



Bar-Jutsu: The American Art of Bar Fighting (Paperback)

By James Porco

PERIPLUS EDITIONS, United States, 2016. Paperback. Book Condition: New. 201 x 130 mm. Language: English . Brand New Book. It s as if Owen Wilson and Vince Vaughn wrote a treatise on bouncing as the sequel to Wedding Crashers. Pittsburgh Post Gazette 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 bar brawlers. 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:...



READ ONLINE
[3.61 MB]

Reviews

This created ebook is wonderful. I could possibly comprehended everything out of this created e ebook. Its been designed in an remarkably easy way and is particularly just after i finished reading through this ebook by which basically modified me, affect the way i believe.

-- **Verner Langworth III**

Completely essential read publication. It is really basic but excitement in the fifty percent of the book. You will not really feel monotony at anytime of your respective time (that's what catalogues are for about in the event you ask me).

-- **Lexie Paucek PhD**