

# Free Copy Kodokan Judo The Essential Guide To Judo By Its Founder Jigoro Kano

## **Kodokan Judo The Essential Guide To Judo By Its Founder Jigoro Kano**

Techniques of JudoTHE CANON OF JUDOUpside-Down DogsBrazilian Jiu-jitsuEncyclopedia of Japanese Martial ArtsSport of JudoJudo Formal TechniquesThe Art and Science of JudoFalling HardJudoFundamentals of JudoWriting WorkshopNLPHow to Win a FightJudo HandbookClassical Fighting Arts of JapanJudo Kyohon Translation of Masterpiece by Jigoro Kano Created in 1931 (Spanish and English).Mastering the 21 Immutable Principles of Brazilian Jiu-JitsuJiu-Jitsu UniversityThe Roads to SataThe Way of JudoJudo in ActionFighting FitAttacking JudoKODOKAN JUDO:THROWING TECHNIQUESIllustrated Ninja HandbookThe Essence of Brazilian Jiu-JitsuKorean KarateStrength and Conditioning for JudoMuay Thai BasicsTaekwondoKODOKAN JUDO ATEMI WAZA (English)Kodokan JudoTraining and Conditioning for JudoMind Over MuscleHigher JudoThe Judo HandbookKodokan JudoJapanese Jiu-jitsuJigoro Kano, Writings of Kodokan Judo Founder

### **Techniques of Judo**

Throughout his life, Jigoro Kano worked continuously for the diffusion, promotion and

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improvement of the ?Kodokan Judo ?. Since its founding in 1882 as a modern and evolved system of Ju-Jitsu, Kano provided not only an extensive technical curriculum, but also a philosophical approach, which made Kodokan Judo somewhat different from the warrior arts of the past. There are many documents currently available to the judo enthusiast, and it is relatively easy to get a general idea of Master Kano's thinking. But there are old writings, phrases, tips, maxims and proverbs that are hardly known today, unknown to most, all of them written directly by Jigoro Kano, where we learn through his thoughts the traditional principles of Kodokan Judo, competition, techniques of self-defense, social and family relations, proper time use and ultimately how to be useful in society among many other aspects. We have had the opportunity to gather all this material and through this work we have put it to the full service for all lovers of martial arts. We also include photos of the founding master of Kodokan Judo, some of them unpublished. Desiring that this work is to your liking, we recommend you to carefully read each sentence, each line and each paragraph, then you will perceive the enormous capacity and richness of the thoughts of a man who was ahead of his time to leave us as a legacy this beautiful art: Kodokan Judo.

## **THE CANON OF JUDO**

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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

## **Upside-Down Dogs**

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This book is the totally revised edition of Canon of Judo. It is said that the original book played a big role in founding the International Judo Association and in helping Judo become an Olympic sport in 1964. Kyuzo Mifune (1883-1965) began Judo as a child, and in 1920 was awarded the highest possible rank of 10th dan - the only man ever to reach this height. Called the 'god of judo', he was so famous that '10th-Dan' replaced his name! Legend has it that in his sixty years of practice he never lost a match and was never thrown. This book is a totally revised edition. The original'

## **Brazilian Jiu-jitsu**

"This authoritative and comprehensive encyclopedia is an invaluable resource for martial artists of all levels, scholars, researchers, institutions, and anyone interested in Japanese history and culture"--

## **Encyclopedia of Japanese Martial Arts**

Judo is a dynamic Olympic sport that requires a wide range of physical attributes and skills. It is the second largest participation sport in the world after football, and estimates suggest there are 20 million judoka (practitioners of judo) just in Europe. However strength and conditioning are prerequisites for an aspiring judoka, and

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this book is essential reading for judo coaches, strength and conditioning professionals, and judoka alike. Topics covered include: needs analysis of judo; building strength and delivering power; co-ordination, speed and agility; the importance of nutrition; and finally, injury prevention and maximizing recovery. Essential reading for judo practitioners, judo coaches and strength & conditioning professionals and extensively illustrated with 139 colour photographs and diagrams.

