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BASIC GRAPPLING



Mike Swains Basic Judo Basic Grappling

Tadao Otaki,Donn F. Draeger

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Kodokan Judo Institute in Tokyo the headquarters of international Judo which was founded by the creator of the martial art Jigoro Kano Draeger considered by many to be the first non Japanese Budo master was an authority on Asian martial culture who held high ranks and teaching licenses in several martial arts He was a prolific writer and was the first non Japanese Judo instructor at the Kodokan Otaki was not only a successful Judo instructor but also a university professor who was widely praised for his research on the role of Judo in education Draeger and Otaki based their text on Jigoro Kano s published and unpublished personal writings Recapturing the original spirit and intent of the essential Judo kata they are presented in the standard Kodokan versions as refined by generations of practitioners Richly illustrated with over 1 000 photos and drawings Judo Formal Techniques offers complete step by step instructions for the roles of both training partners In addition to the core techniques of throwing and grappling it explains the important transitional movements as well as grips stances and postures First introduced as an Olympic sport at the 1964 Tokyo Olympics Judo is returning to its home city on the world stage at the 2020 Olympics Practiced by more than 20 million people worldwide Judo is only expected to continue growing in popularity A new foreword by Judo instructor Neil Ohlenkamp sheds light on the book s lasting importance as the classic Kata bible for Judo students and instructors alike and an indispensable resource for all martial arts practitioners

Judo Unleashed Neil Ohlenkamp,2006-05-22 Hundreds of full color throws and grabs make this the black belt of instructional judo books In Judo Unleashed master coach Neil Ohlenkamp brings together the form practice and grace of this venerable sport in an all inclusive handbook From philosophical and technical foundations through advanced grappling and self defense techniques this authoritative guide with 350 color photos covers all the bases you need to refine your technique and gain a deeper understanding of this increasingly popular martial art

Judo Formal Techniques Tadao Otaki,Donn F. Draeger,2019-05-07 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 exercises for football basketball track swimming wrestling boxing tennis baseball mixed martial arts and more Chapters introduce readers to the principles and practice of Judo including Physical Judo Re Examined Classification of Exercises and Muscle Groups

Kinesiological Principles About Muscle Judo Training Advice Judo and Weight Training Judo Training Routines Preparatory Exercises Supplementary Exercises Compound Exercises Auxiliary Exercises

Judo Eric Dominy,2022-05-12 Judo Basic Principles is the authoritative manual for the interested beginner in Judo One does not have to vie for the coveted black belt

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. It 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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