland, this manual is a must have for every student and instructor of the International Shorinji Ryu Federation.

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