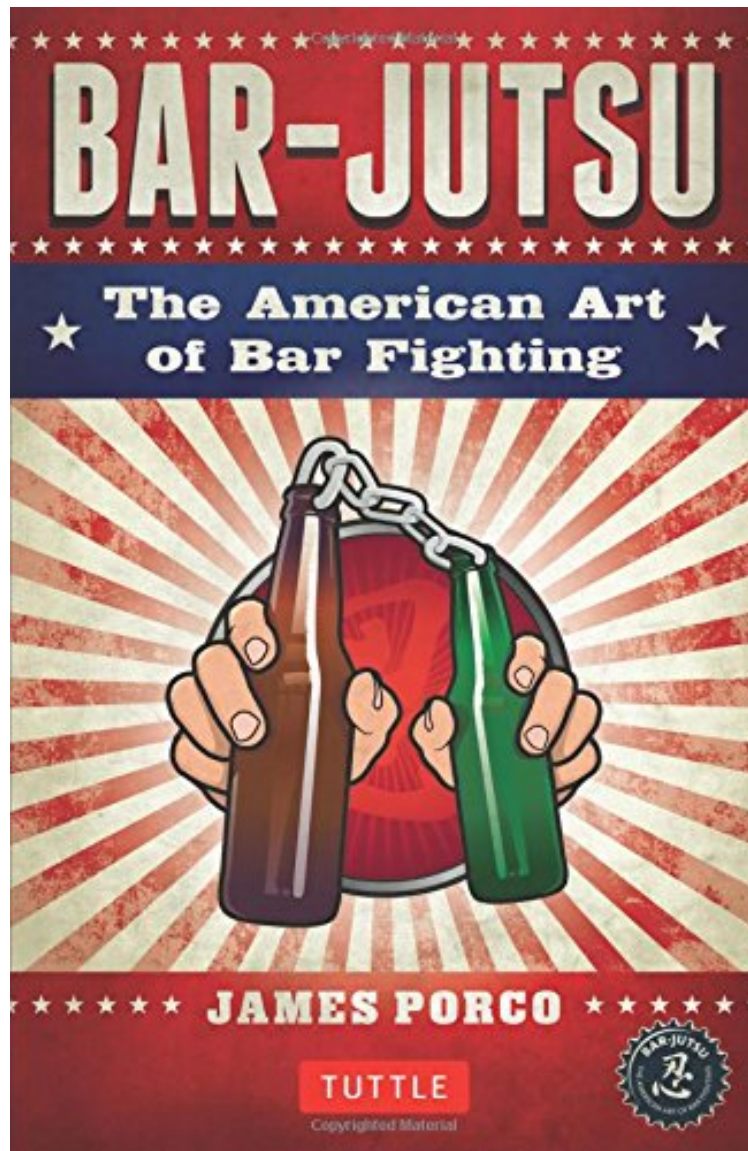


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## Bar-jutsu: The American Art of Bar Fighting

*James Porco, John Monaco*

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**James Porco, John Monaco : Bar-jutsu: The American Art of Bar Fighting** before purchasing it in order to gage whether or not it would be worth my time, and all praised Bar-jutsu: The American Art of Bar Fighting:

2 of 2 people found the following review helpful. An entertaining and informative book for anyone who likes humor along with their "Bar-Jutsu" training. By Joseph J. Truncale I have been a voracious reader for most of my life. I have also been a lifetime student of the martial arts (Judo, Jujitsu, Karate-do, Military Combatives, wrestling, boxing etc.), but this book is my first exposure to the self-defense system of "Bar-Jutsu, The American Art of Bar Fighting" by

