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Through our conversations, I found out that Sensei Ichiro Hata had studied jujitsu, or, as the Japanese now called it, taiho jitsu. Sensei Hata was a government official with a deep and varied experience in Japanese martial arts. I must admit that the names confused me at first. My first thoughts were that they were two different martial arts.

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unarmed or very lightly armed warrior to fight a heavily armed warrior. This eventually led to the teaching of a significant amount of grappling, throwing, restraining and weaponry skills to Samurai.

Japanese Jujutsu: A History and Style Guide

Historically, Japanese martial arts were used as a means of defense and attack in warfare. However, in modern times they are practiced for their educational value — encompassing cultural, physical, moral, aesthetic and spiritual dimensions.

8 Japanese Martial Arts - Japan Talk

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**Japan's Ultimate
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With extensive, step-by-step photographs and instructions, this jiu-jitsu guide is an efficient tool for mastering this ancient martial art. The original Japanese martial art developed by the elite samurai class during Japan's feudal era, Jiu-jitsu is the forerunner of Judo and the precursor of today's ultimate fighting styles, such as mixed martial arts (MMA).

**Japanese Jiu-jitsu:
Secret Techniques of
Self-Defense ...**

Predecessor of Judo
and precursor of

lately's ultimate
fighting styles, Jujitsu is
a martial art developed
by the elite samurai
class right through
Japan's feudal days.
For centuries, this
method of unarmed
self-defense proved
such a success in
combat that it used to
be kept secret and
taught to a make a
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Mixed martial arts (MMA) sometimes referred to as cage fighting, is a full-contact combat sport based on striking, grappling and ground fighting, made up from various combat sports and martial arts from around the world. The first documented use of the term mixed martial arts was in a review of UFC 1 by television critic Howard Rosenberg in 1993. The question of who actually coined the

term is ...

Mixed martial arts - Wikipedia

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