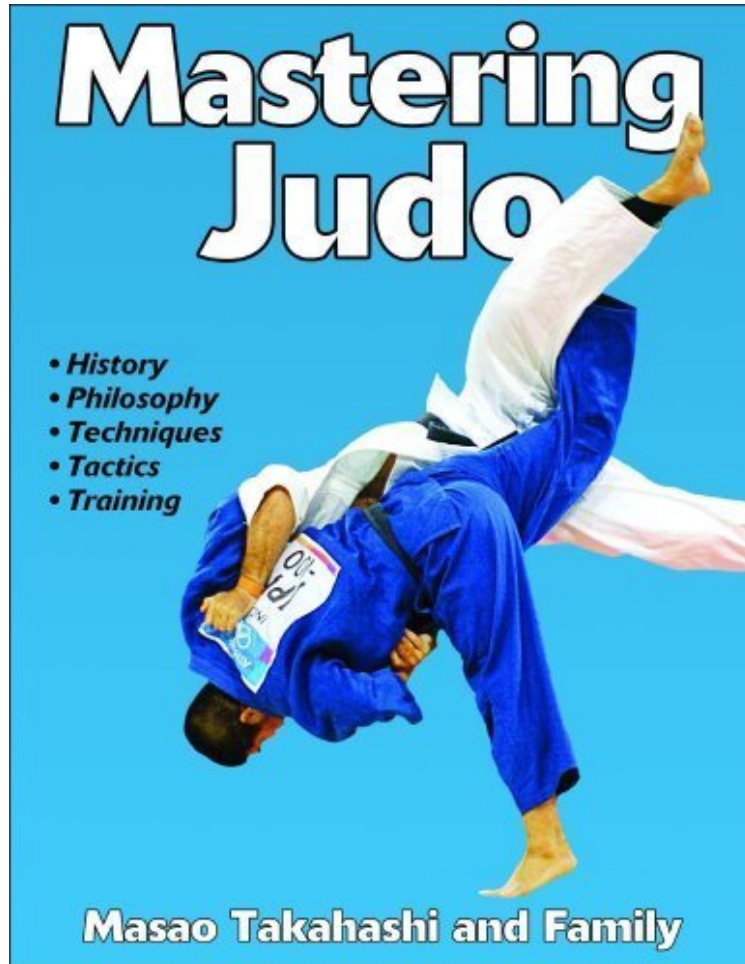


(Download) Mastering Judo (Mastering Martial Arts Series)

Mastering Judo (Mastering Martial Arts Series)

Von Masao Takahashi

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Von Masao Takahashi : Mastering Judo (Mastering Martial Arts Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised Mastering Judo (Mastering Martial Arts Series):

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. Klasse Buch (nicht nur) fr JudokaVon LennartDiese Buch ist insbesondere fr Wettkampf Judoka geeignet, wobei auch der BJJler sicher die eine oder andere Idee aus dem Buch ziehen kann.Das systematische Herangehen, das "nichts dem Zufall berlassen wollen" hat mir wirklich sehr gefallen.

KurzbeschreibungImmerse yourself in the art and sport of judo like never before in Mastering Judo. Gain a rich understanding of the philosophy, history, and practices that distinguish judo from other martial arts. Become more

proficient in the techniques, tactics, and training necessary to rise through the ranks. Mastering Judo will add to your appreciation of the principles that distinguish the art in formal exercises (kata) and to your toughness and spontaneity in both freestyle fighting (randori) and competitive matches (shiai). Firmer grounding in the roots and wisdom of traditional judo practices will enhance your ability to use your body and your mind to the ultimate advantage when facing an opponent. Written by the Takahashi family, with more than 200 years of experience teaching, coaching, and competing in judo throughout the world, this resource crosses both generation and national boundaries in its approach and application. Important Notice: The digital edition of this book is missing some of the images found in the physical edition.

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ber den Autor und weitere Mitwirkende The six member Takahashi family have over 200 years of combined experience in Martial Arts and 31 black belt degrees as competitors and teachers. Masao and June Takahashi own the Takahashi Martial Arts Centre in Ontario, Canada. Established in 1969, the Takahashi Centre is one of Canada's most successful dojos.