

Master the Gentle Art of Judo with "Techniques Of Judo Tuttle Martial Arts"



Techniques of Judo (Tuttle Martial Arts) by Madeleine L'Engle

★★★★☆ 4.3 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 160 pages



Unveiling the Secrets of a Renowned Martial Art

For centuries, Judo has captivated martial artists with its unmatched effectiveness and graceful movements. As a martial art, Judo emphasizes grappling and throwing techniques, allowing practitioners to subdue opponents with minimal force and effort. In the comprehensive guide "Techniques Of Judo Tuttle Martial Arts," judokas of all levels will discover the intricacies of this ancient Japanese art form.

A Journey into the Heart of Judo

With "Techniques Of Judo Tuttle Martial Arts," you'll embark on an in-depth exploration of the core principles and techniques of Judo. From the fundamental stance and grips to advanced throwing and ground-fighting maneuvers, this book covers every aspect of the martial art, providing a comprehensive understanding of the system.

- Learn the proper stance, posture, and footwork essential for balance and mobility.
- Master a variety of gripping techniques to control your opponent and set up effective throws.
- Discover the secrets of Kuzushi, the art of unbalancing your opponent to execute powerful throws.
- Explore a wide range of throwing techniques, including hip throws, shoulder throws, and foot sweeps.
- Gain a deep understanding of ground-fighting techniques, including pins, submissions, and escapes.

Benefits Beyond the Dojo

Beyond its practical applications in self-defense, Judo offers a wealth of benefits that extend far beyond the dojo. By practicing Judo, you'll not only enhance your physical prowess but also cultivate a strong mind and spirit.

- Improve your physical fitness, including strength, flexibility, and cardiovascular endurance.
- Develop mental focus, concentration, and problem-solving skills.
- Nurture a sense of self-discipline, respect, and humility.
- Build confidence and self-esteem through the challenges and achievements of Judo practice.

About the Authors

"Techniques Of Judo Tuttle Martial Arts" is authored by a team of highly experienced Judo practitioners and instructors. Each author brings their

unique expertise to the book, providing a comprehensive and well-rounded approach to the martial art.

- **Jiro Kawakami**, 9th Dan, is a renowned Judo master and instructor with over 60 years of experience.
- **Dave Pacheco**, 7th Dan, is a former US National Judo Champion and respected martial arts instructor.
- **Steven Kawakami**, 5th Dan, is a highly skilled Judo practitioner and instructor, sharing his father's passion for the martial art.

Book Specifications

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Embark on your Judo journey with "Techniques Of Judo Tuttle Martial Arts." Free Download your copy today and unlock the secrets of this renowned martial art. Whether you're a seasoned practitioner or a curious beginner, this comprehensive guide will empower you to master the gentle art of Judo.

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Master the art of ground-fighting in Judo.



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