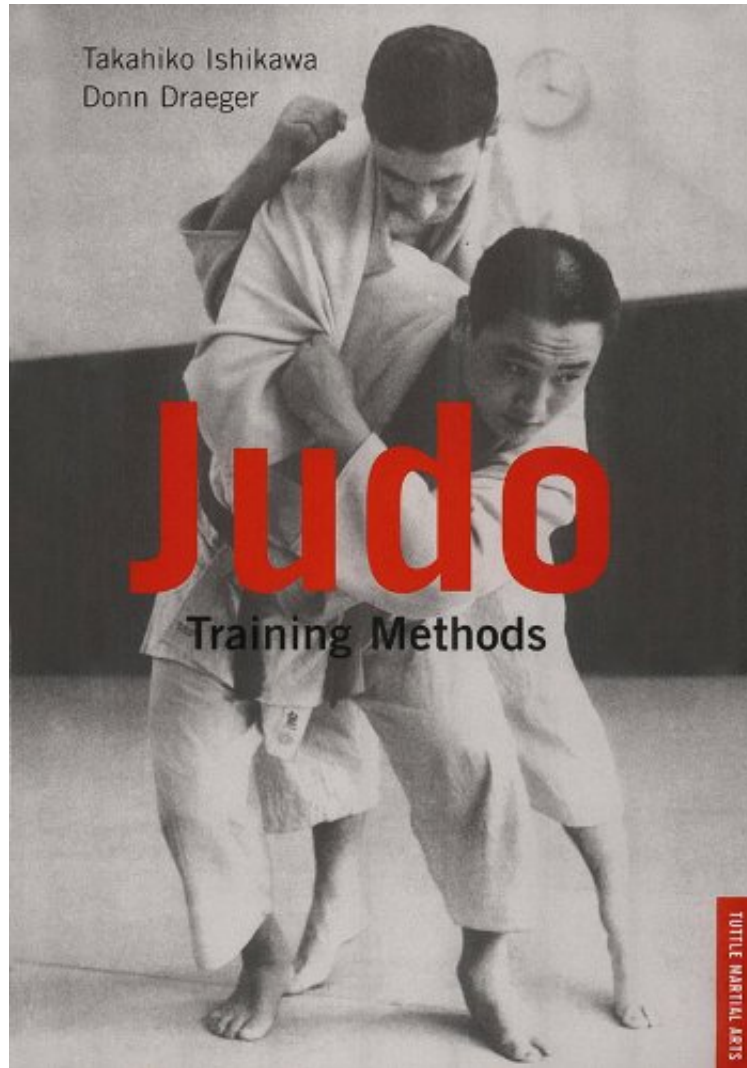


(Get free) Judo Training Methods: A Sourebook (Tuttle Martial Arts)

## Judo Training Methods: A Sourebook (Tuttle Martial Arts)

Von *Takahiko Ishikawa, Donn F. Draeger*  
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**Von Takahiko Ishikawa, Donn F. Draeger : Judo Training Methods: A Sourebook (Tuttle Martial Arts)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Judo Training Methods: A Sourebook (Tuttle Martial Arts):

KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich. No Nonsense TrainingVon BrianJudging by the one and five star reviews below me this is a "love it or hate it" kind of book. I love it, while admitting its drawbacks.Originally written in 1962 by trainers from the Kodokan in Tokyo, its purpose was to catalog the traditional calisthenic exercises of judo and promote the then-radical use of modern western free weights. Part one is theory, part two is practice.The books only flaw is its age. Looking at the pictures, one feels

like Jerry Seinfeld when Lloyd Bridges decided to whip him into shape: "It's like a fitness museum!" Some exercises are pictured employing such unfashionable devices as rubber expanders and one-piece barbells of the sort that circus strongmen always use. Scrupulously up-to-date people will no doubt find some of it pretty funny, and the looks one would get at the gym when doing, say, reverse running on all fours would be funnier still. Never the less, the book is packed solid with explanations and photos of hundreds of damn good exercises and lots of fairly good training information, all of it presented from a perspective of what is useful for judo. If supplemented by some common sense and maybe a book on gym safety it is quite valuable.

1 von 1 Kunden fanden die folgende Rezension hilfreich. THE BEST PREPARATORY JUDO BOOK I HAVE READ

Von JACOBO LANIADO I HAVE A LOT OF TIME PRACTICING JUDO AND I FIND THIS BOOK THE BEST IN IT'S CATEGORY OF PREPARATORY EXERCISES TO IMPROVE STRONG, HABILITY, AND TECHNIQUE TO ALL JUDO INSTRUCTORS AND STUDENTS, I FIND IT VERY EXPLICIT IN TEXT AND IN PHOTOGRAPHS AND COVERS ALL KIND OF EXERSISES NEEDED TO A JUDOKA, WARMING, PREPARATORY AND HEAVY LIFTING TO IMPROVE FORCE.

0 von 0 Kunden fanden die folgende Rezension hilfreich. Judo Training Methods

Von Rumpelstilz Judo Training Methods, Ishikawa/Draeger, Tuttle Publishing, ca. 323 pages English. Good Book. Content: Exercises for Judo training Describes some basic judo exercises, muscle building exercises for Judo. Depending on whether you look for training exercises or background information for judo training you have to select what you read. (go through it one time to get an overview) Not good for beginners, but for trainers and co trainers. English. Gutes Buch. Inhalt: bungen frs Judo Training Beschreibt Grundlagen bungen und Muskelaufbau, zugeschnitten auf Judo. Abhngig davon ob man Trainingsbungen oder Informationen ber Judo Training sucht, sollte man selektiv lesen (einmal ganz durchgehen zum berblick). Nicht gut fr Anfnger, gut fr Trainer und Co-Trainer.

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

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Synopsis An encyclopaedia of judo, covering not only techniques and training methods but also dojo etiquette, tournament rules and promotion requirements. The examples are geared towards judo, but the training and conditioning methods should be valuable for all martial artists.