

Get Free Judo  
Techniques And  
Tactics

***Judo***

***Techniques  
And Tactics***

Judo Techniques &  
Tactics Judo  
Techniques and Tacti  
cs Judo Techniques  
and Tactics Sterling  
Publishing Company  
Incorporated  
A guide to the

# Get Free Judo Techniques And Tactics

techniques of classical Kano which also offers individual instruction based upon stature, strength, and weight "When a mixed martial arts (MMA) gym moves in across the street from his office, Jonathan Gottschall sees a challenge, and an opportunity. Pushing

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forty, out of shape,  
and disenchanted  
with his job as an  
adjunct English  
professor, part of him  
yearns to cross the  
street and join up.  
The other part is  
terrified. Gottschall  
eventually works up  
his nerve, and starts  
training for a real  
cage fight. He's  
fighting not only as a

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personal test but also to answer questions that have intrigued him for years: Why do men fight? And why do so many seemingly decent people like to watch?" --Amazon.com.

In retrospect, all martial arts are mixed, but MMA has taken on a mystique of its own in the newest

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wave of combative experimentation. This book presents an encompassing perspective of this phenomenon in eight chapters written by experts in the field. In their individual chapters they provide analyses of the techniques utilized during many of the leading competitive

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events, mainly the Ultimate Fighting Championships (UFC), and give practical “how to” instruction. This book pulls together some of the best writings published in the Journal of Asian Martial Arts regarding modern mixed martial arts. Daniele Bolelli uses a scholarly

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approach to produce two excellent chapters, as does Rhadi Ferguson with his two chapters. Bolelli provides a superb overview by analyzing 176 matches that took place between 1993 and 1999 under the UFC umbrella. He also highlights the different ways in

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which grappling techniques are currently used in mixed martial arts competition. While utilizing a comprehensive approach, Dr. Ferguson zeros in on armbar and chokehold submissions to conclude just how often these were



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utilized in 1,263 UFC bouts. His works here can assist mixed martial arts professionals with analytical information to help them in training practices and winning strategies. What do the analyses show? Well, one thing is that all the techniques used are found in many old

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martial traditions.

Some techniques are extremely old.

Certainly cavemen used chokes. Many are from the previous millennium, as hinted by the numerous Japanese terms used since the samurai sipped sake.

Fundamental techniques are discussed by Andrew

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Zerling and Steve Scott. Four other chapters provide insightful text and the photographic detail to present the theory and practice of the major techniques utilized by mixed martial artists: chokes, armlocks, and leg locks. Zerling offers three chapters with the precious help

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of his teacher, Renzo Gracie. Scott's chapter is a highly detailed piece on the cross-body armlock, giving four primary applications all will appreciate as vital to MMA practice. The eight chapters are filled with analytical text helpful for the pursuit of combat expertise. There is

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enough here to find of great value. But there is more. In the chapters you 'll also find perspective and insight that illuminate what is occurring in the evolution of MMA competition. Read closely and you 'll see that—beneath the hype—changing competitive rules and dollar amounts play a

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role in the outcome of championship belts and competitive crowns. We need to factor these aspects into our quest to understand the rich variety of martial traditions.

Self-defense  
Techniques and  
Tactics

KODOKAN

JUDO:THROWING

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## TECHNIQUES

Advanced Concepts,  
Techniques, Drills,  
And Tricks For Cops  
On The Street

The Ultimate Guide to  
Bowhunting Skills,  
Tactics, and  
Techniques

Knack Self-Defense  
for Women

*From the*

*founder of the*

*Page 15/118*

# Get Free Judo Techniques And Tactics

*renowned Verbal  
Judo Institute  
What you say  
and how you say  
it critically  
impacts the  
outcome of your  
contact with  
people...be it  
subjects on the  
street or  
officers in  
your agency. -*



# Get Free Judo Techniques And Tactics

*Discover the  
linguistic  
structures and  
strategies that  
made Verbal  
Judo so popular  
- Learn to  
apply both the  
art and science  
of using words  
& phrases to  
lead, persuade,  
clarify,*