## **Sport of Judo**

"On 'Mastering The 21 Immutable Principles Of Brazilian Jiu-Jitsu', Paulo Guillobel wears a hat of a scholar and proves that, in more than 26 years of practicing, he has not only trained, taught and competed at high level, but most important of all, has studied the art thoroughly. Every student, teacher and master will surely take advantage of the knowledge carefully organized in this book. This is by far the best Jiu-Jitsu book I ever read." -Luca Atalla, Vice President and Chief Editor of Gracie Magazine Until this book, there has never been a Brazilian Jiu-Jitsu book that has comprehensively explained the most fundamental and unchangeable principles of this martial arts style. Paulo Guillobel's Mastering the 21 Immutable Principles of Brazilian Jiu-Jitsu is a one-of-a-kind book

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that goes deep into the foundation of the Brazilian Jiu-Jitsu techniques and strategies. With an understanding of the 21 principles revealed in this book, any BJJ student will be able to discover the invisible details behind any technique, and also understand why the techniques are being used.

## **Judo Formal Techniques**

'A memorable, oddly beautiful book' Wall Street Journal 'A marvellous glimpse of the Japan that rarely peeks through the country's public image' Washington Post One sunny spring morning in the 1970s, an unlikely Englishman set out on a pilgrimage that would take him across the entire length of Japan. Travelling only along small back roads, Alan Booth travelled on foot from Soya, the country's northernmost tip, to Sata in the extreme south, traversing three islands and some 2,000 miles of rural Japan. His mission: 'to come to grips with the business of living here,' after having spent most of his adult life in Tokyo. The Roads to Sata is a wry, witty, inimitable account of that prodigious trek, vividly revealing the reality of life in off-the-tourist-track Japan. Journeying alongside Booth, we encounter the wide variety of people who inhabit the Japanese countryside - from fishermen and soldiers, to bar hostesses and school teachers, to

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hermits, drunks and the homeless. We glimpse vast stretches of coastline and rambling townscapes, mountains and motorways; watch baseball games and sunrises; sample trout and Kilimanjaro beer, hear folklore, poems and smutty jokes. Throughout, we enjoy the wit and insight of a uniquely perceptive guide, and more importantly, discover a new face of an often-misunderstood nation.

## **The Art and Science of Judo**

Master Korean Karate, also called Tae-Kwon Do, with this expert martial arts guide. This book is one of the first of its kind on Tae-Kwon Do (Korean Karate). Karate practitioners who recognize this to be the only work to cover Free Fighting techniques recognize this as a vital resource Illustrated with nearly 1,000 photographs, the systematic and scientific approach of the application of each karate move in Free Style Fighting with WHEN, WHERE, WHY, and HOW should help karate competitors everywhere design and master their moves to suit them best in competition matches. In this martial arts book, the pinpoint explanation of the advantages and disadvantages of each move, analyzed step by step from many different offensive, defensive, and counterattacking angles, can also guide readers to manage with it to be adjustable to the individualistic tastes and characteristics of any karate style,

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regardless of their differences.

## **Falling Hard**

With extensive, step-by-step photographs and instructions, this jiu-jitsu guide is an effective tool for mastering this ancient martial art. The original Japanese martial art developed by the elite samurai class during Japan's feudal era, Jiu-jitsu is the forerunner of Judo and the precursor of today's ultimate fighting styles, such as mixed martial arts (MMA). For centuries, this method of unarmed self-defense proved so successful in combat that it was kept secret and taught only to a select few. Based on the author's study with instructors at the Tokyo police academy, this martial arts book presents all the traditional techniques of Jujitsu, also known as Jiu-jitsu. These techniques teach you valuable restraining methods that force your opponent to submit without abuse by using pressure points. It shows you tips for search and seizure, and the almost extinct art of Hojojutsu—how to tie people up without using any knots. Japanese Jiu-jitsu: Secret Techniques of Self-Defense addresses and demonstrates the full range of Kaisho Goshin Budo Taiho Jitsu Ryu (Tokyo police self-defense). Learn specific techniques such as: The use of hands Throwing an opponent Attacking vital points with strikes and kicks The use of weapons (like

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the staff). This fascinating Jiu-jitsu book, designed as a training manual, also serves as a remarkable illustrated guide to the secret art of Japanese samurai self-defense.

