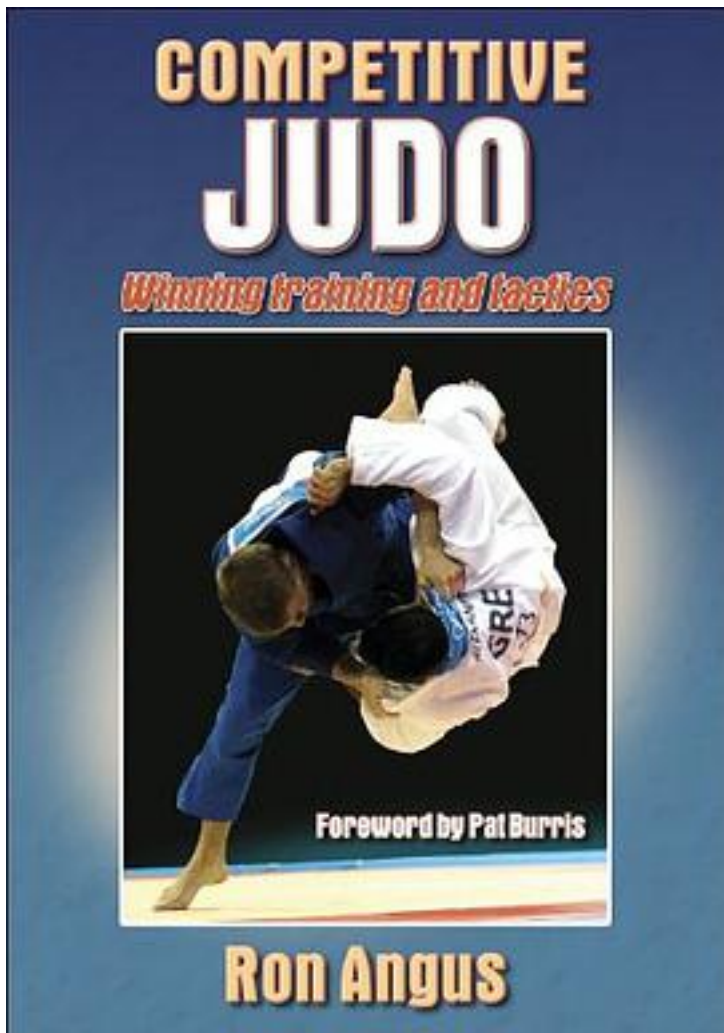


Competitive Judo



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Aimed at Intermediate to Advanced level Judo competitors. Includes everything

needed to prepare for and participate in judo matches, based on the experiences of top judo participants from around the world. Provides readers with a solid understanding of competitive judo, then teaches how to use specific techniques and tactics to succeed in competition. Covers effective match fighting styles, speed development, psychological strength and solid conditioning.

作者介绍:

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