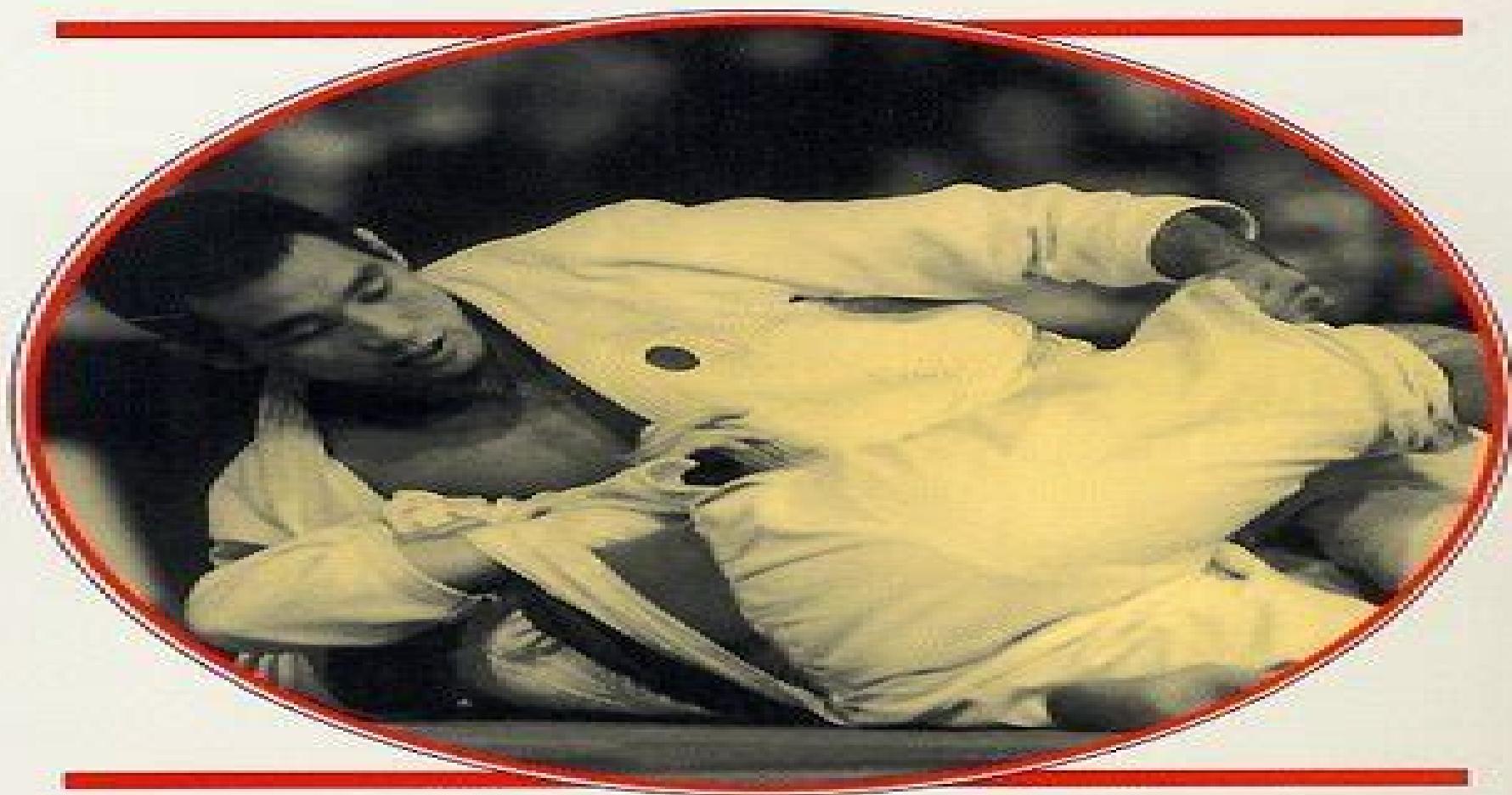


JUDO MASTERCLASS TECHNIQUES

OSAEKOMI



Katsuhiko Kashiwazaki

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Yasuhiro Yamashita

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Osaekomi Katsuhiko Kashiwazaki,Duncan Mark,1997 *Seoi-nage* Hidetoshi Nakanishi,1992 *Grips* Neil Adams,1992