## **Judo**

Step-by-step photographs and illustrations demonstrate more than one hundred maneuvers from the traditional martial art of Brazilian jiu-jitsu, with an overview of the history of jiu-jitsu and its uses.

## **Fundamentals of Judo**

Master the sport of Judo with this illustrated martial arts manual. The Techniques of Judo is a fully illustrated and authoritative manual, providing step-by-step explanations, practical pointers, and thorough analyses of all the most commonly used judo techniques, or "wazas." Illustrated with over 550 black and white photographs, this martial arts book is an invaluable introduction to judo for beginners as well as a complete repertory for the advanced practitioner, or "judoka." The Techniques of Judo offers incisive descriptions of more than 70 hand throws, hip throws, leg throws, back and side throws, holding techniques, strangling techniques, armlock techniques, together with their variations and appropriate counter-techniques. The

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introduction contains an outline description of the sport, its history and objectives, the contests and the grappling system, with a penetrating discussion of the principle of balance and minimum effort that is basic to a scientific understanding of the sport.

## Writing Workshop

In 1882 Jigoro Kano (1860-1938) founded Kodokan Judo at Eishoji Temple in Tokyo. It was the culmination of a lifelong devotion to the jujutsu of the past, which he reorganized while taking great care to retain its classical traditions. Historically, martial arts were practiced only by the elite in Japan. Kano, a renowned educator as well as a sportsman, is credited with popularizing the martial arts, and in particular, judo, among people in all levels of society. When he was young, Kano studied jujutsu, a martial art practiced in Japan since feudal times, which involved throwing, hitting, kicking, stabbing, slashing, choking, bending and twisting limbs-and defenses against these attacks. After years of studying, he realized that although many different jujutsu techniques were taught, there was no one core value holding them together. Kano identified an all-pervasive principle- to make the most efficient use of mental and physical energy- and combined only those techniques in which this principle was correctly applied into

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modern judo. "Ju" means gentleness or giving way. "Do" means principle or the way. Judo, therefore is the Way of Gentleness, which implies that first giving way leads to ultimate victory. The Kodokan is literally, "the school for studying the Way." This book is a collection of Kano's essential teachings, selected and compiled from his wealth of writings and lectures spanning a period of fifty-one years. Today the International Judo Federation has 187 member countries and regions. As an official sport of the Olympic Games, judo has inspired young people of all nationalities, and Kodokan is universally recognized as the Mecca of Judo.

## **NLP**

### **How to Win a Fight**

Explains and illustrated the holds, throws, and strangleholds needed to progress from novice to black belt

### **Judo Handbook**

"The exercises, drills, and programs in this book are designed to help judoka improve strength, power, agility, quickness, and endurance"--

### **Classical Fighting Arts of Japan**

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In a reprinted edition of a classic instructional book, now with a new foreword, the author presents judo as the art of using all parts of the body to promote general health, covering specific movements and positions and revealing the martial art's potential for improving mental and physical coordination. Reprint.

## **Judo Kyohon Translation of Masterpiece by Jigoro Kano Created in 1931 (Spanish and English).**

The effectiveness of Jiu-Jitsu in real fights came into prominence in the early 90's when jiu-jitsu expert Royce Gracie won the "Ultimate Fighting Championships fighting" against much larger opponents. This book is a must for all martial artists regardless of their style. With more than 1,000 photos and a clear and descriptive narrative, The Essence of Brazilian Jiu-Jitsu is one of the classic books about this martial art system.

