

Judo Training Methods: A Sourebook - , Donn F. Draeger

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A product of over over twenty years of exhaustive research, Judo Training Methods is a comprehensive examination of the martial sport of judo. Although the examples are geared toward judo, the training and conditioning methods set out are valuable for all martial artists and athletes, whatever their art or sport. This classic work, which has long been unavailable, is still a timely and valuable read. Judo Training Methods is an "encyclopedia of judo" covering not only techniques and training methods but also dojo etiquette, tournament rules, and promotion requirements. The text features over 1,000 photos and 200 conditioning exercises. Author: Ishikawa, Takahiko Author: Draeger, Donn F. Publisher: Tuttle Publishing Illustration: N Language: ENG Title: Judo Training Methods: A Sourebook Pages: 00325 (Encrypted EPUB) On Sale: 2011-12-20 SKU-13/ISBN: 9780804832106 Category: Sports & Recreation : Martial Arts & Self-Defense

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