Whitaker's Books in Print ,1998 **Harai-Goshi** Jean-Luc Rouge,1991 Tomoe-nage Katsuhiko Kashiwazaki,1992

Osoto-gari Yasuhiro Yamashita,1991 *Ashiwaza* Nobuyuki Sato,1992 *Ashiwaza II* Michael Swain,Oon Oon

Yeoh,1994 **Shimewaza** Katsuhiko Kashiwazaki,1992 **Tai-Otoshi** Neil Adams,Eddie Ferrie,1996 Uchimata Hitoshi

Sugai,1991 **Osaekomi-waza** Danny Hicks,2023-11-30 In this book Osaekomi waza nine of the world s leading exponents in hold downs give a remarkable insight into their unique techniques 2000 Olympic Champion Mark Huizinga of the Netherlands was an expert in groundwork and reveals his incredible Huizinga Roll and Bearhug turnover Huizinga is joined by USA s Kayla Harrison Georgia s Varlam Liparteliani Germany s Udo Quellmalz and Great Britain s Colin Oates who each show a different way of escaping from the leg trap position and moving directly into Osaekomi GB s Craig Fallon and Germany s Ole Bischof perform their signature Ne waza rolls Between 2005 2007 The Fallon Roll was one of the most feared techniques in men s judo Learn everything there is to know from Fallon as he takes you step by step through each of his seven variations which includes armlock and strangle alternatives Fast transition from standing into Osaekomi is brought to you by GB s Euan Burton alongside Bischof Don t miss Burton s very impressive Crocodile Roll A number of different arm rolls are taught by Liparteliani and Oates with Osaekomi waza combinations coming from Quellmalz and GB s Winston Gordon Groundwork descriptions and tuition are accompanied by incredible photographic sequences with the key technical moments highlighted Many of the images are shown for the first time and come from Fighting Films vast photograph archive Fighting Films has been closely working alongside the world s greatest judoka for over 30 years Superstar Judo s Guide to Ne waza is the first project where all of this international technical expertise is compiled in one place Presented by Superstar Judo Fighting Films online coaching subscription site the techniques can also be viewed in video format by clicking on a QR code at either the start or end of each book The author is Fighting Films partner Danny Hicks who was IJF TV Director from 2009 2017 This guide is an essential for all judoka Whether you just want to learn the basics of groundwork or be inspired by numerous different variations from the world s best Superstar Judo s Guide to Ne waza reveals the techniques that are proven to work at the very highest level The Complete Book of Judo George R. Parulski,1984 Art and Science of Judo

Jiichi Watanabe,Lindy Avakian,2022-03-01 ING_08 Review quote **Techniques of Judo** Shinzo Takagaki,Harold E.

Sharp,2012-02-07 Master the sport of Judo with this illustrated martial arts manual The Techniques of Judo is a fully illustrated and authoritative manual providing step by step explanations practical pointers and thorough analyses of all the most commonly used judo techniques or wazas Illustrated with over 550 black and white photographs this martial arts book is an invaluable introduction to judo for beginners as well as a complete repertory for the advanced practitioner or judoka The Techniques of Judo offers incisive descriptions of more than 70 hand throws hip throws leg throws back and side throws