## **Mastering the 21 Immutable Principles of Brazilian Jiu-Jitsu**

Kodokan judo, one of the most well-known martial arts in the world today, was originated by Jigoro Kano (1860-1938), a martial artist and career educator who developed the art after studying several

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types of jujutsu, sumo, and Western wrestling. Openness and refinement were hallmarks of his personal and professional style, and he relentlessly searched for the best way to practice, teach, and perform techniques. This biography shows how Kano saw judo as a vehicle not just for self-defense, but for physical, spiritual, and moral development as well. His teachings clearly emphasize his ideal of judo as a way of self-cultivation that leads to physical health, ethical behavior, and ultimately a better society. Kano was a tireless activist who promoted the practical application of judo's principles in all realms of life—in one's personal behavior, for education, in work, for economic benefit, and in both the local and international political arenas. Kano's students were a colorful, sometimes notorious bunch, and this book reveals how several went on to become famous—or infamous—in their own right. They include a prime minister of Japan, the leader of the Communist party in China, a famous novelist, a spy, high-level military leaders, and a media mogul, among many others.

## **Jiu-Jitsu University**

JUDO KYOHON. Translation of masterpiece by Jigoro Kano created in 1931. The Master Jigoro Kano published, in September 1931, which would be his only full technical book

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about Kodokan Judo in Japanese. They have passed 85 years without this masterpiece has been translated into other languages and released to the rest of the world. Today the original version of Judo Kyohon is almost extinct and it is extremely difficult to obtain a copy. For over ten years our hope was to acquire this valuable treasure and now that finally we have achieved it, we are making this available to all of you already translated, simultaneously in two languages, in the same book: English and Spanish. Kano Shihan shows us the secrets of Judo, including atemi waza, vital points, Ate dokoro, katas forgotten as Seiryoku zenyo kokumin Taiiku and the part of atemi the Tandoku renshu and kime shiki. He also talks about the application of judo to everyday life, friendship, rest, respect, training and other values. Anecdotes contains little known and advanced explanation of various techniques. NOT CONFUSE THIS BOOK WITH THAT OF "JUDO KYOHAN OF SAKUJIRO YOKOYAMA. JUDO KYOHON. Traduccin de la obra maestra de Jigoro Kano creada en 1931. (ESPAOL E INGLÉS) Traducido en Espaol e Ingles en el mismo libro de la maravillosa obra maestra de Jigoro kano, escrita en 1931 solo en idioma japones. Libro de extraordinario valor por ser el nico libro avanzado de Judo kodokan escrito por Jigoro Kano .Sin duda un libro oculto, escasamente difundido incluso en Japn. Shihan Kano nos muestra los secretos del Judo, incluyendo Atemi waza, puntos

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vitales, Ate dokoro, katas olvidados como el Seiryoku zenyo kokumin taiiku y la parte de atemi del Tandoku renshu y el kime shiki. Tambin nos habla de la aplicacin del judo a la vida cotidiana, la amistad, el descanso, el respeto, el entrenamiento y otros valores. NO CONFUNDIR ESTE LIBRO DE JIGORO KANO CON EL DE SAKUJIRO YOKOHOMA: " JUDO KYOHAN"

## **The Roads to Sata**

The fierceness of the Japanese warrior and his fighting arts has fascinated Westerners since Europeans first came into contact with Japan more than 450 years ago. Classical Fighting Arts of Japan: A Complete Guide to Koryu Jujutsu is the first comprehensive English-language book on traditional jujutsu. Author Serge Mol-working almost exclusively from original Japanese source materials-vividly outlines the history of the close-quarter fighting methods that warriors developed not only to prove themselves on the battlefield and in daily life, but also to the constantly ready to defend their feudal lords. A great number of jujutsu styles and techniques-armed and unarmed-have existed over the centuries, and many of the classical weapon schools also instructed in the use of jujutsu. The Classical Fighting Arts of Japan expertly guides readers through the rise and development of many of the major schools. The classical martial arts as practiced in the

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ancient ryuha were deeply interwoven. For this reason, this definitive guide to koryu jujutsu will not only be invaluable to practitioners of traditional and modern jujutsu, but will be of great interest to enthusiasts of modern budo such as judo, aikido, kendo, and iaido. Mol explores the historical and cultural factors that helped shape jujutsu and the martial arts in general. He offers a detailed look at individual jujutsu ryuha, giving details on the school's history (where possible including illustrations of their founders and photos of ancient manuscripts). This book is richly illustrated with numerous photographs of rare documents and with many photos of exponents demonstration techniques, many of which have never before been shown outside Japan. In addition to his extensive research in original source material, Mol had regular access in conversation, over the course of years, to the insights of the grandmasters of several of the most important jujutsu schools that remain active today. Classical Fighting Arts of Japan will be a welcome addition to the personal collection of every serious student of Japanese martial arts.

