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Japanese Throwing Weapons: Mastering Shuriken Throwing Techniques [DVD Included]

Daniel Fletcher

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Master the Japanese art of shuriken throwing with this illustrated martial arts guide.

Japanese Throwing Weapons: Mastering Shuriken Throwing Techniques is a detailed instruction manual for learning authentic shuriken throwing techniques as practiced in Japan, known as shuriken-jutsu. Daniel Fletcher studied under Japan's most notable shuriken sensei, Yasuyuki Otsuka, of the Meifu Shinkage Ryu and in this knife throwing book he reveals the secrets learned in his years of study and training.

Fletcher explains the origins and purpose of the shuriken as a weapon and provides information on the various types of shuriken used by the historic samurai and ninjas. Fletcher's expert instructions, along with over 200 photographs and the enclosed DVD can help anyone become proficient with Japanese throwing techniques.

Weapons instruction includes:

- ***Shaken Shuriken***—The most familiar of the shuriken family, this sharp-edged, star-shaped weapon is the one typically seen in martial arts film.
- ***Bo Shuriken***—Shaped like a spike, easy to manufacture, economical, and convenient to carry, this simple weapon is a staple in the arsenal of the Japanese warrior.
- ***Teppan Shuriken***—A multi-purpose weapon made from iron plates, it can take a variety of shapes and is used both for throwing or hand-to-hand combat.

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