



Boys Girls Judo Self-Defense: Road to Blackbelt (Paperback)

By MR Hal Sharp, Hal Sharp

Hal Sharp, United States, 2014. Paperback. Book Condition: New. 282 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. This is a complete judo instruction manual for kids and instructors. The book makes judo fun for kids by incorporating games, drills and by using technical drawings with cartoons. For the older students there are excellent technical descriptions of fundamental skills needed in free practice and competition. The book references 31 YouTube videos that are specially designed to supplement the written text thereby making this a living manual. Emphasis has been placed on the Circle of Skills needed to successfully make your techniques work effectively such as chance/opportunity, body movement, controlling the opponent, gripping, breaking opponents balance, positioning your body, effective throwing action, defense, countering, combinations and the use of special drills. Self-defense is taught to keep you out of trouble and how to use judo techniques if attacked. Included is a practical description of the IJF contest rules. Also there is a dictionary of useful judo terms in Japanese and English. This book truly provides a Road to Blackbelt for both Junior and senior novices.

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