The Techniques Of Judo

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." First published more than 50 years ago, The Techniques of Judo offers incisive descriptions of more than 70 hand throws, hip throws, leg throws, back and side throws, holding techniques, strangle techniques, armlock techniques, together with their variations and appropriate counter-techniques. The 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.

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 grapplingkata (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 Draeger and Otaki based their text on Jigoro Kano's published and unpublished personal writings.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.

A comprehensive illustrated manual to the sport.

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

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 been more than
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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.

Hundreds of full-color throws and grabs make this the black belt of instructional judo books. In Judo Unleashed, master coach Neil Ohlenkamp brings together the form, practice, and grace of this venerable sport in an all-inclusive handbook. From philosophical and technical foundations through advanced grappling and self-defense techniques, this authoritative guide, with 350 color photos, covers all the bases you need to refine your technique and gain a deeper understanding of this increasingly popular martial art.

Immerse 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.

A variety of winning judo techniques developed over years of teaching are presented in this guide that prepares mixed martial artists for transcending numerous scenarios. Based on the same training methods that have produced multiple Olympic medalists, the book demonstrates how any opponent can be overcome, even from a position that may seem hopeless. It is generously illustrated with techniques and exercises that are proven winners and is appropriate for beginning judo practitioners.

Throughout the long history of Japan’s martial traditions, judo has evolved into one of the nation’s richest and most revered cultural legacies. The vast array of judo techniques has branched out into three distinct categories: throwing techniques, grappling techniques, and striking techniques. Of these, throwing techniques (nage-waza) represent some of the most dynamic and compelling aspects of this world-famous martial art. Recent developments in competition (shiai) and free practice (randori) have seen an increase in the number of forms of nage-waza, leading to often confusing interpretations of the techniques’ names. The purpose of this book, therefore, is to provide a comprehensive and correct classification of nage-waza terminology as used in both competition and practice. All the sixty-seven official Kodokan throwing techniques and their various forms are explained thoroughly and concisely, and over 1,800 photographs accompany the text to provide the reader with the most comprehensive guide to judo’s throwing forms to date. For many years author Toshiro Daigo has held the prestigious position of chief instructor at the Kodokan, regarded as the mecca for all judo enthusiasts, and this book is the result of painstaking research into the constantly changing forms of judo’s nage-waza. It will be an invaluable resource for practitioners everywhere. This book 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 book provides essential instruction in the throwing and grappling kata (Nage no Kata and Katame no Kata) that every Judo practitioner needs to master. If you want to excel at the sport of judo, this remarkable handbook offers you a ready-made course. It gives you a complete orientation to the principles, practices and techniques of judo, helps you develop split-second
timing and flawless technique as you learn to master the most difficult throws and counters. More than any other guide, this book makes you an enthusiastic student because it simplifies your learning at every stage of your progress. It shows you how to maintain your balance, how to disturb your opponent's balance, and breaks down each, basic movement, throw or counter into its component parts you simply follow the logical step-by-step directions. Heavy-line drawings, made accurately from actual motion pictures of judo contests, illustrate each phase of a stance.

This guide shows readers how they can improve their judo through a better understanding of the sport. Topics covered include: techniques and training for modern competition; judo’s development into a sport and introduction to the West; Eastern and Western styles; complete World Championships and Olympic Games results and commentaries and photographs of competitions highlights.

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.

Judo, meaning “gentle way”, is a modern Japanese martial art and combat sport, which originated in Japan in the late nineteenth century. Its most prominent feature is its competitive element, where the object is either to throw one’s opponent to the ground and immobilize by joint-locking the elbow or by applying a choke. In Judo Foundations, Miguel López sensei with his more than forty five years practicing judo nationally and internationally, is sharing his knowledge if the roots, philosophy, meaning of the judo techniques, and how to excel in judo while underscoring the importance of judo values and its essential role in society. 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
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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

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'

The term "judoka" refers to one who does judo, the modern martial art with origins in 19th century Japan, a fighting art with a particular emphasis on the use of an opponent's own strengths to effect his defeat. This book is an account of the adventures of such a man, a judoka, but it is not just about this man, or the martial art he practices. Rather, it is about the "way" of judo, as both a fighting art and an approach to living ("a way"), and what this way might be able to tell us about who we are and who we might choose to become. The book does not prescribe "a way" for others to follow; that is, it does not simply offer advice about what to believe or how to behave, or point out the faults in other ways of being. It simply describes the way of one particular man, with commentary explaining, or rather reasoning through, the choices he has made, with the story presenting the consequences that these choices have for him. Reviews for the 1st edition: "This extraordinary little novella is reminiscent of Castaneda but far more intelligible." -Alan Watts "His direct writing about judo is clear and quietly restrained, hard to match in the literature of the subject." -New York Times

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 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.

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

Introduces the basic concepts and techniques of judo, and describes the program to follow as one advances toward the black belt.

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

The Art and Science of Judo is a revealing Japanese martial arts manual that focuses primarily on the scientific principles at work in Judo. In this book, highly-respected Judo instructors Jiichi Watanabe and Lindy Avakian delve deeply into the mechanics of Judo, offering clear-cut scientific explanations for the numerous techniques involved in throwing and grappling. 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. The book has over 200 illustrations and 40 photos which show 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 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 throwing and grappling

A new foreword by 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.

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

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 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.

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 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.

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Tuttle Publishing

Photographs and step-by-step instructions explain the basic techniques of judo, including moving back, pulling, holding a partner, attacks, and dodges. Details more than 25 methods for throwing the opponent in a judo match and discusses the true meaning of victory in judo.

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

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