

JUJUTSU

Meaning: Jujutsu is a traditional Japanese martial art that focuses on using an opponent's energy and movements against them, emphasizing techniques such as joint locks and throws.

1. Jujutsu is often regarded as a traditional Japanese martial art that emphasizes using an opponent's energy against them.
2. Many practitioners of jujutsu find that it not only improves their physical strength but also enhances their mental focus.
3. The principles of jujutsu can be applied in various self-defense situations, making it a practical skill to learn.
4. In recent years, jujutsu has gained popularity worldwide, particularly through mixed martial arts competitions.
5. During the seminar, the instructor demonstrated several jujutsu techniques that were both effective and elegant.

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