



Judo Formal Techniques: A Complete Guide to Kodokan Randori no Kata (Tuttle Martial Arts)

By Tadao Otaki, Donn F. Draeger

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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 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

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