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Bar-Jutsu: The American Art of Bar Fighting

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:...



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