



Ultimate Kempo: The Spirit and Technique of Kosho Ryu-A Study in Movement, Motion and Balance for Effective Self-Defense [DVD Included]

Jeff Driscoll

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Kempo, also known as Kenpo, is a classic and effective system of self defense.

A Japanese martial art that teaches you how to avoid physical confrontations, the primary focus of Kempo, or "Fist Law" is to not inflict harm, but to manipulate the balance and structure of your opponent for optimal results. It teaches you how to avoid conflict through an understanding of Kosho Ryu's unique mental discipline and philosophy developed by the thirteenth century Japanese Buddhist priest, Kosho Bosatsu.

With hundreds of photographs of kempo techniques and an accompanying DVD, this Kempo book gives you systematic guidance for maximum effectiveness in the striking, throwing, and locking arts. Practical in its application, powerful in its philosophy, *Ultimate Kempo* is a martial arts foundation that any practitioner can use to hone their skills. Chapters include:

- What is Kosho Shorei Ryu Kempo?
- What is the Martial Way?
- Concepts of Study
- Escaping
- Joint Locking
- Throwing
- Striking
- Pressure Points

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