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*diffuse...and  
generally  
navigate nearly  
any situation.*

*- Become a  
solid,  
respected and  
highly  
effective  
leader*

*Effective*

*Communication*

*Makes Effective*

# Get Free Judo Techniques And Tactics

*Leaders*

*Learn... - 3*

*key leadership*

*ingredients -*

*Behavior*

*correction*

*skills - Real*

*lessons from*

*the field - How*

*to avoid ego*

*errors -*

*Communication*

*profiling - The*

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*true power of  
listening*

*An easy-to-use  
guide to nearly  
1,000*

*information*

*sources on*

*sports,*

*exercise, and*

*fitness.*

*Authored by the*

*Takahashi*

*family, who*

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*combine more  
than 200 years  
of experience  
teaching,  
coaching, and  
competing in  
judo, this book  
provides an in-  
depth  
description of  
judo history,  
culture,  
philosophy,*

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*techniques,  
tactics,  
training, and  
competition.*

*200 photos.*

*The new martial  
art of Police  
Judo covers the  
critical gap  
between talking  
and tasing  
arrestees; the  
difference*

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*between holding and controlling uncooperative, resistant, and violent individuals is profound.*

*Comprehensive Joint-Locking Techniques for Law Enforcement offers ethically*

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*sound, and  
sometimes  
unique, control  
and arrest  
techniques and  
tactics for  
police  
officers,  
sheriffs, jail  
guards, loss  
prevention  
officers, and  
anyone who*



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*needs to  
effectively  
control those  
held in custody  
without  
resorting to  
injurious and  
optically  
unappealing  
striking  
techniques.  
Police Judo is  
the*

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*hybridization  
of the  
practical non-  
sporting basics  
of ancient judo  
with modern  
control and  
arrest  
techniques. It  
was created for  
police, by  
police. If you  
are looking to*

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*add some highly  
useful and  
innovative  
tools to your  
arsenal, or you  
are seeking to  
street-proof  
your martial  
art, then this  
book is for  
you. Indeed,  
the entire  
Police Judo*

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*series will  
enhance your  
control-tactics  
skills as a law  
enforcement  
officer, or as  
a civilian,  
while  
minimizing  
injuries to  
those who  
resist arrest.*

*Combat Judo*

*Page 28/118*

# Get Free Judo Techniques And Tactics

*Why Men Fight  
and Why We Like  
to Watch*

*Weaponless*

*Defense &*

*Control and*

*Baton*

*Techniques*

*Black Belt*

*(contest Judo) .*

*The Gentle Art*

*of Persuasion*

**Victims of physical**

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attacks seldom expect to be the target of an aggressor. Don't wait and become another statistic. Be prepared and protect yourself.

Self-Defense

Techniques & Tactics

is your guide to mastering basic street-smart self-defense and develop the survival skills and strategies to

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feel safe in any environment. The preventive measures, defensive maneuvers, and combinations in this book require no prior experience to perform. Through clear instruction and photographs, you will learn how to defend yourself by generating pain compliance,

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incapacitating the aggressor, and asserting control in life-threatening situations. You will also learn necessary mental tactics that have been tested and proven successful in actual combat. From learning to assess threats and spot potential danger signs



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to disarming weapons  
from your attackers,  
Self-Defense

Techniques & Tactics  
will teach you how to  
protect yourself when  
your safety is  
threatened.