## **The Way of Judo**

Displaying the most impressive throws, compelling armbars, dominant pins, and decisive chokes, judo is a powerful sport and

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martial art. This book covers the fundamentals of judo and provides a roadmap for beginning judo practitioners, establishing a solid foundation and paving the way for an enjoyable and safe journey, all the way to black belt.

## **Judo in Action**

### **Fighting Fit**

Focusing on Kodokan Judo, this book contains full descriptions of all 67 throws, with variations and practice guides. In addition, it details the origins of some techniques, using old and rare photos of Kano in action. It is suitable for all judo practitioners. The author was a 3-times Olympic Judo champion in his youth, and became the chief instructor of Kodokan - the official Judo headquarters. This book is the successor to the perennial bestseller 'Kodokan Judo', by the founder Jigoro Kano, and contains full descriptions of all 67 throws, with variations and'

### **Attacking Judo**

When Shihan Jigoro Kano developed his new method of jujutsu, Kodokan Judo, he established three major technical groups: nage waza, katame waza and atemi waza. It has

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been more than 130 years since the founding of Judo and both, techniques and goals have evolved in different ways. Nowadays, judo is practiced mainly as a sport competition, giving priority to nage waza and katame waza, while atemi waza and the study of vital points (kyusho) are hardly practiced. After many years of researching, compiling and translating old writings with Jigoro Kano's opinion about atemi and self-defense, we have performed this study of the official classification of atemi and kyusho, where are included unpublished documents of the founding master of Judo. Color book.

## **KODOKAN JUDO: THROWING TECHNIQUES**

A founding editor of The First Post recounts his impulsive decision to take up judo when he turned fifty, an activity he came to love and admire in spite of grueling training sessions, in an account that also describes his research into judo history and his attendance at matches between famous competitors. Original.

## **Illustrated Ninja Handbook**

Learn to master ninjutsu techniques and the Budo warrior ethos with this informative and entertaining martial arts guide. Welcome to the secret world of the ninja master! The Illustrated Ninja Handbook is your ultimate

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guide to the esoteric knowledge and teachings of the ancient Japanese shinobi. It provides ninjitsu devotees with the first detailed understanding of this shadowy and mysterious martial art form. This handbook contains step-by-step instructions that allow you to master the 40 most devastating ninja fighting techniques. It was created with the blessing of legendary ninjutsu master Soke Masaaki Hatsumi, who taught for many generations in the Bujinkan School—generally recognized as the leading ninjutsu school in the world. The Bujinkan Dojo encompasses nine separate ryuha or martial arts schools that are based in Japan and headed by Hatsumi. Bujinkan ninjas use both armed and unarmed fighting techniques, with weapons such as swords, bamboo shinai, and staffs. They also learn to defend themselves unarmed against weapons attacks. Author Remigiusz Borda studied and taught Bujinkan ninjutsu for many decades, and in this book presents the unique system created by Masaaki Hatsumi—the 34th Grandmaster and head of the Togakure-ryu Ninjutsu lineage. The Illustrated Ninja Handbook is based on hundreds of years of actual ninja combat experience and contains the traditional knowledge of the legendary Shinobi warrior clan who were instrumental in helping found the Tokugawa Shogunate.

### **The Essence of Brazilian Jiu-Jitsu**

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A complete instructional guide to the world's most popular martial art, this is the first comprehensive book on Taekwondo to appear since it became a truly international sport and Olympic event. Illustrated throughout with B/W line drawings, it presents the most current methods, tactics and strategies for everything from the required taegeuk forms to Olympic-style sparring. Suitable both for beginners and experienced practitioners.

