
Jita Kyoei

Posted by Kurobi - 2008/11/10 21:21

In way of a follow up to the Sei Ryoku Zen Yo thread, I would be very interested in hearing from those who implemented Jita Kyoei. How was the concept defined by you or your Dojo and what form did it take. Pls. do not feel that you must be limited to only what happned on the tatami.

My very best to all,

Kurobi

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