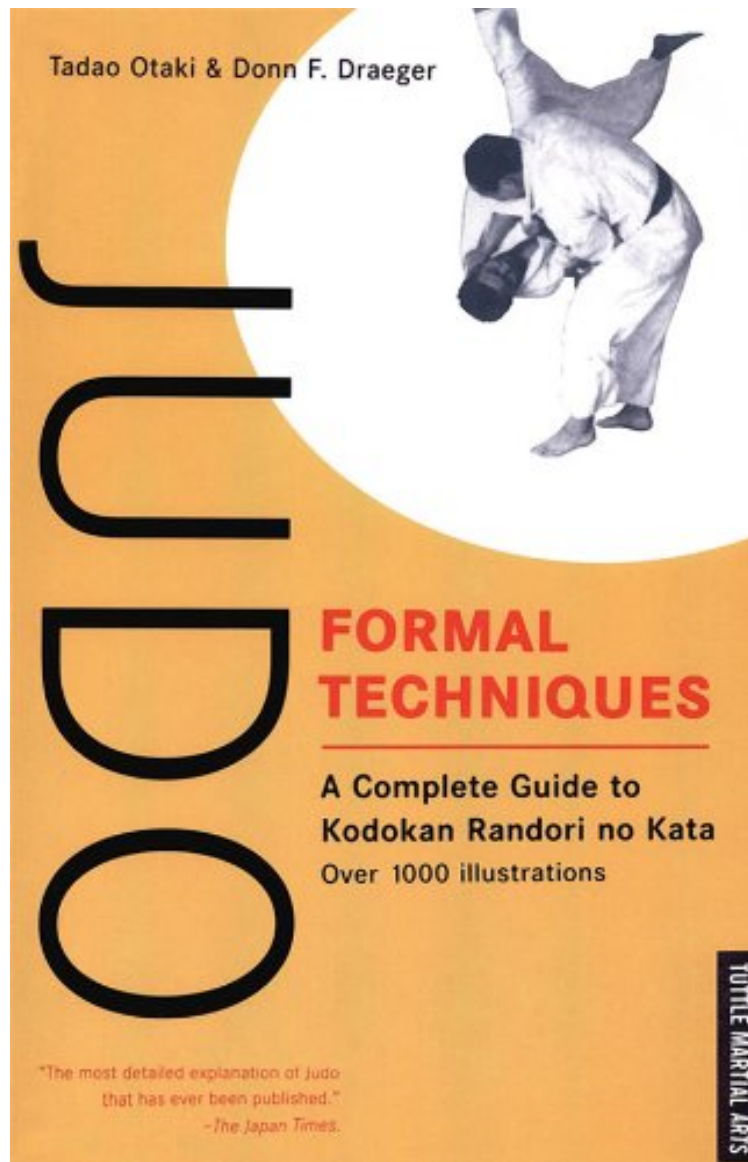


(Free) Judo Formal Techniques: A Complete Guide to Kodokan Randori no Kata (Tuttle Martial Arts)

Judo Formal Techniques: A Complete Guide to Kodokan Randori no Kata (Tuttle Martial Arts)

Von Tadao Otaki, Donn F. Draeger
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Von Tadao Otaki, Donn F. Draeger : Judo Formal Techniques: A Complete Guide to Kodokan Randori no Kata (Tuttle Martial Arts) before purchasing it in order to gage whether or not it would be worth my time, and all praised Judo Formal Techniques: A Complete Guide to Kodokan Randori no Kata (Tuttle Martial Arts):

KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich. An

essential textbook for all Judo practitioners. Von Ein Kunde Judo Formal Techniques covers Randori no Kata (both Nage no Kata and Katame no Kata), the basic techniques used in competition judo. The book provides detailed information on each of the techniques, including advice for both the attacker and defender. It also touches on the basic theories behind the techniques, competition etiquette, and the philosophies of the founder of judo (Jigoro Kano) and many of judo's proponents. Technique descriptions are heavily supported by a number of excellent photographs. 1 von 1 Kunden fanden die folgende Rezension hilfreich. A very detailed explanation of kata for all. Von Ein Kunde When I ordered this book, I was looking for detailed information about kata. The book provided what I was looking for and more. It gives the Judo student detailed description of Kata in text, pictures, and drawings from beginning to end of the kata. It covers both Nage no Kata and Katame no Kata. It describes and shows the student how to perform the intricate movements of these katas. It compares favorably with the book Kodokan Judo by Jigoro Kano. 0 von 0 Kunden fanden die folgende Rezension hilfreich. This book is "THE BIBLE" for learning the Randori kata's. Von danwatts@aol.com Written for the more advanced judo practitioner wishing to have a detailed reference for learning "Nage no Kata" and "Katame no Kata". I am not aware of any book more widely used for this purpose. Every serious Judoka should have a copy on their book shelf if they wish to understand judo kata.

Kurzbeschreibung 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 Pressestimmen "Exceptionally well written No detail is left unexplained." Yomiuri Shimbun "The most detailed explanation of Judo that has ever been published." --The Japan Times "Exceptionally well written...No detail is left unexplained." --Yomiuri Shimbun -The most detailed explanation of Judo that has ever been published. --The Japan Times -Exceptionally well written...No detail is left unexplained. --Yomiuri Shimbun Kurzbeschreibung 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