## **Korean Karate**

Celebrated pet photographer Serena Hodson's silly, drooly, whimsical, and fun Upside-Down Dogs is sure to bring a smile to every dog lover's face. Her unique perspective brings these sweet, full color photos to life on the page. Hodson takes beautiful color photographs of man's best friend but her furry subjects are always upside down. The results are stunning, charming, and laugh out loud adorable. No matter the breed, no matter the background, Hodson is able to capture the sweet personality of each dog she works with. There's no better book to help someone turn their frown upside down.

## **Strength and Conditioning for Judo**

In clear language, Fletcher and Portalupi explain the simple principles that underlie the writing workshop and explore the major

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components that make it work.

## **Muay Thai Basics**

"There have been many books on judo--some highly competent, others well-written or well-illustrated, some fit for beginners, others for the advanced student. To have all these in a single volume is unusual." -- San Francisco Chronicle

In this book, highly-respected Judo instructors Jiichi Watanabe and Lindy Avakian employ scientific methods to examine the hows and whys of Judo technique and mechanics. By understanding the science behind the art, you will become prepared to perform the right moves at the right time and successfully meet the challenge of responding to your opponent. With more than 200 illustrations and 40 photos, this manual expertly demonstrates the forces that are employed when performing common Judo throwing and grappling moves such as hip throws, foot sweeps, collar holds, and many more. In addition to the precise explanations of judo's physical and self-defense aspects, you'll also find detailed insights into the psychological factors related to judo's underlying philosophy. Topics include:

- How dynamics are applied to Judo
- The three principles for practicing Judo
- The three laws of motion and how they apply to Judo
- Different kinds of force found in Judo techniques
- How to effectively practice

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throwing and grappling A new foreword by 7th degree black belt and Judo instructor Neil Ohlenkamp offers insight on the book's importance as a resource for every Judo practitioner and instructor. The Art and Science of Judo is a fascinating and valuable work, which will help you achieve success by not only understanding what techniques to master but also why they work and when to use them.

## **Taekwondo**

A boxer's workout is a fantastic way to burn calories—it is engaging, exhilarating, and effective. Going beyond jumping rope and punching the heavy bag, this guide describes intermediate and advanced boxing skills that will help anyone improve their performance in the ring. This boxing workout will help develop body and character so that athletes can get into the best shape of their lives, build self-confidence, and be winners in and out of the ring.

## **KODOKAN JUDO ATEMI WAZA (English)**

Learn the basics of Judo with this invaluable martial arts guide. The Sport of Judo an invaluable resource for any beginning judoka or teacher, comprises a point-by-point demonstration and explanation of over 50 essential judo techniques, as practiced as

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the international home of judo, the Kodokan Institute in Tokyo. Judo, the "gentle way" based on the ancient Japanese martial art of jiu-jitsu (or jujitsu) and now a premier modern Olympic sport, is systematically presented in this book. Published over 50 years ago, this martial arts classic includes a brief history of development and spread of judo, as well as a discussion of judo competition, including Kodokan contest rules, and a complete glossary of terms.

## **Kodokan Judo**

Two veteran martial arts instructors and a renowned comic book illustrator deliver the ultimate course in self-defense. More than three million Americans are involved in a violent physical encounter every year. In these situations, knowledge is power, and few teachers are better equipped to deliver that knowledge than Lawrence Kane and Kris Wilder. Veteran martial arts instructors and masters in their field, Kane and Wilder have teamed up with DC Comics artist Matt Haley to produce a step-by-step guide revealing the secrets of surviving-and preventing-violent encounters. The defense begins by scanning the environment for dangerous situations and using verbal de-escalation to defuse tense situations. If a fight is unavoidable, the authors offer clear guidance for being the victor, along with advice on legal

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implications, including how to handle a police interview after the attack.

