



Ultimate Kempo: The Spirit and Technique of Kosho Ryu (Downloadable Media Included)

Jeff Driscoll

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Ultimate Kempo (also known as kenpo) is more than a book about technique and style; it's a study of movement, motion and balance that can enhance anyone's study of the martial arts. Its primary focus is not to inflict harm, but to avoid conflict through an understanding of Kosho Ryu's unique mental discipline and philosophy. If physical confrontation is unavoidable, then practitioners of kempo will learn to manipulate the balance and the structure of an opponent for optimal results. With hundreds of photographs and the provided DVD, *Ultimate Kempo* gives systematic guidance for maximum effectiveness in the striking, throwing and locking arts.

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