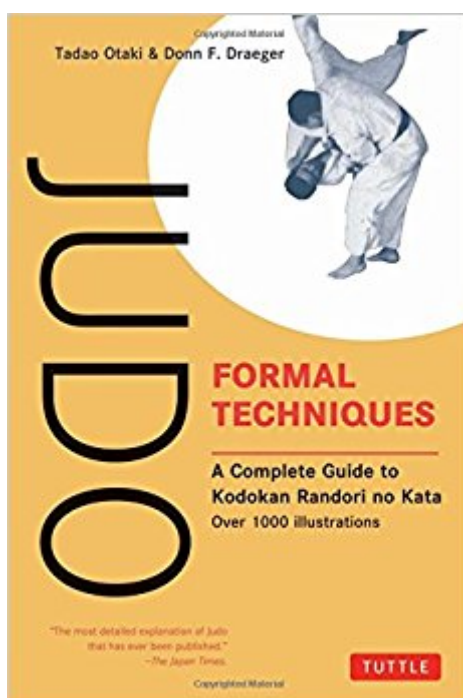


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Judo Formal Techniques: A Complete Guide To Kodokan Randori No Kata (Tuttle Martial Arts)



Synopsis

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

Book Information

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Customer Reviews

"The most detailed explanation of Judo that has ever been published." [The Japan Times](#)

"Exceptionally well written" [Yomiuri Shimbun](#)
"No detail is left unexplained." [Yomiuri Shimbun](#)

It's a tougher read as there is just so much information, but so far it has been worth it. The break down of the techniques and insight of the authors is invaluable.

This book is very in depth. Any judoka wanting to study these two kata seriously must have this book! This book also includes some history of Japanese martial arts, which put some things into perspective a little more. Excellent book!

Amazing book that should be part of every dan holder personal library.

This book is well written and great illustrations

Running well over 400 pages, this book is a feast as well as a valuable resource for anyone interested in judo. The authors are both well know and highly respected martial artists and, in my estimation, this belongs on the shelf right along with "Kodokan Judo", "The Canon of Judo" and any other volumns you may consider indispensible to your judo library. Published in the early 80's it's not the easiest thing to come by, but is well worth the pursuit.

This book is great for Katas. Very informative shows all of the detail needed to perform the Katas correctly. Outstanding book even on Kindle.

excellent!!

Excellent book for Randori no Kata! Unlike many other good (Judo/BJJ/MMA) books this one is available for the kindle! Thanks for making it kindle friendly.

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