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The vast array of judo techniques has branched out into three

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intermediate to advanced 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.

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Judo Unleashed. - Free Online Library

Filipino "Pangamot" is a form of competitive judo and mixed martial arts practice where practitioners invite opponents to use an eskrima stick in throwing, grappling, and sparring practice. The most well-known Pangamot training hall is the World Doce Pares Headquarters in Cebu City, Philippines.

Judo - Wikipedia

Judo is designed for one on one fight, and one opponent can always come behind your back. #2 □ Another con is a vulnerability of Judo to low kicks, jabs, and straight punches. Just take a look the fight between Mirko Cro Cop and Hidehiko Yoshida. Judo fighter needs to be close to creating some damage to your opponent.

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1. Judo fundamentals. How to learn judo --Why judo works --How judo develops character --Classification of techniques. 2. Throwing techniques. Principles of throwing --Hip throws --Hand throws --Leg throws --Sacrifice throws. 3. Grappling techniques. Pinning --Strangulation and choking --Joint locks. Responsibility: Neil Ohlenkamp.

Judo unleashed (Book, 2006) [WorldCat.org]

The Techniques of Judo (Tuttle Martial Arts) by Shinzo Takagaki.

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Uchi mata sukashi - Wikipedia

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Maidenhead: McGraw-Hill; Otaki, Tadao; Draeger, Donn F. (1997),  
Judo Formal Techniques: Complete guide to Kodokan randori no  
kata (reprint ed.), Clarendon, Vermont: Tuttle Publishing

Judo - Wikipedia

It then demonstrates the essential judo techniques: throwing, grappling, locking, choking, escaping, and sequence combinations. Over 1,200 photos and easy-to-follow action sequences-many of them demonstrated by Yamashita present each movement clearly. Brief explanations emphasize important areas for study, caution, and concentration.

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Recapturing the original spirit and intent of the essential Judo kata,

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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

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