



Swedish Combat



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Henrik Nilsson

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In 1993, Professor Henrik Nilsson founded a continuously improving fighting-method – Swedish Combat. In short: If you take traditional fighting methods like Karate, Jujitsu, etc, pick the techniques that actually “work” in self-defence or fighting, take away the “stylish” parts that are mostly for show, then you have the basics of Swedish Combat. The basic idea of Swedish Combat was to create an education system which distinguishes the choreographic and realistic defence. In Swedish Combat, the basic philosophy is that we use low kicks, and striking techniques from the waist up. For a technique to be handpicked into the base system of Swedish Combat, it has to be suitable for self-defence or fighting. This combat system has techniques which are drawn from, among others, Jujitsu, Judo, Kempo Karate, Taekwondo, Kickboxing and Shaolin Wushu. “I recommend that after initially reading this book that you refer back to it every so often as there are lots of valuable information contained within which is not available in many Martial Arts publication. This book should be viewed as a reference source as it has numerous points of interest, which is beneficial to all Martial Artists.” Neil Hourston Kyoshi

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