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### **The Secrets of Judo - Tuttle Publishing**

One of the great secrets of Judo is why this book is still in print, while so many better books cannot be found anymore. This book attempts to explain Judo techniques in terms of physics.

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### **The Secrets Of Judo: A Text For Instructors And Students**

In judo, 4th kyu, been at it for about two years, and judo practice frequently takes back seat to kendo. All this is to give background to my question. I frequently compare the two disciplines, and have drawn a number of conclusions, some of which you may find interesting, some not.

### **Secrets of Judo - e-budo.com**

Throwing Techniques of Judo Nage Waza . Original By Bill Nauta of the Encino Judo Club . Compiled By Sensei Shawn Ritchie . 2 Ashi Guruma - Foot Wheel . Deashi Harai - Advancing Foot Sweep . Hane Goshi - Spring Hip Throw. Hane Makikomi - Spring Wrap Around . 3

### **Throwing Techniques of Judo**

JIU JITSU TAKE DOWN WITH THROWS Backward Rolling Throw Here we begin by tying up and I begin a throw, but my opponent resists, so I scissor my legs around his front leg and lock them to secure a back rolling throw.

## **THE COMPLETE BOOK OF JUDO THROWS - WWWIN**

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### **The Secrets of Judo: A Text for Instructors and Students**

AN INTRODUCTION TO JUDO TOWARDS A DEFINITION OF JUDO - What Judo is NOT..... (a) It is NOT a course in self-defense. (b) It is NOT a secret art with clandestine orders, rituals, and tricks. (c) It is NOT an opportunity for advanced students to get "fresh meat" on which to practice.

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