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› A Guide to Judo Grappling Techniques Instruction Manual

BudoWorks 1958425206

A Guide to Judo Grappling Techniques

Instruction Manual

INTRODUCTION TO JUDO GRAPPLING (NEWAZA)

In Judo, while throwing techniques are often spectacular, the art of grappling on the floor, known as Newaza, is equally crucial. Many judoka excel in throwing, but proficiency in grappling is essential for a complete Judo practitioner. These two arts are complementary and mastering both is vital for comprehensive skill development.

Grappling shares many principles with wrestling and offers a significant advantage in competitive Judo. A strong command of Newaza can lead to victory even against an opponent with superior throwing abilities.

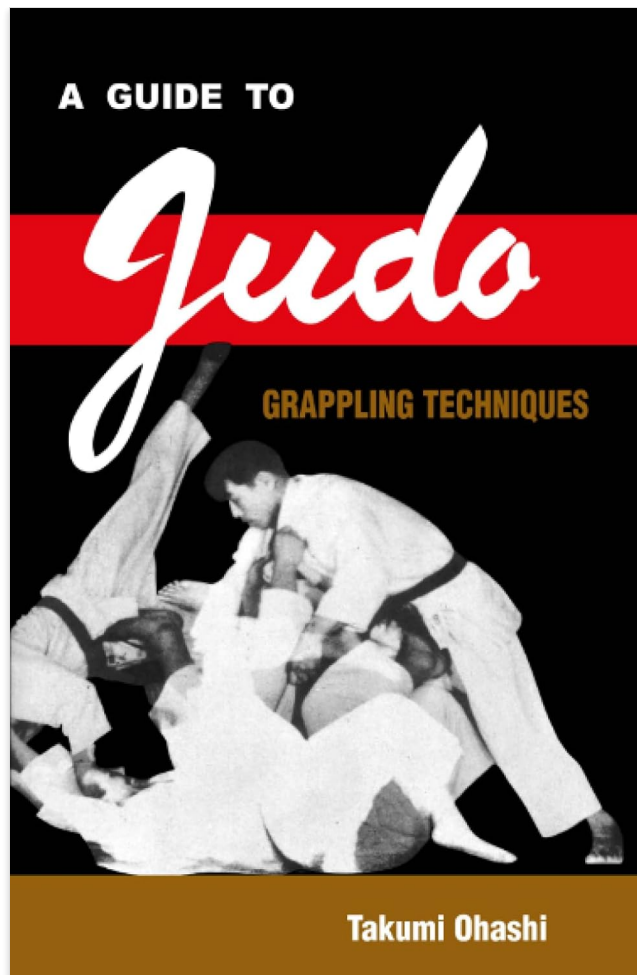


Image: Front cover of the book, illustrating two judokas engaged in a grappling exchange, highlighting the focus on ground techniques.

UNDERSTANDING KEY GRAPPLING TECHNIQUES (KATAMEWAZA)

This guide provides a detailed explanation of various methods and techniques within Katamewaza, the art of holding or controlling an opponent on the ground. It is designed to help judoka elevate their groundwork (Newaza) to the next level.

Osaekomiwaza (Immobilization Holds)

Osaekomiwaza involves techniques used to pin or hold an opponent down, preventing them from escaping or attacking. Mastery of these holds is fundamental for maintaining control in ground fighting.

Shimewaza / Shiboriwaza (Necklocks)

Shimewaza, also known as necklocks or chokes, are techniques designed to apply pressure to an opponent's neck, leading to submission. This section covers various methods for effective and safe application.

Kansetsuwaza (Dislocation Locks / Holds)

Kansetsuwaza refers to joint locks, specifically dislocation locks or holds, which target an opponent's joints to force submission. The book details the application of these techniques with precision.

MEDICAL IMPLICATIONS

The book also addresses the medical implications associated with various Judo techniques, providing important context for practitioners regarding safety and injury prevention.

ILLUSTRATIONS AND DETAILED DESCRIPTIONS

This text includes over 80 illustrations that complement the detailed descriptions of each technique. These visuals are invaluable for understanding the nuances and proper execution of Newaza, offering deep insight into the study of groundwork.



Image: Back cover of the book, displaying the ISBN barcode and publication details, including the publisher's logo.

SPECIFICATIONS

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FURTHER READING AND RESOURCES

For those seeking to deepen their understanding of Judo and martial arts, exploring additional resources is encouraged. This guide serves as a foundational text for Newaza. The ISBN for this specific guide is [1958425206](#).