Emotional Judo is a  
set of techniques that  
helps you to effectively  
manage negative  
emotions that can

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arise in difficult people encounters. Whether you have challenges with speaking up or a tendency to get worked up and overbearing yourself, these skills help to make troublesome interactions less onerous and more productive. Long-

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standing problems can also be aired and resolved with diplomacy. This Personal and Workplace Relationships Edition specifically focuses on difficulties between couples, families and friends and relationships in a business setting. You

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will meet people just like you, who have had challenges in their relationships and used Emotional Judo techniques with great success. In Emotional Judo, you will learn how to: Say 'No' with EASE; Position yourself powerfully in relationships and meet the unconscious needs

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of others for a favorable outcome; Deal with escalating emotion and move to win/win outcomes; Build Trust; Raise problematic issues diplomatically and adeptly manage the reactions of others; Deal with pushbacks, personal slurs, attacks and

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manipulations

This handbook of American Judo is a thorough study in the methods and techniques of hand-fighting. It is based upon the classic jiu-jitsu but incorporates most recent improvements in the scientific development of modes of personal

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combat. The first purpose of this book is to develop a technique of disabling and, if necessary, seriously injuring an opponent. The second purpose is to give the reader adequate skill and knowledge in defending himself against an assailant. Includes 200

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photographs illustrating jiu-jitsu, wrestling, foot-fighting and police tactics.

Immerse yourself in the art and sport of judo like never before in Mastering Judo.

Gain a rich understanding of the philosophy, history, and practices that



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distinguish judo from other martial arts. Become more proficient in the techniques, tactics, and training necessary to rise through the ranks. Mastering Judo will add to your appreciation of the principles that distinguish the art in

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formal exercises (kata) and to your toughness and spontaneity in both freestyle fighting (randori) and competitive matches (shiai). Firmer grounding in the roots and wisdom of traditional judo practices will enhance your ability to use

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your body and your mind to the ultimate advantage when facing an opponent. Written by the Takahashi family, with more than 200 years of experience teaching, coaching, and competing in judo throughout the world, this resource crosses both generation and

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national boundaries in its approach and application.

Judo: Seven Steps to Black Belt (An Introductory Guide for Beginners)

Taekwondo Self-Defense

Karate, Beginner to Black Belt

Kobudo Bo-Jutsu

Taekwondo

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Hoshinsool

Essential Techniques  
and Tactics to Defeat  
the Larger, Stronger  
Assailant.

Have you ever  
been attacked  
by a big,  
assailant?

Have you ever  
been grabbed  
by a stronger

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person? Self-  
defense

training in

Not a one size

fits all

approach!

Tactics

designed for

bigger persons

do not always

work for

smaller,

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weaker

individuals.

Physiology

matters! In

this book you

will learn: -

The most

efficient

strikes

specifically

geared for the

smaller

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person. -  
Crucial blocks  
and defenses  
to help you  
avoid getting  
hit. - The  
most effective  
clinching  
tactics to  
stop the  
assailant from  
hitting you.-



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Critical  
techniques and  
tactics to use  
to avoid  
getting  
grabbed by a  
strong  
assailant.- A  
complete  
fitness  
training  
program to

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help you  
achieve  
maximum power,  
speed, and  
flexibility,  
to give you  
the advantage  
in a fight. Add  
itionally,  
purchasers of  
this book get  
free access to

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my website's  
video library.  
There I  
demonstrate  
and teach you  
all the  
techniques,  
tactics, and  
training  
methods  
described in  
this book, and

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more! So hurry,  
purchase the  
book now so  
you and your  
family can  
stay protected  
with this  
essential self-  
defense  
training  
program,  
because you

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can never be  
too safe!

Judo is many  
things to many  
people, but at  
its core, judo  
is a combat  
sport. This  
book offers an  
in-depth  
analysis of  
how to win at

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the sport of judo and how to make your judo work for you. Veteran coach and author Steve Scott presents the most effective and commonly used skills,

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techniques and  
tactics of  
competitive  
judo and  
analyses why  
and how they  
work. Hundreds  
of winning  
skills are  
illustrated in  
realistic,  
competitive

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situations,  
most with  
exciting  
action photos  
taken at Judo  
competitions.  
Steve Scott  
presents a  
comprehensive,  
analytical  
approach to  
winning . . .



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whether your  
sport is judo,  
submission  
grappling,  
sport jujitsu  
or mixed  
martial arts.  
The practical,  
functional and  
real-world  
advice found  
on every page

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of this book  
will ensure  
that you  
return to this  
book again and  
again as you  
train to make  
your judo work  
for you.