holding techniques strangling techniques armlock techniques together with their variations and appropriate counter techniques The introduction contains an outline description of the sport its history and objectives the contests and the grappling system with a penetrating discussion of the principle of balance and minimum effort that is basic to a scientific understanding of the sport The Judo Textbook Hayward Nishioka,James R. West,1979 Details virtually everything the judoka needs to know from the art s throws chokes and grappling techniques to the mental preparation it takes to be a champion Originally published in 1979 this seminal work is still considered one of the best and most comprehensive books written on the subject of judo and it continues to provide readers with a deeper understanding and appreciation of the gentle way *Ne-waza - Introduction* Danny Hicks,2023-11-30 In this book Ne waza Introduction 15 of the world s leading exponents in groundwork give a remarkable insight into their unique techniques Olympic Champions Mark Huizinga of the Netherlands and Kayla Harrison of the USA introduce reveal how their all round judo systems encompass Osaekomi waza Kansetsu waza and Shime waza Japanese triple World Champions Toshihiko Koga and Kosei Inoue who were best known for their incredible Tachi waza both also posses a very deadly strangle This was their ultimate back up weapon should their throws not score Ippon Great Britain has always regarded Ne waza as a key part of their judo game The greatest fighters to have emerged from the country have usually been most feared in groundwork Learn how GB s first male World Champion Neil Adams made Juji gatame his technique with Sangaku being favoured by multiple female World Champion Karen Briggs The Fallon Roll was developed by 2005 World Champion Craig Fallon and became one of the best known turnovers into Osaekomi waza in modern competitive judo Germany has been another country to have continually produced World class Ne waza experts Double World and Olympic Champion Udo Quellmalz and 2008 Olympic Champion Ole Bischof show their amazing brand of pins and submissions with both fighters being able to transition easily from one groundwork technique into another Eastern Europe has also been an area which has had a deadly reputation in Ne waza over the years See how Georgia s Varlam Liparteliani developed a lethal series of Ne waza arm rolls and how Russia s Kirill Denisov secured one of the quickest armlocks ever seen in judo GB s Euan Burton Winston Gordon and Colin Oates each reveal their favourite groundwork techniques with Burton preferring quick transition submissions Gordon blending his hard Kumi kata into Ne waza and Oates relying upon Osaekomi waza as his main way of scoring Ippon Groundwork descriptions and tuition are accompanied by incredible photographic sequences with the key technical moments highlighted Many of the images are shown for the first time and come from Fighting Films vast photograph archive Fighting Films has been closely working alongside the world s greatest judoka for over 30 years Superstar Judo s Guide to Ne waza is the first project where all of this international technical expertise is compiled in one place Presented by Superstar Judo Fighting Films online coaching subscription site the techniques can also be viewed in video format by clicking on a QR code at either the start or end of each book The author is Fighting Films partner Danny Hicks who was IJF TV Director from 2009 2017 This guide is an essential

for all judoka Whether you just want to learn the basics of groundwork or be inspired by numerous different variations from the world's best Superstar Judo's Guide to Ne waza reveals the techniques that are proven to work at the very highest level

Judo Training Methods Takahiko Ishikawa, Donn F. Draeger, 2011-12-20 A product of over twenty years of exhaustive research Judo Training Methods is a comprehensive examination of the Japanese Judo Written by martial arts authority Donn Draeger and judo champion and instructor Takahiko Ishikawa it is an expert martial arts guide Although the examples are geared toward judo the training and conditioning methods set out are valuable for all martial artists and athletes whatever their art or sport Judo Training Methods is an encyclopedia of judo covering not only Judo techniques and training methods but also dojo etiquette tournament rules and promotion requirements This illustrated judo book features over 1 000 photos and 200 conditioning exercises A perfect introduction to Judo for beginners the exercises in this classic text are also valuable conditioning exercises for football basketball track swimming wrestling boxing tennis baseball mixed martial arts and more Chapters introduce readers to the principles and practice of Judo including 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 **Osoto-gari** Yasuhiro Yamashita, 1993 Il y a peu de projections en judo qui soient aussi puissantes et aussi spectaculaires que o soto gari En effet quand un attaquant effectue le fauchage juste dans le temps l effet peut en tre d'vastateur Enfin depuis des g n rations c est la technique qui a permis de remporter le plus de victoires en competition Avec son chapitre sur l histoire de o soto gari et celui sur les applications la self defense ce livre est un nouveau fleuron ajouter la collection Les Ma tre du judo

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