

Kodokan Judo The Essential Guide To Judo By Its Founder Jigoro Kano Paperback

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Judo: Introduction for Beginners The 7 Deadly Wrist Locks JUDO TECHNIQUES: Toshihiko Koga 古賀 稔彦 (JPN) - Judo Clinic / Aim to win by Ippon (2013) God of judo! 10 dan Kyuzo (Kudzo) Mifune: What does a Judo Black Belt think of Jiu-Jitsu? Bas Bites: Judo in MMA Korean Judo Excellence Starts HERE Kodokan Judo Basic Throws Kodokan Judo Institute Tour (Tokyo, Japan 2015) How Jigoro Kano grew up, found Jujutsu, and became a master KODOKAN JUDO'S EARLY YEARS A Brief History of How Judo Started The Art of Judo Episode 1 Judo Training - Kodokan Japan ~~Kodokan Judo~~ Japan 2016 VLOG 9: The Kodokan Judo World HQ Kodokan Judo The Essential Guide

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).

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Kodokan Judo: The Essential Guide to Judo by Its Founder Jigoro Kano. 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.

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