

Competitive Judo: Throwing Techniques and Weight Control

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ING_08 Review quote **Dynamic Judo: Grappling techniques** Kazuzō Kudō,1967 *Judo Training Methods* Takahiko Ishikawa,Donn F. Draeger,2011-12-20 A product of over twenty years of exhaustive research Judo Training Methods is a comprehensive examination of the Japanese Judo Written by martial arts authority Donn Draeger and judo champion and instructor Takahiko Ishikawa it is an expert martial arts guide Although the examples are geared toward judo the training and conditioning methods set out are valuable for all martial artists and athletes whatever their art or sport Judo Training Methods is an encyclopedia of judo covering not only Judo techniques and training methods but also dojo etiquette tournament rules and promotion requirements This illustrated judo book features over 1 000 photos and 200 conditioning exercises A perfect introduction to Judo for beginners the exercises in this classic text are also valuable conditioning

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