

# Judo



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出版者:Mason Crest

出版时间:2003-6

装帧:LIB

isbn:9781590843895

The Martial and Fighting Arts series provides an introduction to the world's greatest methods of unarmed combat. Each book concentrates on an individual martial art. The history of the form is detailed, from its origins to the present day, and the philosophy behind it is fully explained using the words of the masters themselves. The books then focus on instructional content: individual fighting techniques are explained in detail and demonstrated through vivid 2-color line drawings and photographs. Fitness and flexibility training are also explored, and the text emphasizes safe practice to avoid training injuries.

作者介绍:

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