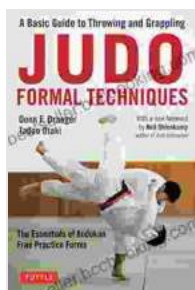


Master the Art of Judo with "Basic Guide To Throwing And Grappling: The Essentials Of Kodokan Free Practice"

If you're ready to embark on an exciting journey into the world of Judo, "Basic Guide To Throwing And Grappling: The Essentials Of Kodokan Free Practice" is the perfect companion to guide you every step of the way. This comprehensive book is meticulously crafted to provide you with a solid foundation in the fundamentals of Judo, empowering you to unleash your full potential in this dynamic martial art.

Unveiling the Secrets of Kodokan Judo

Judo, a Japanese martial art founded by Professor Jigoro Kano, emphasizes throws, pins, and submission holds. "Basic Guide To Throwing And Grappling" delves into the core techniques of this esteemed martial art, specifically focusing on the Kodokan style. Kodokan Judo, developed by Kano himself, is widely considered to be the most traditional and systematic form of Judo.



Judo Formal Techniques: A Basic Guide to Throwing and Grappling - The Essentials of Kodokan Free Practice Forms by Donn F. Draeger

★★★★☆ 4.7 out of 5

Language : English
File size : 59448 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Print length : 466 pages
Screen Reader : Supported



This book serves as a comprehensive guide to Kodokan Judo, providing detailed instructions on various throws, grappling techniques, and principles. Whether you're a complete beginner or an experienced practitioner looking to enhance your skills, this book has something to offer.

A Journey Through Essential Techniques

"Basic Guide To Throwing And Grappling" takes you on a systematic journey, breaking down the techniques into easy-to-understand steps. From fundamental throws such as the hip throw (goshi-waza) and shoulder throw (seoi-nage) to advanced grappling techniques like armlocks and strangles, each technique is meticulously explained and illustrated with high-quality photographs.

The book also covers essential principles of Judo, such as kuzushi (breaking balance), tsurikomi (pulling in), and uke (receiving). By mastering these principles, you'll gain a deeper understanding of Judo and unlock its true potential.

Key Features of the Book:

- **Comprehensive coverage** of Kodokan Judo techniques, including throws, grappling, and principles.
- **Clear and concise instructions** with step-by-step breakdowns.
- **High-quality photographs** demonstrating each technique.
- **In-depth analysis** of principles and strategies.

- **Suitable for all levels**, from beginners to experienced practitioners.

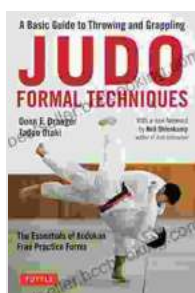
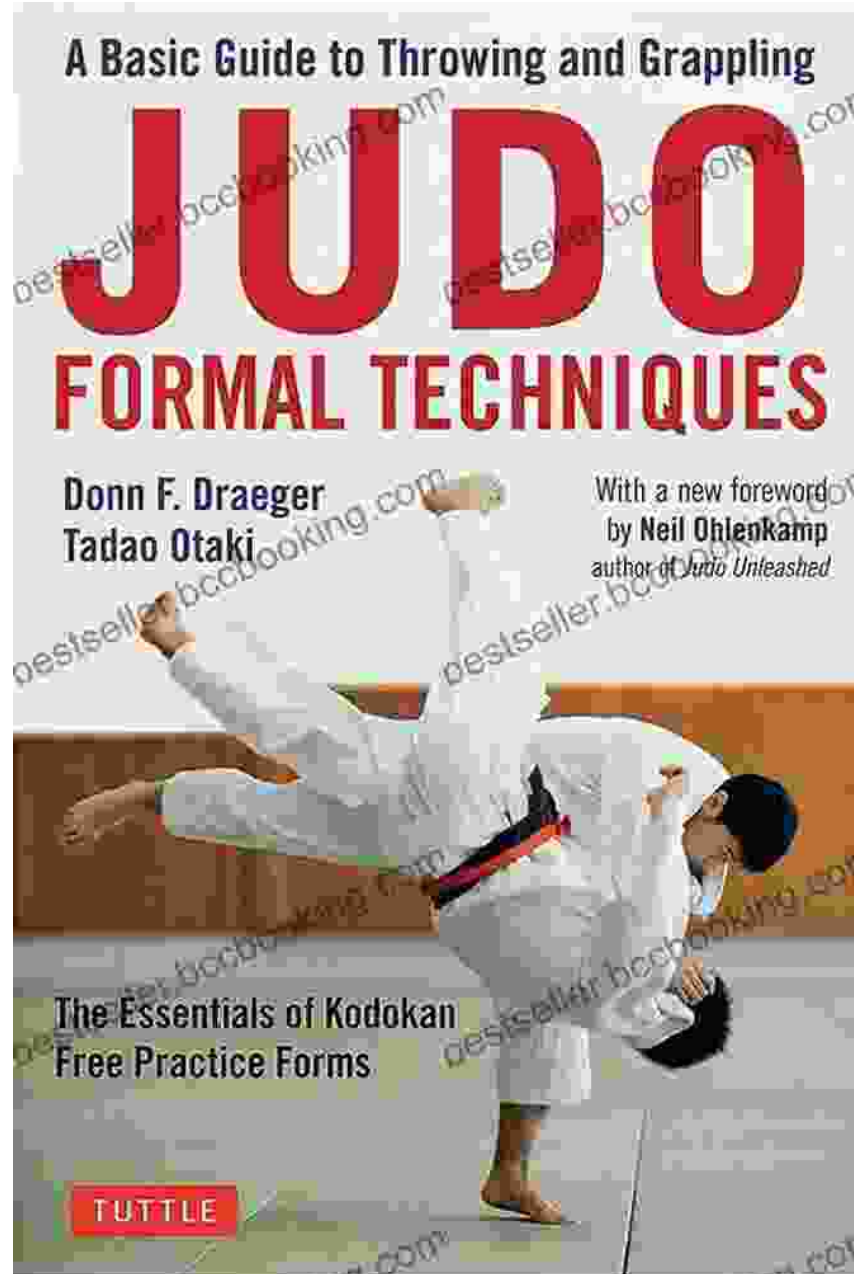
Elevate Your Judo Practice

With "Basic Guide To Throwing And Grappling," you'll embark on a transformative journey that will elevate your Judo practice to new heights. The book's systematic approach, exceptional illustrations, and expert insights will empower you to:

- Master the fundamentals of Kodokan Judo.
- Execute throws and grappling techniques with precision and control.
- Gain a deeper understanding of Judo principles and strategies.
- Enhance your self-defense skills.
- Boost your confidence and physical fitness.

Free Download Your Copy Today!

Don't miss out on the opportunity to unlock the secrets of Judo. Free Download your copy of "Basic Guide To Throwing And Grappling: The Essentials Of Kodokan Free Practice" today and embark on an enriching martial arts adventure. This book is an invaluable resource for anyone passionate about Judo, regardless of their skill level. Invest in your Judo journey and unlock your full potential.



Judo Formal Techniques: A Basic Guide to Throwing and Grappling - The Essentials of Kodokan Free

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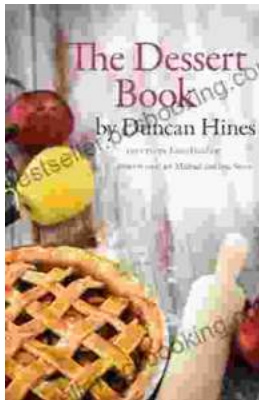
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