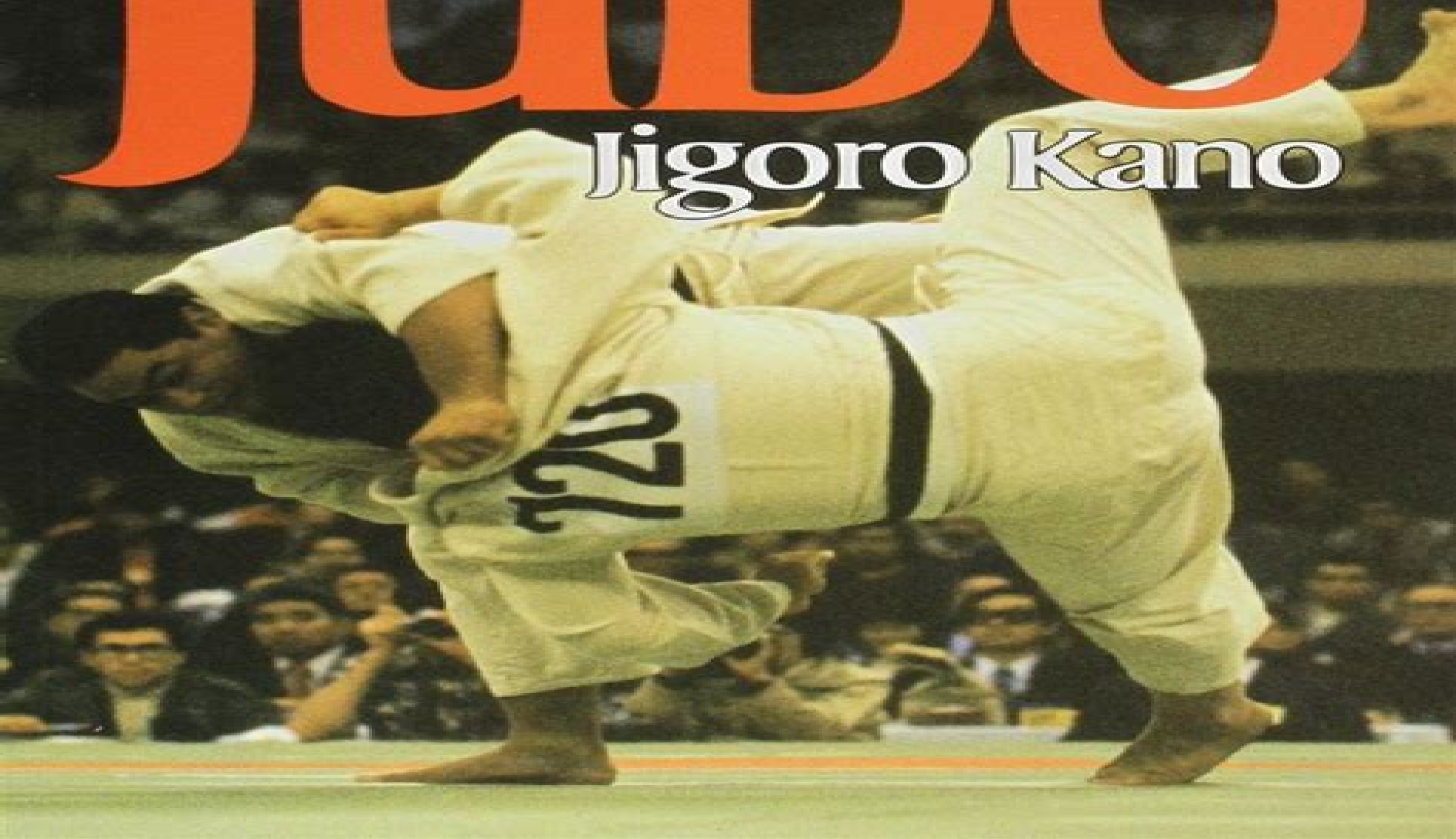


KODOKAN JUDO

Jigoro Kano



Kodokan Judo Guide

Thomas J. Buckley



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Formal Techniques Donn F. Draeger, 2019-04-09 Judo Formal Techniques is The most detailed explanation of Judo that has ever been published The Japan Times A comprehensive training manual to the basic free practice forms of Kodokan Judo the Randori no Kata the book provides essential instruction in the throwing and grappling kata Nage no Kata and Katame no Kata that every Judo practitioner needs to master The authors are two of the world's top instructors Donn F Draeger and Tadao Otaki Both were instructors at the Kodokan Judo Institute in Tokyo the headquarters of international Judo which was founded by the creator of the martial art Jigoro Kano Draeger considered by many to be the first non Japanese Budo master was an authority on Asian martial culture who held high ranks and teaching licenses in several martial arts He was a prolific writer and was the first non Japanese Judo instructor at the Kodokan Otaki was not only a successful Judo instructor but also a university professor who was widely praised for his research on the role of Judo in education Draeger and Otaki based their text on Jigoro Kano's published and unpublished personal writings Recapturing the original spirit and intent of the essential Judo kata they are presented in the standard Kodokan versions as refined by generations of practitioners Richly illustrated with over 1 000 photos and drawings Judo Formal Techniques offers complete step by step instructions for the roles of both training partners In addition to the core techniques of throwing and grappling it explains the important transitional movements as well as grips stances and postures First introduced as an Olympic sport at the 1964 Tokyo Olympics Judo is returning to its home city on the world stage at the 2020 Olympics Practiced by more than 20 million people worldwide Judo is only expected to continue growing in popularity A new foreword by Judo instructor Neil Ohlenkamp sheds light on the book's lasting importance as the classic Kata bible for Judo students and instructors alike and an indispensable resource for all martial arts practitioners *KODOKAN JUDO: THROWING TECHNIQUES* 空手道, 2005-06 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 *Kodokan Judo*, 1963 *Judo* Donn F. Draeger, Tadao Otaki, 1983 Judo Thomas J. Buckley, 2004 Discusses the origins basic techniques and training practices of Judo **Art and Science of Judo** Jiichi Watanabe, Lindy Avakian, 2022-03-01 ING_08 Review quote A Complete Guide to Judo Roberto Ghetti, 2017-07-15 Judo is a modern martial art that originated in Japan in 1882 and became an Olympic sport in 1964 This book provides a history of the discipline as well as detailed step by step instructions and accompanying photographs to help readers learn the positions and fundamental techniques Formal exercises encourage students to practice what they have learned keep track of personal progress and improve their mastery of the discipline The book also includes a glossary a further reading section with books and websites and an index *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.

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