

The Complete Book Of Judo

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The Complete Book Of Judo

This one (Bruce Tegner's Complete Book of Judo) was one of his earlier books and shows the basic falls, throws, holds and other material required to earn a Shodan (1st degree Black Belt). Like any book on physical skills and self-defense it is very difficult to actually learn and become competent with only reading a book.

Bruce Tegner's Complete Book of Judo: Tegner, Bruce ...

This book will be especially valuable for instructors. Although this is an out-of-print book, it is not difficult to locate, and usually at a reasonable price. Although this is his second of three books, I consider it the most valuable of the three. You should, however, consider picking up his other two books, Judo for the West, and Judo Inside ...

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This is a book of competition and self-defense Judo moves from white belt to black belt. It is written by the legendary Bruce Tegner. Tegner was a competition Judo champion back in the infancy days of American Martial Arts.

Bruce Tegner's Complete Book of Judo by Bruce Tegner

Even though this book (The Complete book of Judo by George R. Parulski, Jr.) is dated to some degree (published in 1985); nevertheless, the basic information on the sport and art of Judo is as valid today as it was 30 years ago.

The Complete Book of Judo: Parulski, George R ...

Complete book of judo by Bruce Tegner, 1967, Thor Pub. Co. edition, in English

Complete book of judo. (1967 edition) | Open Library

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The complete book of judo (Book, 1984) [WorldCat.org]

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forward. 2 Do some body turns and lifts. Hold the partners arm, turn into them and lift. 3 Also do some squat lifts, ...

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THE COMPLETE BOOK OF JUDO THROWS - www.in.com

An unabridged republication of the work originally published in 1905. This comprehensive guide to learning jiu-jitsu describes the authentic form of judo developed in the late nineteenth century by Professor Jiguro Kano. The Kano system was the method in which Japanese armed forces and police were trained.

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