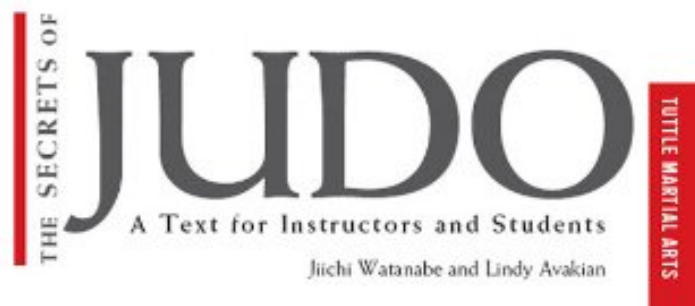
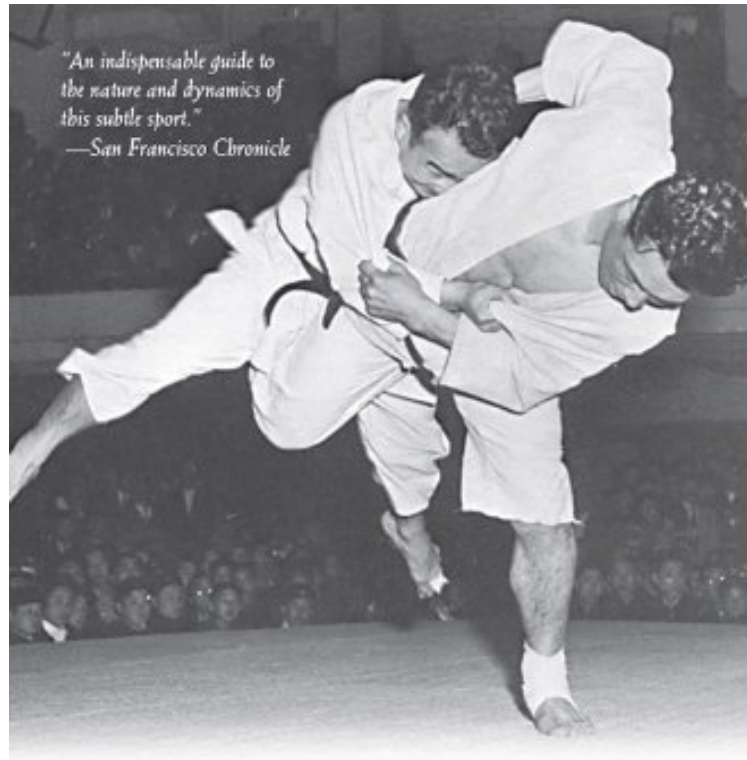


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Secrets of Judo: A Text for Instructors and Students

Von Jiichi Watanabe, Lindy Avakian
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Von Jiichi Watanabe, Lindy Avakian : Secrets of Judo: A Text for Instructors and Students before purchasing it in order to gage whether or not it would be worth my time, and all praised Secrets of Judo: A Text for Instructors and Students:

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. Nothing you couldn't have discovered yourself!Von Ein KundeDo not be decieved by this book. If you're new to the sport of Judo, this book will provide an intelligent approach to the effectiveness of Judo. However, if you have had a few

lessons and have a High-School understanding of Physics, then there is nothing in this book that you wouldn't be able to figure out on your own. This book suffers from a lack of sufficient visual aids and is often confusing when it attempts to break the concepts of Judo down to mathematical calculations. Overall, this book would be nice to add to your Judo library... But it is not an essential. 1 von 1 Kunden fanden die folgende Rezension hilfreich. Not a complete reference. Von Jason Bennett Although this book offers some interesting insight along with some detailed discussion, it attacks the subject from such an academic angle that it eclipses the more practical considerations, such as demonstrating combinations or transition. It makes very little mention of training methods and, therefore, is of little use to a beginner, except as a reference to understand the basic mechanic principles of throwing. The majority of the book focuses on tachi-waza, so that, as a reference for ne-waza, the book is particularly limited. 1 von 1 Kunden fanden die folgende Rezension hilfreich. This publication is highly informative! Von jperry@calair.com Reading this book has been a truly enlightening experience. The basic principles of weight, balance and gravity are covered extensively. The end result being an in depth understanding of the art of Judo. I was left with a true understanding, and extreme appreciation for the sport. If you are a Judo player, or would like to be, this book is a must!!!

Kurzbeschreibung The Secrets of Judo is a revealing Japanese martial arts manual that focuses primarily on the scientific principles at work in judo. It offers clear-cut explanations of the numerous techniques involved in throwing and grappling. In addition to the precise detailing of judo's physical aspects, this book provides insights into the psychological factors related to judo's underlying philosophy. The Secrets of Judo, a fascinating and valuable work since its original publication in 1959, sets out a comprehensive course to achieve maximum efficient use of mental and physical energy that remains as vital and fresh as when first recommended by Risei Kano, president of the Kodokan, on its original publication. This Judo guide features sections on: The Art and Science of Judo How Can Dynamics Be Applied to Judo? Three Principles for Practicing Judo Three Laws of Motion Kinds of Force Acting State of Force How to Practice Throwing How to Practice Grappling **Pressestimmen.** "...an interesting window into the past of martial arts." --TheFightNerd.com. "...an interesting window into the past of martial arts." --TheFightNerd.com "an interesting window into the past of martial arts." TheFightNerd.com ""There have been many books on judo some highly competent, others well-written or well-illustrated, some fit for beginners, others for the advanced student. To have all these in a single volume is unusual The Secrets of Judo is such a book." San Francisco Chronicle ""For the teacher or the serious student of judo who desires to know the 'why' of what he does, this book is a must." --Journal of the Association for Physical and Mental Rehabilitation "I found this book to be invaluable and would recommend it for anyone who's interested in grappling arts generally (whether judo or not) or even the science of human movement." --Bernie Gourley martial arts blog-...an interesting window into the past of martial arts. ---TheFightNerd.com-There have been many books on judo--some highly competent, others well-written or well-illustrated, some fit for beginners, others for the advanced student. To have all these in a single volume is unusual...The Secrets of Judo...is such a book. ---San Francisco Chronicle-For the teacher or the serious student of judo who desires to know the 'why' of what he does, this book is a must. ---Journal of the Association for Physical and Mental Rehabilitation-I found this book to be invaluable and would recommend it for anyone who's interested in grappling arts generally (whether judo or not) or even the science of human movement.- --Bernie Gourley martial arts blog "There have been many books on judo--some highly competent, others well-written or well-illustrated, some fit for beginners, others for the advanced student. To have all these in a single volume is unusual...The Secrets of Judo...is such a book." --San Francisco Chronicle **Kurzbeschreibung** The Secrets of Judo is a revealing Japanese martial arts manual that focuses primarily on the scientific principles at work in judo. It offers clear-cut explanations of the numerous techniques involved in throwing and grappling. In addition to the precise detailing of judo's physical aspects, this book provides insights into the psychological factors related to judo's underlying philosophy. The Secrets of Judo, a fascinating and valuable work since its original publication in 1959, sets out a comprehensive course to achieve maximum efficient use of mental and physical energy that remains as vital and fresh as when first recommended by Risei Kano, president of the Kodokan, on its original publication. This Judo guide features sections on: The Art and Science of Judo How Can Dynamics Be Applied to Judo? Three Principles for Practicing Judo Three Laws of Motion Kinds of Force Acting State of Force How to Practice Throwing How to Practice Grappling