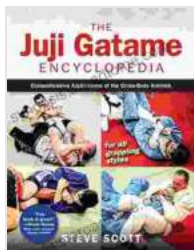


The Juji Gatame Encyclopedia: Inspired Tales for Life

The juji gatame is a powerful armlock that can be used to control or submit an opponent. It is one of the most basic and essential techniques in judo, jujutsu, and other martial arts. However, the juji gatame is not just a physical technique. It is also a metaphor for the challenges and struggles that we all face in life.

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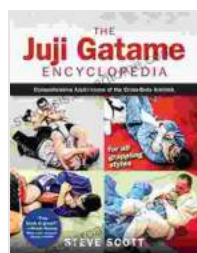
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About the Author

John Will is a world-renowned martial artist and author. He has been practicing martial arts for over 40 years and has taught thousands of students. John is the author of several books on martial arts, including The Juji Gatame Encyclopedia.



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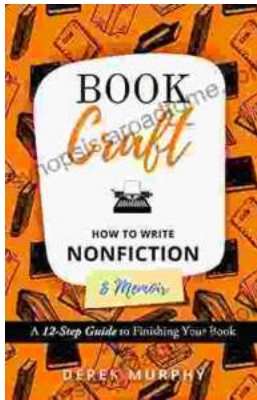
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