



Japan's Complete Fighting System Shin Kage Ryu

Robin L. Rielly

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Master the extremely effective but relatively unknown *Shin Kage Ryu* jiu jitsu with this illustrated martial arts book.

Shin Kage Ryu jiu jitsu has existed as a fighting system for over two hundred years, and the literal meaning of the three characters is "spirit shadow way." Originating in Japan and influenced by Okinawan fighting systems, the art has evolved into one that incorporates karate-like kicks, punches, and strikes, as well as the throwing, grappling, and joint techniques of judo. Thus, Shin Kage Ryu is a complete fighting system, one that combines the best elements of karate with those of jujutsu.

The unique mix of disciplines in Shin Kage Ryu makes it possible to fight with an opponent in an upright position and, if necessary, take him to the ground and score a victory by grappling or choking. Students are also taught extensive attack and defense techniques with both the sword and knife.

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