

Judo



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著者:Pedro, Jimmy/ Durbin, William

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If you are looking to master the fundamentals of the art of judo, "Judo Techniques & Tactics" will provide you with everything you need to begin. Written by three-time Olympian and world champion Jimmy Pedro, this book provides you with a solid background of the sport and the essential maneuvers for success. "Judo Techniques & Tactics" offers complete and easy-to-understand coverage of judo. Whether you're a beginner or a more advanced student, you will find an assortment of valuable insights on judo's history, terminology, customs, and special chapters on competition and conditioning. With this unique resource you will learn how to correctly perform - falls, - rolls, - grips, - throws, - holds, - pins, - chokes, - joint locks, - counters, and - combinations. "Judo Techniques & Tactics" gives you solid instruction in the essential skills of judo--from the basic pivot to the more difficult throws--and training guidelines to build a solid foundation for moving on to advanced judo techniques. Part of the successful Techniques & Tactics series of martial arts books published by Human Kinetics, this book is sure to be a part of every serious martial artist's library.

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