What's Inside:  
Winning  
Concepts; Grip

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Fighting;

Defense;

Forward

Throws; Knee

Drop Throws;

Inner Thigh

Throw; Pick Up

Throws;

Reaping

Throws; Leg

Hooks; Foot

Sweeps; Body

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Drop Throws;  
Sacrifice  
Throws; Ground  
fighting;  
Pinning & Pin  
Escapes;  
Breakdowns;  
Armlocks;  
Strangling.  
With hunting  
advice from a  
wide variety

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of experts,  
including  
Steve  
Bartylla,  
Peter  
Fiduccia, Leo  
Somma, and  
John Trout,  
The Ultimate  
Book of  
Bowhunting  
focuses on the

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most

traditional of  
hunting

weapons: the  
bow and arrow.

In this  
compendium of  
bowhunting  
knowledge, you  
will learn how  
to do such  
things as: •

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Tracking a  
wounded deer •  
Using scents  
to entice as  
well as  
camouflage •  
Setting up,  
drawing  
silently,  
calling, and  
field judging  
• Build your

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own tree

stands,

archery

workbenches,

and more •

Field dress a

deer • And

more! This

comprehensive

guide will

tell you all

that you need



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to know about  
this ancient  
art of  
hunting, and  
many things  
that you  
didn't. It is  
a must have  
for any  
serious  
hunter's  
bookshelf.

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Publishing is  
proud to  
publish a  
broad range of  
books for  
hunters and  
firearms  
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We publish  
books about  
shotguns,

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shooting, gun  
collecting,  
self-defense,  
archery,  
ammunition,  
knives,  
gunsmithing,  
gun repair,  
and wilderness

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survival. We  
publish books  
on deer  
hunting, big  
game hunting,  
small game  
hunting, wing  
shooting,  
turkey  
hunting, deer  
stands, duck  
blinds,

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bowhunting,  
wing shooting,  
hunting dogs,  
and more.

While not  
every title we  
publish  
becomes a New  
York Times  
bestseller or  
a national  
bestseller, we

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are committed  
to publishing  
books on  
subjects that  
are sometimes  
overlooked by  
other  
publishers and  
to authors  
whose work  
might not  
otherwise find

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a home.

The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial

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artists of all  
levels by  
providing them  
with  
information  
about every  
style of self-  
defense in the  
world -  
including  
techniques and  
strategies. In



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addition,  
Black Belt  
produces and  
markets over  
75 martial  
arts-oriented  
books and  
videos  
including many  
about the  
works of Bruce  
Lee, the best-

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known marital  
arts figure in  
the world.

Empowering the  
Thin Blue Line  
from the

Inside Up

A Guide to

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Information

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Defense

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Tactics for

Law

Enforcement

Mixed Martial

Arts: Analyses

of Techniques

and Usage

Judo Strategy

The Short

Fight

*Photographs and*

*step-by-step*

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*instructions  
explain the  
basic techniques  
of judo,  
including moving  
back, pulling,  
holding a  
partner,  
attacks, and  
dodges.*

*This book shows  
cops how to use  
proven defensive  
tactics to stay*

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*alive and  
uninjured,  
including how to  
disarm  
attackers, deal  
with drunk or  
drugged  
subjects,  
protect their  
guns, fend off  
multiple  
attackers and  
more.*

*This complex*

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*tale of self-  
discovery --  
considered by  
the author to be  
his best work --  
traces the path  
of an aging  
idealist,  
Lambert  
Strether.  
Arriving in  
Paris with the  
intention of  
persuading his*

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*young charge to  
abandon an  
obsession with a  
French woman and  
return home,  
Strether reaches  
unexpected  
conclusions.*

*Provides  
instructions for  
effective self-  
defense,  
covering  
parries, blocks,*

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*counterstrikes,  
breakouts, and  
weapon defenses*

