

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

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

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