James Porco. Books come in a variety of topics that will educate, entertain and amuse you. Sometimes books are serious and sometimes they whimsical. This book is a combination of all the above topics. This small 128 page volume will educate you in the basics of Bar-Jutsu. The humorous writing will entertain you and make you laugh. There are parts that are serious and require practice to master the techniques. Finally, there are parts of this book that are whimsical and just fun to read. This text is organized into ten lessons. The introduction explains how the self-defense art of Bar-Jutsu was created. Each chapter presents a bar scene scenario followed by what you should do. It then shows you how to practice the technique with a partner. The color photographs and instructions are easy to follow (for me); however, I personally do not think someone with absolutely no self-defense experience will be able to grasp some of the finer details involved in the techniques. This does not take away from the value of this book for anyone who likes to have a good time at a bar and avoid trouble. I like the techniques shown because they all are familiar to me as a Jujitsu instructor. I think this book is fantastic and if combined with hands-on instructions from a self-defense instructor, this book can be of great value. I found this book a great read. Rating: 5 Stars. Joseph J. Truncale (Co-Author: The Monadnock (MDTD) Defensive Tactics System) 3 of 3 people found the following review helpful. Informative and Fun By Ryan Bar-jutsu: The American Art of Bar Fighting is a great read for those looking for a book that will entertain you while teaching you something that is "real world" useful. Cover to cover, it is quick and easy going while at the same time crafted with the loving care and attention to detail that can only come from a truly passionate source. Besides being entertaining (it's damn funny), Bar-jutsu [...] will serve its reader well as a self-paced training manual for some simple yet highly effective self defense techniques. An experienced martial artist can use the techniques as a quick workout or refresher while a novice can work on or two of the techniques demonstrated until they are solid. Male or female, young or old, Bar-Jutsu really has something for everyone and is well worth checking out. 0 of 0 people found the following review helpful. Funny! By Eve Alden I'm definitely not the target demographic for this book - the closest I've been to a bar fight is watching Sam and Diane bicker on Cheers. Nonetheless, I enjoyed the book a lot. It's well-written and very amusing. I laughed aloud quite a few times.

"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: Oops! I Touched Him Up against the Wall Is that a Broken Beer Bottle in Your Hand or Are You Just Happy to See Me? I'm Not as Think As You Drunk I am Who is this Clown? Thanks to Bar-jutsu's simple, yet effective fighting techniques, you can soon tote yourself as an official night spot ninja.

"I wish everyone who walked into my bar had a little sensei in their head telling them what to do before a confrontation starts. That's exactly what this book does. It teaches in a very clear manner how to diffuse trouble before it starts, and how to end it before it escalates out of control." —Pete Sparico, bar bouncer, Pittsburgh, PA "This book manages to make self-defense funny. From the very first pages it sets the tone; you can learn to defend yourself without being a stone-faced ninja. It is both an entertaining read and a practical guide for learning self-defense basics. Laugh and learn!" —Brad Sommer, Sommer Entertainment Group "The lessons are perfect for those of us not interested in becoming martial arts experts. If you want to feel more confident the next time you are in a crowded bar or other rowdy place, you really need to read this book." —Mike Blade, professional wrestler "You don't have to be a drinker to appreciate the wit and wisdom that James Porco put into Bar-Jutsu: The American Art of Bar Fighting. The author hails from a background in Bujinkan ninjutsu, in which he holds a second degree black belt, but his book is all about the Western ways of throwing down." —Black Belt magazine "Tired of getting your ass kicked in bar fights? Or just curious about how to behave in a hypothetical pub scuffle? The new book Bar-Jutsu: The American Art of Bar Fighting is not a masterpiece, but it does offer some useful tips should you ever find yourself in a Road House-style barroom brawl." —MadeMan.com blog "...a perfect blend of entertainment and training. The lessons are spot-on, and the images perfectly illustrate the nuances required to make self-defense maneuvers effective. The scenarios are hilarious, and can easily happen to any of us...from an "average Joe" to a professional wrestler, or even to the original wrestling diva!" —Tammy "Sunny" Sytch, the Original Diva and professional wrestling hall of famer "...a wonderfully presented approach to handling yourself in very real confrontational situations." —Ed Martin, 15th Dan Shihan "[Bar-jutsu] provides very real scenarios, and very PRACTICAL ways of handling yourself when things are unpredictable. We're not talking dojos and judged competitions here, we're talking bars and drunken jerks. This book will quickly teach you how to be prepared and to know your opponent, even during chaos." —Rod Salka, professional boxer, WBA

NABA USA champion  
About the Author  
James Porco is a certified ninjutsu instructor with a second degree black belt and shidoshi-ho with the Bujinkan. Porco is the founder of Pittsburgh Ninjutsu and, more recently, the founder of Bar-jutsu, a movement designed to promote proper self-defense techniques suitable for bar scuffles and other confrontational situations in public. He resides in Pittsburgh with his wife and daughter.  
John A. Monaco is a professional educator, trainer, freelance writer, and editor with more than fifteen years of experience writing and designing educational and training material. He currently resides in Pittsburgh.