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# CLASSICAL MARTIAL ARTS CENTRE IAIDO, JODO AND NITEN Manual



## **Znkr Jodo Training Manual**

Takahiko Ishikawa, Donn F. Draeger

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Mastering Judo Masao Takahashi,2005 Authored by the Takahashi family who combine more than 200 years of experience teaching coaching and competing in judo this book provides an in depth description of judo history culture philosophy techniques tactics training and competition 200 photos Secrets of Judo Jiichi Watanabe, Lindy Avakian, 2011-12-20 The Secrets of Judo is a revealing Japanese martial arts manual that focuses primarily on the scientific principles at work in judo It offers clear cut explanations of the numerous techniques involved in throwing and grappling In addition to the precise detailing of judo s physical aspects this book provides insights into the psychological factors related to judo s underlying philosophy The Secrets of Judo a fascinating and valuable work since its original publication in 1959 sets out a comprehensive course to achieve maximum efficient use of mental and physical energy that remains as vital and fresh as when first recommended by Risei Kano president of the Kodokan on its original publication This Judo guide features sections on The Art and Science of Judo How Can Dynamics Be Applied to Judo Three Principles for Practicing Judo Three Laws of Motion Kinds of Force Acting State of Force How to Practice Throwing How to Practice Grappling Let's Roll Iudo John Martial Judo Art Book, 2021-05-04 We love judo and we know that you do too Makes an awesome gift for Judo Fan Coach Judo Player Fitness Coach And Outdoor Sports Lovers Judo diary for every judoka to show off the passion for everyone who loves judo Features 110 pages to write down everything you want Size 6 x 9 15 24x 22 86 cm High quality matte cover for a professional finish It is an ideal gift for a judo player Do you want to see more product offers Just click on our brand John

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