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› Judo Formal Techniques: A Complete Guide to Kodokan Randori No Kata (Tuttle Martial Arts)

**Tuttle Publishing 080481676X**

# Judo Formal Techniques: A Complete Guide to Kodokan Randori No Kata

*Published by Tuttle Publishing*

## INTRODUCTION TO JUDO FORMAL TECHNIQUES

This comprehensive guide, ***Judo Formal Techniques***, is the culmination of over twenty years of exhaustive research into Japanese Judo. It serves as an expert martial arts guide, co-authored by martial arts authority Donn Draeger and judo champion and instructor Takahiko Ishikawa.

While primarily focused on Judo, the training and conditioning methods detailed within are broadly applicable and valuable for all martial artists and athletes across various disciplines and sports.

This book functions as an "encyclopedia of judo," encompassing not only Judo techniques and training methods but also essential aspects such as dojo etiquette, tournament rules, and promotion requirements.

## KEY FEATURES AND CONTENT OVERVIEW

The manual is richly illustrated, featuring over 1,000 photos and 200 conditioning exercises, making it an ideal resource for both beginners and experienced practitioners.

Chapters within this classic text introduce readers to the fundamental principles and practical application of Judo, covering:

- 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

The conditioning exercises presented are beneficial for a wide range of athletic pursuits, including football, basketball, track, swimming, wrestling, boxing, tennis, baseball, and mixed martial arts.

## **VISUAL AIDS AND ILLUSTRATIONS**

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Tadao Otaki & Donn F. Draeger



# JUDO

## FORMAL TECHNIQUES

**A Complete Guide to  
Kodokan Randori no Kata**  
Over 1000 illustrations

*"The most detailed explanation of Judo  
that has ever been published."*

*-The Japan Times*

TUTTLE MARTIAL ARTS

Image: Front cover of the book "Judo Formal Techniques," illustrating two judokas in action and highlighting the book's title and authors. The book is extensively illustrated with over 1,000 photographs and diagrams to provide clear visual guidance for understanding and executing the techniques and exercises described.

## EDITORIAL RECOGNITION

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The quality and depth of this publication have been recognized by prominent martial arts and news outlets:

*"The most detailed explanation of Judo that has ever been published."*

*"Exceptionally well written. No detail is left unexplained."*

## PRODUCT SPECIFICATIONS

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