



Bar-Jutsu: The American Art of Bar Fighting

James Porco

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A pounding headache, mouth dry as the desert, memory loss...and wait, a black eye and a fat lip? You have officially woken up from another night on the town. While there is no known cure for that dastardly headache and cotton mouth, there is now officially a remedy for the black eye and bruises. *Bar-jutsu: The American Art of Bar Fighting*, is a step-by-step guide to defending yourself against those brazen pub predators.

After years spent working as a bouncer at bars and clubs, James Porco—a certified ninjitsu instructor and former professional wrestler—set out on a quest to teach every man and woman to stand tall when barroom trouble has found them. *Bar-jutsu: The American Art of Bar Fighting* frees us from this fear of tavern tangles with a range of self-defense techniques that can easily erupt in a the bar environment. Each eye-opening chapter addresses a range of potentially volatile situations, including:

- First Contact: Oops! I Touched Him
- Up against the Wall
- Is that a Broken Beer Bottle in Your Hand or Are You Just Happy to See Me?
- I'm Not as Think As You Drunk I am
- Who is this Clown?

Thanks to *Bar-jutsu's* simple, yet effective techniques, you can soon tote yourself as an official night spot ninja.

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