



# Aiki-Jujutsu: Mixed Martial Art of the Samurai

*Cary Nemeroff*

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## **Aiki-Jujutsu: Mixed Martial Art of the Samurai** Cary Nemeroff

Aiki-Jujutsu: Mixed Martial Art of the Samurai is essential reading for practitioners and instructors of mixed martial arts, the traditional Asian martial arts and those who seek to learn more about the techniques, philosophy and history of the fighting arts of the Samurai. Using easy to follow, step-by-step photography and text, 10th Dan Cary Nemeroff demonstrates how to perform the throws, hand strikes, grappling/groundwork manoeuvres, blocks, break-falls, kicks and sword-disarming techniques of the complete Aiki-Jujutsu system, including Kempo-Jutsu, Aiki-Jutsu and Ju-Jutsu. It also provides a concise history of the concepts and systems surrounding Aiki-Jujutsu's development, such as Budo and Bujutsu, enabling the practitioner to gain a more comprehensive understanding of the art. Essential reading for all practitioners and instructors of mixed martial arts. Covers the hand strikes, throws, kicks and sword-disarming techniques of the complete Aiki-Jujutsu system and provides a concise history of the concepts surrounding Aiki-Jujutsu's development, such as Budo and Bujutsu. Superbly illustrated with around 830 step-by-step photographs. Cary Nemeroff is a 10th Dan in Aiki-Jujutsu (Jujutsu) with thirty-five years of training to his credit.

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