## **Training and Conditioning for Judo**

Judo, or the Way of Gentleness, an ideal form of physical exercise and a reliable system, of self-defense, was specially created from traditional Japanese martial arts. This book by the creator of Kodokan judo is uniquely comprehensive and the most authoritative guide to this martial art ever published. Over a hundred years ago Jigoro Kano mastered swordsmanship and hand-to-hand combat. Failing to discover any underlying principle, he set about designing a new martial art to reflect the concept of maximum efficiency in the use of physical and mental energy. Today, the concepts and techniques of judo taught at the Kodokan are the ones originally devised by their creator and collected together in this book. Covering everything from the fundamental techniques to prearranged formal exercises for both men and women, the book offers detailed explanations of how techniques are combined in two types of practice: randori (free practice) and kata (the practice of forms). In addition to a discussion of traditional methods of resuscitation, the book concludes with a useful appendix of information on the founder and the Kodokan International Judo Center, and a glossary of judo terminology. Fully

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illustrated throughout, Kodokan Judo will help students and instructors everywhere to discover the principles, techniques, and spirit of this popular martial art.

## **Mind Over Muscle**

Explains the history, steps, and training of judo.

## **Higher Judo**

As first teaching lesson in Judo begins with the fundamentals of Judo, I also thought to write book on Judo after teaching judo for more than 32 years to university level judo players. The Judo fundamentals are to be taught to any beginner for making his base strong, so that he/ she may be able to train himself or herself for international competitions in a better way after understanding the basic fundamentals. The teaching of fundamentals of Judo should receive great attention and importance by the Indian coaches. I have made sincere effort to enrich its content incorporating the latest information available with print and electronic media on various aspects of the fundamentals of Judo. The language being used is simple for better understanding of beginners and students of Physical Education undergoing professional courses of physical education in India.

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## **The Judo Handbook**

Saulo Ribeiro—six-time Brazilian Jiu-Jitsu World Champion—is world-renowned for his functional jiu-jitsu knowledge and flawless technique. In Jiu-Jitsu University, Ribeiro shares with the public for the first time his revolutionary system of grappling, mapping out more than 200 techniques that carry you from white to black belt. Illuminating common jiu-jitsu errors and then illustrating practical remedies, this book is a must for all who train in jiu-jitsu. Not your run-of-the-mill technique book, Jiu-Jitsu University is a detailed training manual that will ultimately change the way jiu-jitsu is taught around the globe.

## **Kodokan Judo**

NLP (Neuro-Linguistic Programming) has helped millions to overcome their fears, increase their confidence, and achieve greater success in their personal and professional lives and relationships. Now, from the company that created NLP: The New Technology of Achievement—one of the bestselling NLP books of all time—comes NLP: The Essential Guide to Neuro-Linguistic Programming. This user-friendly guide, written by three seasoned NLP Master Practitioners and coaches, leads you on a personal journey in using and applying NLP in everyday life. Through their real-life

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stories, you will experience the NLP strategies you need to achieve specific results in business and in life. As you read NLP: The Essential Guide, you'll find yourself thinking in new ways and applying the techniques to your own personal challenges and opportunities for greater satisfaction.

## **Japanese Jiu-jitsu**

Written by the founder of Kodokan judo, Jigoro Kano, this text explains the original concepts and techniques of judo in detail.

## **Jigoro Kano, Writings of Kodokan Judo Founder**

Muay Thai, also referred to as Thai boxing, combines fitness training, self-defense, and competitive sport. In this hands-on guide, renowned trainer Christoph Delp presents the sport's history, development, rules, and equipment. In the techniques section, he first details basic skills such as the correct starting position and footwork. Next he offers a complete list of all the attacking techniques and a selection of effective defensive and counterattacking strategies. All techniques are presented step-by-step by Thai champions from the famous Sor Vorapin gym in Bangkok, showing readers the fine details of each technique. The training

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section provides detailed information about the structure, content, and planning of training regimens and this includes historical training methods, a stretching program, and training schedules. Suitable as both a self-training guide and a supplement to club training, Muay Thai Basics offers authoritative instruction for Thai boxers and other martial arts enthusiasts.

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