



Rubian Judo Masterclab Series

Katsuhiko Kashiwazaki, Duncan Mark

Rubian Judo Masterclab Series:

Russian Judo Alexander Iatskevich,1999 Seoi-nage Hidetoshi Nakanishi,1992 *Harai-Goshi* Jean-Luc Rouge,1991
Shimewaza Katsuhiko Kashiwazaki,1993 *Osoto-Gari* Yasuhiro Yamashita,1992-06 **Osaekomi** Katsuhiko
Kashiwazaki,Duncan Mark,1997 *Armlocks* Neil Adams,1991 *Ashiwaza II* Michael Swain,Oon Oon Yeoh,1994
Ashiwaza Nobuyuki Sato,1992 Uchimata Hitoshi Sugai,1991 Ashiwaza Nobuyuki Satō,1990 *Uki-otoshi* Danny
Hicks,2023-11-30 In this book Uki otoshi two of Mongolia s greatest judoka give a coaching masterclass on the first
technique in the Nage no kata 2013 World silver medallist Amartuvshin Dashdavaa and Double Asian Games Champion
Tumurkhuleg Davaadorj show how the Mongolian style of wrestling perfectly facilitate Uki otoshi Davaadorj prefers to throw
with a classical Uki otoshi He saves the technique for a very specific scenario forcing his opponent backwards and using the
edge of the area to set up the throw Dashdavaa s Uki otoshi comes straight out of the Mongolian wrestling playbook He uses
very deep grips to initiate a hugging action with the opponent Once he is in chest to chest contact Dashdavaa threatens with
Ko soto gari which generates the momentum into Uki otoshi 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 **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 comp tition Avec son chapitr sur l histoire de o soto gari et celui sur les applications la self d
fense ce livre est un nouveau fleuron ajouter la collection Les Ma tre du judo **Harai-Goshi** Jean-Luc Rouge,1998-12-01
Your Book of Judo Harry Ewen,1959 **Better Judo** Geoffrey Robert Gleeson,1972-01-01 Your Book of Judo
George Glass,1978 *Teach Yourself Judo* Eric Norman DOMINY, Judo Norman Barrett,David Jefferis,1995

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