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The official International Judo Federation website - IJF - is the judo hub for all the judo community members as well as those exploring the sport of judo. Judo is an Olympic sport since 1964. Judo is more than a sport. The IJF is present in more than 200 countries and is involved in numerous educational activities.

IJF.org - International Judo Federation

A reddit for judoka and spectators to submit anything about Judo. What is Jūdō? Jūdō (柔道) is a Japanese teaching founded by Jigoro Kano (1860–1938), an educationalist and martial artist. By Kano's intention, Judo is supposed to be a martial art, means to physical education and a pedagogic system.

Kodokan Judo: Throwing Techniques by Toshiro Daigo (pdf

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In Judo Foundations, Miguel Lpez sensei with his more than forty five years practicing judo nationally and internationally, is sharing his knowledge if the roots, philosophy, meaning of the judo techniques, and how to excel in judo while underscoring the importance of judo values and its essential role in society.

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Kodokan Judo no Kata  2 Katame no Kata Katame no Kata  Forms of Grappling Contains five techniques from each of three categories: Katame Waza - pins or holding techniques , Shime Waza - choking techniques and Kansetsu Waza - joint locks . Katame Waza  pins or holding techniques 1. Kuzure Kesa Gatame - modified scarf hold 2.

The Techniques of Kodokan Judo - I M A F

Judo, or the Way of Gentleness, an ideal form of physical exercise and a reliable system, of self-defense, was specially created from traditional Japanese martial arts. This book by the creator of Kodokan judo is uniquely comprehensive and the most authoritative guide to this martial art ever published.

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COMPETITION, KATA AND THE ART OF JUDO LLYR C. JONES, PH.D. Journal of Asian Martial Arts Volume 14 Number 3 - 2005 73 INTRODUCTION The word judo comes from a combination of two Japanese words"ju meaning gentle or supple and do meaning path or way. This literally defines

COMPETITION - Judo Info

Focus: Grappling: Hardness: Full contact: Country of origin: Japan: Creator: Kan Jigor: Famous practitioners: See: List of judoka: Parenthood: Various

Judo - Wikipedia

Kodokan Goshin Jutsu - Kodokan Judo Institute

All Judo techniques (wazas) are divided into the following groups: Throwing Techniques: Nage-Waza
Nage-waza (throwing technique) is a Japanese term for a grappling technique that involves off-balancing or lifting an opponent, and throwing them to the ground.

The Ultimate List of All Judo Techniques. “ Judo Info

How to enhance effectiveness of Direct Attack Judo throws “Dr. Kano dream : Judo rotational application”
• 1. Introduction 2. Aim of the work. 3. Biomechanical overview of Competition 3.1 Couple Motion . 3.2 Interaction into the Couple System . 4. Classical , Innovative, and Chaotic throwing techniques 5. Rotational Enhancement 6.

How to enhance effectiveness of Direct Attack Judo throws

What You Don’t Know About Difference Between Judo and Karate May Shock You
Vermiculture will be the scientific word for worm farming. Vermiculture utilizes red worms and kitchen waste to make worm castings, or loaded fertilizer and compost.

What You Don’t Know About Difference Between Judo and

judo is simply allowing for the full range of judo skills and tactics to be used in a contest. Although many adaptations of judo have emerged since its inception in 1882, there is only one judo and that is the Kodokan Judo of Jigoro Kano.

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