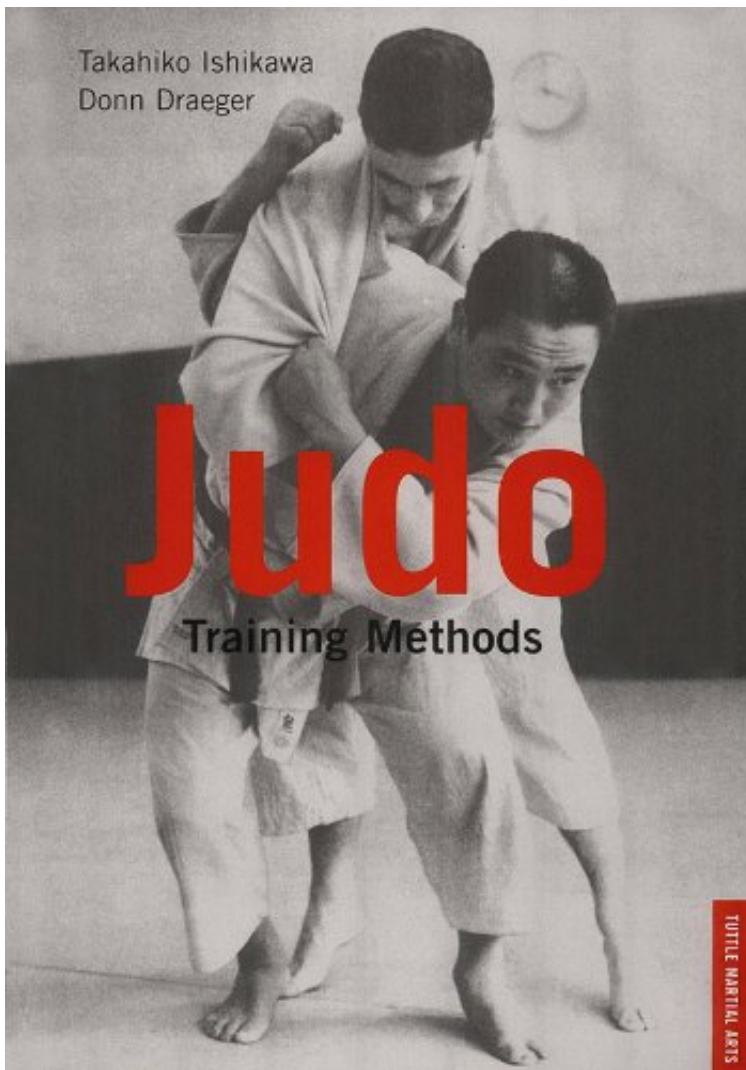


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Judo Training Methods: A Sourebook



Par Takahiko Ishikawa, Donn F. Draeger

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Description :

Prsentation de l'diteurA product of over twenty years of exhaustive research, Judo Training Methods is a comprehensive examination of the Japanese Judo. Written by martial arts authority Donn Draeger and judo champion and instructor Takahiko Ishikawa, it is an expert martial arts guide. Although the examples are geared toward judo, the training and conditioning methods set out are valuable for all martial artists and athletes, whatever their art or sport. Judo Training Methods is an "encyclopedia of judo" covering not only Judo techniques and training methods but also dojo etiquette, tournament rules, and promotion requirements. This illustrated judo book features over 1,000 photos and 200 conditioning exercises. A perfect introduction to Judo for beginners, the exercises in this classic text are also valuable conditioning exercises for football, basketball, track, swimming, wrestling, boxing, tennis, baseball, mixed martial arts and more! Chapters introduce readers to the principles and practice of Judo, including:Physical Judo Re-ExaminedClassification

of Exercises and Muscle Groups Kinesiological Principles About Muscle Judo Training Advice Judo and Weight Training Judo Training Routines Preparatory Exercises Supplementary Exercises Compound Exercises Auxiliary Exercises Prsentation de l'diteur A product of over twenty years of exhaustive research, Judo Training Methods is a comprehensive examination of the Japanese Judo. Written by martial arts authority Donn Draeger and judo champion and instructor Takahiko Ishikawa, it is an expert martial arts guide. Although the examples are geared toward judo, the training and conditioning methods set out are valuable for all martial artists and athletes, whatever their art or sport. Judo Training Methods is an "encyclopedia of judo" covering not only Judo techniques and training methods but also dojo etiquette, tournament rules, and promotion requirements. This illustrated judo book features over 1,000 photos and 200 conditioning exercises. A perfect introduction to Judo for beginners, the exercises in this classic text are also valuable conditioning exercises for football, basketball, track, swimming, wrestling, boxing, tennis, baseball, mixed martial arts and more! Chapters introduce readers to the principles and practice of Judo, including: Physical Judo Re-Examined Classification of Exercises and Muscle Groups Kinesiological Principles About Muscle Judo Training Advice Judo and Weight Training Judo Training Routines Preparatory Exercises Supplementary Exercises Compound Exercises Auxiliary Exercises Biographie de l'auteur Takahiko Ishikawa was twice the All-Japan judo champion and a judo instructor in the rigorous Tokyo Metropolitan Police training program. He was a pioneer in the field of progressive weight training methods as an adjunct to martial arts training. Donn Draeger was an internationally recognized authority on the martial arts of Asia and the author of many books on the subject, including Tuttle's six-volume Practical Karate series and, as co-author, Tuttle's Judo: Formal Techniques, which has sold TK copies since it was issued in paperback in 1990. A pioneer Westerner in the practice of Japanese martial arts, he was the first non-Japanese to compete in the All-Japan High-Rank Holders' Judo Tournament at the Kodokan.