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NUNCHUCKS!: Nunchaku For Self-Defense (English Edition)

Von Phil Elmore

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Von Phil Elmore : NUNCHUCKS!: Nunchaku For Self-Defense (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised NUNCHUCKS!: Nunchaku For Self-Defense (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Great book !Von Mr. MagnusO.K. I'm a Bruce Lee fan and for this reason I had to buy this book.A short and easy guide for

how to use the nunchaku. More for academic interest because the nunchaku is forbidden in the area I live, the book is quite interesting and the second part about the weighted chain is of practical interest because it shows how to improvise a "weapon" for self defence. And this all for a low price !

Kurzbeschreibung The nunchaku, nunchucks, or "numchucks" (as they are sometimes called) is an ancient martial arts weapon that most people dismiss as obsolete. The fact is, though, this martial arts tool is actually a very effective means of defending yourself, and one that you can manufacture with a minimum of tools and effort. Closely related to the nunchaku is the manrikigusari, or weighted chain. This book by prolific author Phil Elmore teaches you the basics of moving, carrying, and deploying the nunchaku and weighted chain as weapons of self-defense. In a dangerous world, it pays to know how to wield alternative weapons. With moderate training, anyone can learn to use these tools to defend themselves from violence.

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