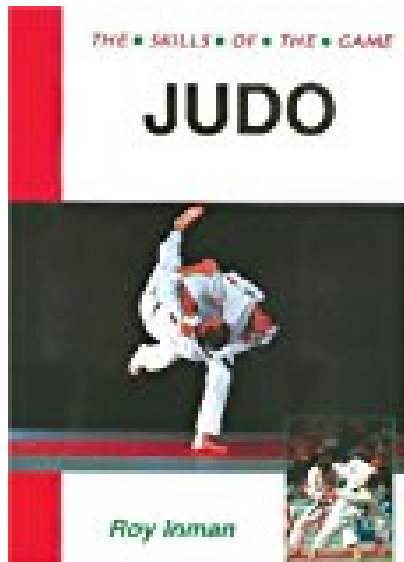


Judo The Skills of the Game



BOOK DETAILS

- Author : Roy Inman
- Pages : 128 Pages
- Publisher : Crowood Press
- Language : English
- ISBN : 1861260695

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BOOK SYNOPSIS

In this book, Roy Inman not only examines the basic rules and techniques of Judo, but also discusses his own original training methods for developing skills and linking techniques. Areas he covers include throws and groundwork, contest and random techniques, and how to deal with awkward opponents, left-handed fighters, and negative, defensive styles.

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