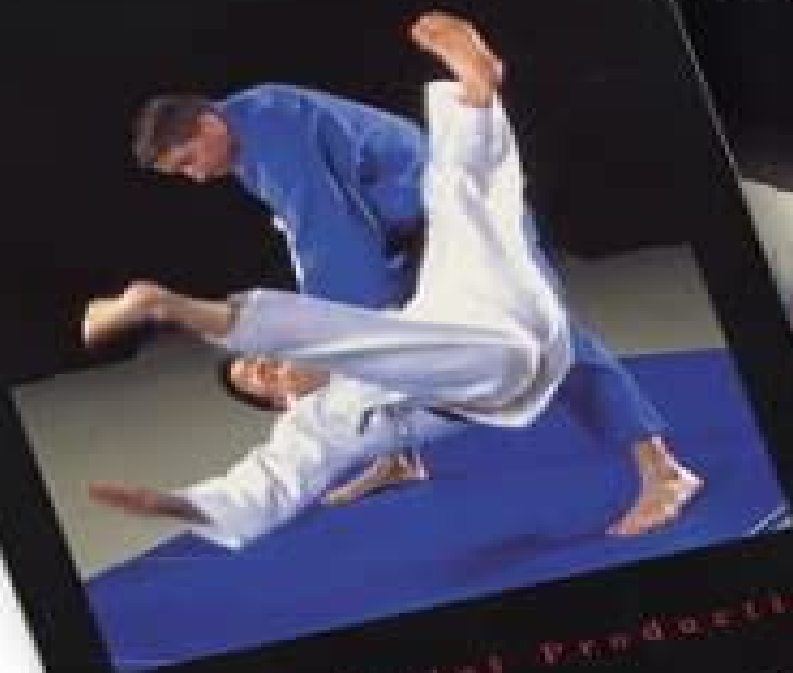


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**Tadao Otaki, Donn F. Draeger**



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to enjoy the physical and mental benefits associated with this art form Covering everything from basic breakfalls and throws to complicated locks and strangle holds this is a well authored and very comprehensive look at Judo techniques Each technique is carefully and clearly explained with the aid of illustrations as the Judoka is taken through the various moves holds and falls If you want to excel at the sport of judo this remarkable handbook offers you a ready made course It gives you a complete orientation to the principles practices and techniques of judo helps you develop split second timing and flawless technique as you learn to master the most difficult throws and counters More than any other guide this book makes you an enthusiastic student because it simplifies your learning at every stage of your progress It shows you how to maintain your balance how to disturb your opponent s balance and breaks down each basic movement throw or counter into its component parts you simply follow the logical step by step directions Heavy line drawings made accurately from actual motion pictures of judo contests illustrate each phase of a stance No less than four diagrams show each hold from all positions

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