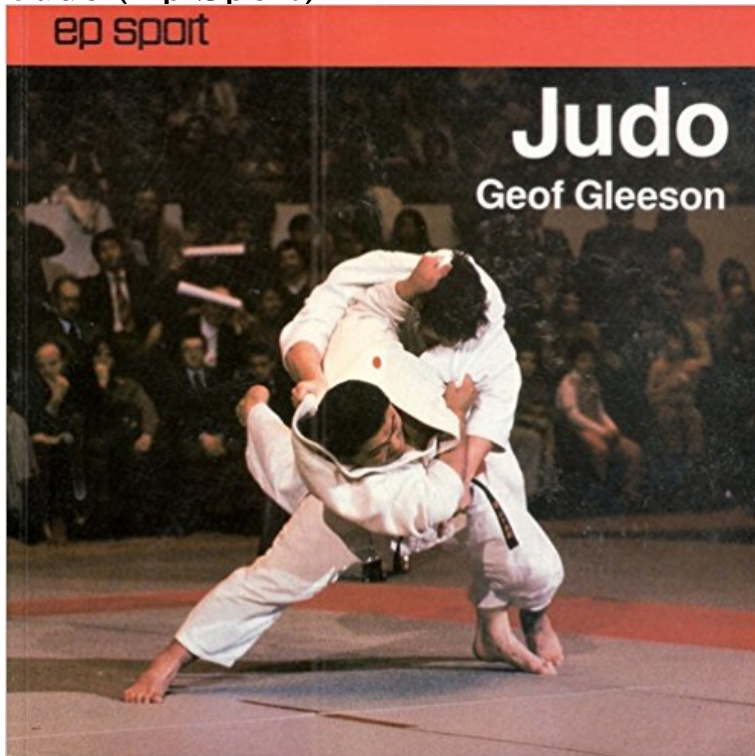


## Judo (Ep Sport)



This series of sports manuals aims to introduce the reader to the elementary and advanced techniques of a particular game. This book in the series looks at the skills, tactics and philosophy behind successful training and competition for all judo practitioners - from novice to black belt. Using the framework of a top-class judo match, the author focuses on the sports great complexity of intricate and finely balanced skills. He describes attacking and defensive roles, suggests how to improve techniques, such as ground wrestling, body throws and foot trips, and includes hints on winning tactics for competition. Subjects such as warming up, ground wrestling, grips, strangles and locks, counter-attacks, katas, tactical planning and group judo are included and supported by rapid-sequence photographs. Geoff Gleeson is Chief National Judo Coach for Great Britain. For a number of years he has trained and coached in Japan and is executive secretary of the British Association of National Coaches.

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