CONTEST JUDO



DECISIVE THROWS

SABURO MATSUSHITA & WARWICK STEVENS

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Explained in an antirely new way

Contest Judo Ten Decisive Throws Ippon Clabics S

Danny Hicks

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Hajime! Danny Hicks, 2022-12-19 Hajime is the introduction to Superstar Judo Contest judo Saburo Matsushita,1994 s guide to Throwing for Ippon This should be read before any of the other books in the series Author Danny Hicks Fighting Films partner gives a brief summary of Ippon judo s maximum score He describes how the various qualities of the Ippon help make judo such a unique sport and the close working collaborations Fighting Films have developed alongside numerous Olympic and world champions It s these collaborations that have over three decades produced Fighting Films premium judo coaching videos Originally released on VHS and DVD these videos now form the basis to FF s online coaching site Superstar Judo With tuition from more than 20 of judo s greatest fighters Superstar Judo has become the most innovative and specialised of all judo coaching video resources Now for the first time all of the champions come together as the story of every major competitive scoring throw is showcased Throwing for Ippon contains 21 unique books including 19 throws Each book includes tuition from these champions with beautiful photographic sequences to help illustrate the key technical points The books start with traditional variations of the throw before alternative methods of gripping entry and execution are explored As the books progress so does the complexity of the throw By the end of each book throwing combinations are included as well as some extremely unusual variations This guide is an essential for all judoka Whether you just want to learn the basics of a throw or be inspired by numerous different techniques from the world's best Throwing for Ippon reveals the throws that are proven to work at the very highest level Seoi-nage Danny Hicks, 2022-12-19 In this book Seoi nage Japan s triple World and Olympic Champion Toshihiko Koga gives a remarkable insight into the technique that he became world famous for Understand how and why Koga chose Seoi nage as his Tokui waza and the incredible variations of the technique he developed Koga is joined by nine other experts in Seoi nage many of which were inspired by him Classical Ippon seoi nage comes from USA s Kayla Harrison and Georgia s Varlam Liparteliani whilst France s Dimitri Dragin demonstrates an unusual side entry and Mark Huizinga of The Netherlands reveals his off the grip technique Drop Seoi nage which has a lot more success in competition than its standing counterpart is presented by Korea s Ki Young Jeon Japan s Kosei Inoue Germany s Ole Bischof France's Lucie D cosse Mongolia's Tumurkhuleg Davaadorj and Dragin Don't miss the numerous ways Jeon sets up his Seoi nage or the very unusual grips and angles of attack used by Bischof Throwing 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 Throwing for Ippon 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 a throw or be inspired by numerous different variations from the world's best Throwing for Ippon reveals the techniques that are proven to work at the very highest level The Throw Danny Hicks, 2022-12-19 In this first book from Superstar Judo's guide to Throwing for Ippon The Throw explores the different Tachi waza systems used by many of the world's greatest judoka Understand how Olympic and world champions have developed their unique judo identities with remarkable insights into their separate philosophies and approaches to scoring Ippon Find out how Japan's triple World and Olympic Champion Toshihiko Koga revolutionised the sport in the late 1980s and early 1990s when he showed his incredible reverse style of judo to the world Understand the incredible Total Judo system developed by Dutch Olympic Champion Mark Huizinga that was used to break a number of international judo records Great Britain's Craig Fallon reveals how his do or die attitude influenced his judo whilst France's Darcel Yandzi talks about the importance of movement and technique and how he incorporates music into his coaching Korea's greatest ever fighter triple World and Olympic Champion Ki Young Jeon remained unbeaten on the global stage Don t miss out on his incredible judo method which includes multiple grip changes feints and combinations USAs double Olympic and World Champion Kayla Harrison emphasises the balance between physical and mental preparation. The off the grip style of judo is best represented by France's triple world and Olympic Champion Lucie D cosse For a classical approach there is nobody better to look at than Japan s Keiji Suzuki The double world and Olympic Champion made Ashi waza an art form in men s heavyweight judo In contrast to Suzuki are the very unorthodox styles of Georgian and Mongolian judo With an introduction to five different judoka this is chance to learn about unusual grips and entries of attack The Throw and Book 2 The Grip are essential reading forming the basis to all remaining books in the series Incredible photographic sequences accompany most of the technique variations These come from Fighting Films vast archive with many of the images being shown for the first time Fighting Films has been closely working alongside the world's greatest judoka for over 30 years Throwing for Ippon 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 a throw or be inspired by numerous different variations from the world's best Throwing for Ippon reveals the techniques that are proven to work at the very highest level Context Uchi-mata Danny Hicks, 2022-12-19 In this book Uchi mata Japan's triple World and Judo Saburo Matsushita,1961 Olympic Champion Kosei Inoue gives a masterclass in his favourite technique revealing the different grips entries and numerous different ways he set up the throw in competition Inoue is joined by ten other leading experts on Uchi mata Learn Dutchman Mark Huizinga s variation from a defensive position and Japan s Keiji Suzuki s technique that works against the very heaviest opponents Off the grip and Spinning Uchi mata comes from two of France's greatest judoka Darcel Yandzi and

