

Kodokan Judo Throwing Techniques



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出版者:Kodansha USA

出版时间:2005-8-5

装帧:Hardcover

isbn:9784770023308

The author was a 3-times Olympic Judo champion in his youth, and became the chief instructor of Kodokan - the official Judo headquarters. This book is the successor to the perennial bestseller "Kodokan Judo", by the founder Jigoro Kano, and contains full descriptions of all 67 throws, with variations and practice guides. In addition, the author details the origins of some techniques using old and rare photos of Kano in action. Destined to be a classic and a must for all judo practitioners.

作者介绍:

目录:

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标签

日本

评论

怎么说呢. 出乎意料的长篇大论, 一点没有日本人的风格, 讲得看似详细实则啰嗦, 说了一些投技适用的setup. 然而, 左脚右脚头昏眼花, 而且有些关键的细节和要点就是说不到, 还是不如去反复看seminar视频.

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书评

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