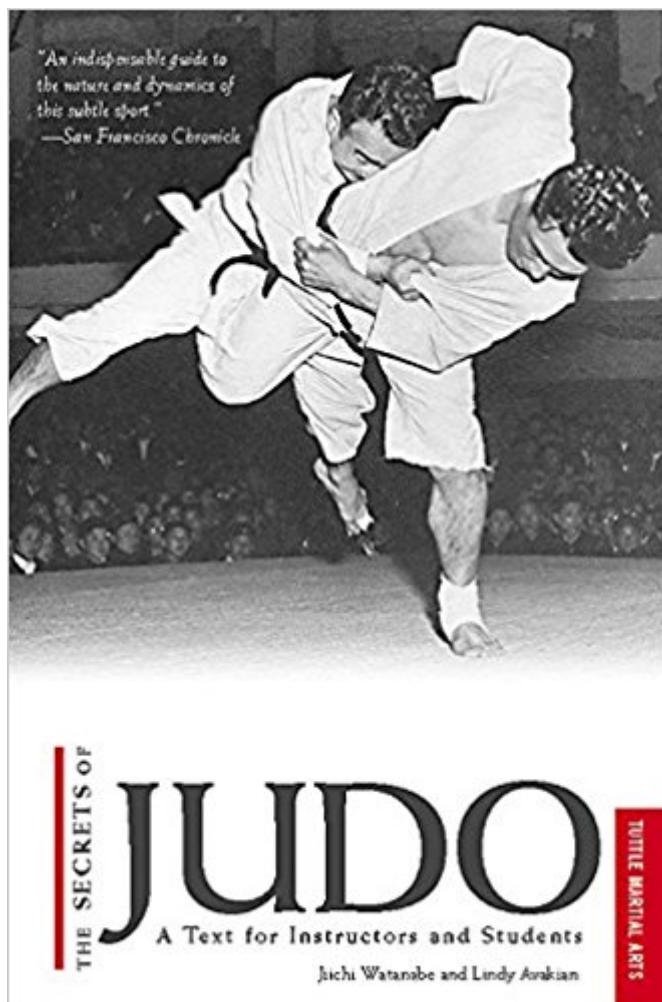


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The Secrets Of Judo: A Text For Instructors And Students



Synopsis

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 Riso 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

Book Information

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Customer Reviews

"an interesting window into the past of martial arts." "TheFightNerd.com" "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. The Secrets of Judo is such a book." "San Francisco Chronicle" "For the teacher or the serious student of judo who desires to know the 'why' of what he does, this book is a must." "Journal of the Association for Physical and Mental Rehabilitation" "I found this book to be invaluable and would recommend it for anyone who's interested in grappling arts generally (whether judo or not) or even the science of human movement." "Bernie Gourley martial arts blog

Excellent book on the technical/theoretical aspects of Judo. I hold the belief that one cannot learn Judo by reading a book; practice is really the only way. But there are three reasons why you should need a Judo book: 1) to learn the history, culture, social background of it, 2) to keep as a dictionary where you can refer to moves, 3) to understand the physics, psychology, and physiology of Judo training and competition. The worst type of Judo book, IMHO, is one that tries to teach you how to make a throw. The value of this book mainly comes from its well articulated explanation with respect to 3) as mentioned above. To be frank, you can still do well in Judo without ever reading this book, but if you are curious about the theories behind Judo, this is definitely a good book to have.

Great book, came as advertised.

The book is well-written and illustrated, and even includes some of the mathematics behind the principles and movements (which I thought was very nice background information, being a bit of a Math-geek).

Technically explained all concepts to how Judo works

strong content with the very much information of the past and present material regarding firearms and all content related to it.

A bit too scientific , but many good points.

This book explained the judo ifrom physics point of view.I learnt some points I did not know about it.

Great book

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The Way of Judo: A Portrait of Jigoro Kano and His Students
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