

UCHIMATA



HITOSHI SUGAI

Uchimata Masterclass Techniques Series

Danny Hicks



Uchimata Masterclass Techniques Series:

Uchimata Hitoshi Sugai, 1991 **Uchi-mata** Danny Hicks, 2022-12-19 In this book Uchi mata Japan's triple World and Olympic Champion Kosei Inoue gives a masterclass in his favourite technique revealing the different grips entries and numerous different ways he set up the throw in competition Inoue is joined by ten other leading experts on Uchi mata Learn Dutchman Mark Huizinga's variation from a defensive position and Japan's Keiji Suzuki's technique that works against the very heaviest opponents Off the grip and Spinning Uchi mata comes from two of France's greatest judoka Darcel Yandzi and Ugo Legrand Craig Fallon and Euan Burton of Great Britain present Uchi mata makikomi whilst Varlam Liparteliani and Avtandili Tchrikishvili reveal the unorthodox variations that have helped make Uchi mata a favourite in Georgia Finally don't miss the incredible Mongolian approach to Uchi mata including the technique that they pioneered the Front Uchi mata Throwing descriptions and tuition are accompanied by incredible photographic sequences with the key technical moments highlighted Many of the images are shown for the first time and come from Fighting Films vast photograph archive Fighting Films has been closely working alongside the world's greatest judoka for over 30 years Throwing for Ippon is the first project where all of this international technical expertise is compiled in one place Presented by Superstar Judo Fighting Films online coaching subscription site the techniques can also be viewed in video format by clicking on a QR code at either the start or end of each book The author is Fighting Films partner Danny Hicks who was IJF TV Director from 2009-2017 This guide is an essential for all judoka Whether you just want to learn the basics of a throw or be inspired by numerous different variations from the world's best Throwing for Ippon reveals the techniques that are proven to work at the very highest level *Sambo and Systema: Russia's Prominent Martial Arts* Michael DeMarco, M.A., 2016-07-18 Russia is rich in martial traditions deriving from a highly diverse population Sambo developed by the Soviet Red Army became the most recognized martial art associated with Russia mainly because of its presence in international competitions Another style to become recognized for its great practicality and encompassing training regimen is Systema Originally created for Russian Special Operations Units Systema's teaching gradually spread world wide after the fall of the Soviet Union in 1991 This anthology contains writings about Systema and Sambo that present essential information for anyone interested in the history theory and practice of these combative systems In the first chapter Kevin Secours shows that ground fighting and grappling are necessary components of a complete tactical arsenal Specific emphasis is on the role of defending the takedown in a modern survival scenario In chapter two he summarizes the prevailing theories and findings pertaining to the science of fear as it relates to surviving violence How these findings have been interpreted by modern combative systems in the West are compared with approaches to the traditional Russian martial arts and their application in the Russian Special Forces The next three chapters focus on Sambo Jacques and Anderson detail the historical development of Sambo Vasili Sergevich Oshchepkov a student of Jigoro Kano and Victor Spiridonov worked to develop this combative system However despite the judo jujutsu influence Sambo was

born of native Russian and other regional grappling and combat wrestling styles bolstered with many useful and adaptable concepts and techniques from the rest of the world This chapter presents details of the early development up to recent times The fourth chapter by Polyakov Yankauskas and DeRose focuses on some of the fundamental techniques that are legal for Sambo competition The purpose of this study was to examine and compare the most successfully used submission techniques of three of the greatest figures in the history of sambo competition Michael Burdikov Alex Feodorov and David Rudman Sambo has become well known largely due to the success of Sambo fighters in various mixed martial art venues Stephen Koepfer s final chapter offers a description of its development as well as a delineation of one of Sambo s hallmark strategies offensive rolling Examples of proper forward rolling and three related offensive techniques are presented May readers of this anthology come to appreciate the great depth of Russian martial traditions and the unique developments that emerged in the arts of Systema and Sambo

Ko-soto-gari Danny Hicks,2023-11-30 In this book Ko soto gari the world s leading expert in Ashi waza Japanese double World and Olympic Champion Keiji Suzuki gives a masterclass in his most significant technique Suzuki s Ko soto gari shot him to fame as he used it to win the finals of both the 2003 World Championships and 2004 Olympic Games Learn how Suzuki revolutionised Ko soto gari turning it into his most dangerous throw Suzuki is joined by Great Britain s Winston Gordon and France s Ugo Legrand who specialise in Bearhug Ko soto gari and Russia s Kirill Denisov who will risk everything for his jumping entry into Ko soto gari Throwing descriptions and tuition are accompanied by incredible photographic sequences with the key technical moments highlighted Many of the images are shown for the first time and come from Fighting Films vast photograph archive Fighting Films has been closely working alongside the world s greatest judoka for over 30 years Throwing for Ippon is the first project where all of this international technical expertise is compiled in one place Presented by Superstar Judo Fighting Films online coaching subscription site the techniques can also be viewed in video format by clicking on a QR code at either the start or end of each book The author is Fighting Films partner Danny Hicks who was IJF TV Director from 2009 2017 This guide is an essential for all judoka Whether you just want to learn the basics of a throw or be inspired by numerous different variations from the world s best Throwing for Ippon reveals the techniques that are proven to work at the very highest level

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