

## Kodokan Judo The Essential Guide To Judo By Its Founder Jigoro Kano Paperback

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### Kodokan Judo The Essential Guide

Judo, or the Way of Gentleness, an ideal form of physical exercise and a reliable system. of self-defense, was specially created from traditional Japanese martial arts. This book by the creator of Kodokan judo is uniquely comprehensive and the most authoritative guide to this martial art ever published.

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### Kodokan Judo: The Essential Guide to Judo by Its Founder ...

This text is an essential guide to understanding the history, principles and techniques of judo. It covers the origin of Jigoro Kano and his development of judo as well as detailed accounts of different techniques needed to master the sport. Serious judoka who aspire to get their black belt and teach judo should invest time in reading this book.

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### Kodokan Judo: The Essential Guide to Judo by Jigoro Kano ...

Judo contains a number of self defense methods against the knife, sword, kicks, and punches, contained in detailed photographs in KODOKAN JUDO which are totally over-looked in today's Judo books emphasizing mere tournament play.KODOKAN JUDO is the essential book for the dedicated Judoka to study for dan advancement; to answer questions on why one should learn a particular technique or a kata; and to clear up any misconceptions which might develop because of tournament.

### Kodokan Judo: The Essential Guide to... book by Jigoro Kano

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### About For Books Kodokan Judo: The Essential Guide to Judo ...

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### Kodokan Judo: The Essential Guide To Judo By Its Founder ...

'Kodokan Judo: The Essential Guide to Judo by Its Founder Jigoro Kano', is obviously one of the 'classic' texts of Judo, because it is partly by Judo founder, Jigoro Kano (I say "partly" because this, and other, previous revised editions are by the 'Founder Jigoro Kano' AND the Kodokan Editorial Committee).

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Names of Judo Techniques "Sasae-tsuri-komi-ashi" 21 Aug 2020 Kodokan Summer Course for Women and Boys and Girls ended 19 Aug 2020 Kodokan Summer Course II and for the Instrctors of School Curriculam Judo ended 18 Aug 2020 Names of Judo Techniques "Hiza-guruma" 13 Aug 2020 Practice after August 11 31 Jul 2020 Mr. DAIGO Toshiro, tenth dan in ...

### Kodokan Judo Institute

Kodokan Judo: The Essential Guide to Judo by Its Founder Jigoro Kano by Jigoro Kano and a great selection of related books, art and collectibles available now at AbeBooks.com.

### 9784770017994 - Kodokan Judo: the Essential Guide to Judo ...

There is also some interesting history about how jujutsu became judo, the principles and aims of Kodokan judo, and training basics (e.g., gi, etiquette, postures/stances, moving and turning, breakfall techniques, the principle of continuous attack, and professor Kano's history and chronology).

### Amazon.com: Customer reviews: Kodokan Judo: The Essential ...

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Judo, or the Way of Gentleness, an ideal form of physical exercise and a reliable system, of self-defense, was specially created from traditional Japanese martial arts. This book by the creator of...

### Kodokan Judo - Jigoro Kano - Google Books

About the Author JIGORO KANO, born in 1860 in Hyogo Prefecture, created Kodokan judo in 1882, the year after he graduated from Tokyo Imperial University. In 1969 he became the first Japanese member of the International Olympic Committee. Jigoro Kano died at sea in 1938 while returning from an IOC meeting in Cairo.

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### Kano Jigoro - AbeBooks

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