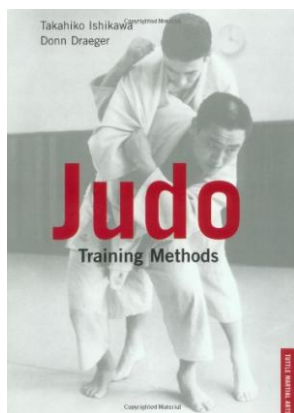


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JUDO TRAINING METHODS



Tuttle Publishing, United States, 1999. Paperback. Book Condition: New. Pbk.. 260 x 184 mm. Language: English . Brand New Book. A product of over twenty years of exhaustive research, Judo Training Methods is a comprehensive examination of the Japanese martial art of judo written by martial arts authority Donn Draeger and judo champion and instructor Takahiko Ishikawa. Although the examples are geared toward judo, the training and conditioning methods set out are valuable for all martial artists and athletes, whatever...

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