Ugo Legrand Craig Fallon and Euan Burton of Great Britain present Uchi mata makikomi whilst Varlam Liparteliani and Avtandili Tchrikishvili reveal the unorthodox variations that have helped make Uchi mata a favourite in Georgia Finally don t miss the incredible Mongolian approach to Uchi mata including the technique that they pioneered the Front Uchi mata Throwing 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 Throwing for Ippon 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 a throw or be inspired by numerous different variations from the world's best Throwing for Ippon reveals the techniques that are proven to work at the very highest level

Decisive Judo ,1998 Ko-uchi-gari Danny Hicks, 2022-12-19 In this book Ko uchi gari one of the masters of the technique Olympic Champion Mark Huizinga of The Netherlands reveals three incredible variations Along with his classical Ko uchi gari Huizinga shows two extremely effective Ko uchi makikomis one for right handed opponents and one for left Huizinga is joined by eight other leading experts including Japan's Keiji Suzuki the man who revolutionised Ko uchi gari Russia's Kirill Denisov performs Ko uchi gari either with a skipping entry or as a double attack whilst Ugo Legrand uses a twitch entry France's Lucie D cosse's preferred way of using the throw is either from an opponent s deep grip or alongside her Tokui waza O uchigari An unusual cross grip variation comes from Ole Bischof of Germany with his compatriot Udo Quellmalz showing how Ko uchi gari can be the ultimate counter attack Finally don t miss the incredible variety of combinations performed by USAs Kayla Harrison Koreas Ki young Jeon and Suzuki Throwing 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 Throwing for Ippon 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 a throw or be inspired by numerous different variations from the world's best Throwing for Ippon reveals the techniques that are proven to work at the very highest level Contest Iudo Charles Yerkow, 2020-07-24 From the word HAJIME this book will improve your ability to win in this keenest of all competitive sports The first book of its kind in the field CONTEST JUDO is a highly unique contribution intended to improve the play of

beginners as well as advanced Judoka It covers in detail important aspects such as evaluating your opponent before the bout begins how best to play and counter play the techniques most often used in a shiai what dangers exist when you try to kill an opponent s attempt to throw you how to conserve energy and how to train to win Top ranking Judo teachers and competitors of their time have contributed their advice time and talent to this comprehensive text on winning contest Judo Your Judo library will not be complete without this book

Reviewing Contest Judo Ten Decisive Throws Ippon Clabics S: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "Contest Judo Ten Decisive Throws Ippon Clabics S," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Table of Contents Contest Judo Ten Decisive Throws Ippon Clabics S

- 1. Understanding the eBook Contest Judo Ten Decisive Throws Ippon Clabics S
 - The Rise of Digital Reading Contest Judo Ten Decisive Throws Ippon Clabics S
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Contest Judo Ten Decisive Throws Ippon Clabics S
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Contest Judo Ten Decisive Throws Ippon Clabics S
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Contest Judo Ten Decisive Throws Ippon Clabics S
 - Personalized Recommendations
 - o Contest Judo Ten Decisive Throws Ippon Clabics S User Reviews and Ratings
 - Contest Judo Ten Decisive Throws Ippon Clabics S and Bestseller Lists

- 5. Accessing Contest Judo Ten Decisive Throws Ippon Clabics S Free and Paid eBooks
 - o Contest Judo Ten Decisive Throws Ippon Clabics S Public Domain eBooks
 - Contest Judo Ten Decisive Throws Ippon Clabics S eBook Subscription Services
 - Contest Judo Ten Decisive Throws Ippon Clabics S Budget-Friendly Options
- 6. Navigating Contest Judo Ten Decisive Throws Ippon Clabics S eBook Formats
 - ∘ ePub, PDF, MOBI, and More
 - Contest Judo Ten Decisive Throws Ippon Clabics S Compatibility with Devices
 - o Contest Judo Ten Decisive Throws Ippon Clabics S Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Contest Judo Ten Decisive Throws Ippon Clabics S
 - Highlighting and Note-Taking Contest Judo Ten Decisive Throws Ippon Clabics S
 - Interactive Elements Contest Judo Ten Decisive Throws Ippon Clabics S
- 8. Staying Engaged with Contest Judo Ten Decisive Throws Ippon Clabics S
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Contest Judo Ten Decisive Throws Ippon Clabics S
- 9. Balancing eBooks and Physical Books Contest Judo Ten Decisive Throws Ippon Clabics S
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Contest Judo Ten Decisive Throws Ippon Clabics S
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Contest Judo Ten Decisive Throws Ippon Clabics S
 - Setting Reading Goals Contest Judo Ten Decisive Throws Ippon Clabics S
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Contest Judo Ten Decisive Throws Ippon Clabics S
 - Fact-Checking eBook Content of Contest Judo Ten Decisive Throws Ippon Clabics S
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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