*Aikido*

*Techniques &  
Tactics*

*Mastering Judo*

*Technique -*

*Training - Katas*

*Beginner to*

*Black Belt*

*Judo*

*Strategies,*

*Moves & Everyday*



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*Tactics to Gain  
Confidence &  
Stay Safe*

Focusing on Kodokan Judo, this book contains full descriptions of all 67 throws, with variations and practice guides. In addition, it details the origins of some techniques, using old and rare photos of Kano in action. It is

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suitable for all judo practitioners. The author was a 3-times Olympic Judo champion in his youth, and became the chief instructor of Kodokan - the official Judo headquarters. This book is the successor to the perennial bestseller 'Kodokan Judo', by the founder Jigoro Kano, and

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contains full descriptions of all 67 throws, with variations and'

Drawing on more than five decades of experience as a judo champion and instructor of champions, Hayward Nishioka shares his knowledge and delves into the collaborative relationship between

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competitors and their coaches to illustrate how an effective partnership brings about personal success.

The statistics are spine-chilling: One in four women will be assaulted in her lifetime. With *Knack Self-Defense for Women*, the female gender finally has a

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comprehensive,  
picture-driven guide to  
personal security that  
covers all the essential  
strategies to maximize  
personal safety. Full-  
color photos  
accompany step-by-  
step, detailed  
instructions on each  
move. You'll learn  
easy ways to improve  
your everyday  
security, and the

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book's hands-on chapters provide you with simple and effective tools, culled from more than twenty martial arts, that could prove vital during an assault. Post-assault strategies and crisis management are also covered, rounding out this indispensable resource to your new empowerment.

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Judo is known as the gentle martial art, but when two judokas square off, the action is fast and furious. Yet the art and sport forms of judo both require great control and swiftness. Indeed, a key to greatness in the sport is the ability to use an opponent's own strength against him rather than trying

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to subdue or combat it.

Competitive Judo is  
your guide to  
developing the  
technical skills, tactical  
maneuvers, and  
proper mind-set to  
achieve ultimate  
success in the sport.

Master the use of  
various grips such as  
the sleeve lapel and  
double lapel, as well  
as popular throws



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such as the leg grab (te waza). The book also details how to set up throw attacks for inducing opposite reaction in the opponent, use stepping patterns, execute combination techniques, and utilize blocks and stumbles. In setting up groundwork techniques, various

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transitions,  
combination ground  
techniques, and  
reversals are also  
covered in depth. Long-  
time elite competitor  
and coach Ron Angus  
covers every facet of  
being a winning  
judoka, from scouting  
your opponent to  
building strength and  
speed to recovering.  
Apply his advice on

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training and competing, and then experience the excitement of scoring ippon in your next shiai.

FACTS AND  
FALLACIES ABOUT  
MARTIAL ARTS &  
SELF DEFENSE VOL.  
1

Techniques and  
Tactics  
Turning Your

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Competitors Strength  
to Your Advantage

Judo Techniques and  
Tactics

Teaching

Fundamentals

Paralympic Judo

Judo; Techniques and  
Tactics

Verbal Judo is the  
martial art of the  
mind and mouth  
that can show you  
how to be better

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prepared in every verbal encounter. Listen and speak more effectively, engage people through empathy (the most powerful word in the English language), avoid the most common conversational disasters, and use proven strategies that allow you to

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successfully  
communicate your  
point of view and  
take the upper  
hand in most  
disputes. Verbal  
Judo offers a  
creative look at  
conflict that will  
help you defuse  
confrontations and  
generate  
cooperation from  
your spouse, your

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boss, and even your teenager. As the author says, "when you react, the event controls you. When you respond, you're in control." This new edition features a fresh new cover and a foreword demonstrating the legacy of Verbal Judo founder and

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author George  
Thompson, as well  
as a never-before-  
published final  
chapter presenting  
Thompson's "Five  
Universal Truths"  
of human  
interaction.

If you are into the  
martial arts, self-  
defense and  
combative fields  
this is a book that



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explores the many myths, misconceptions, facts and fallacies surrounding the martial arts, self-defense and combatives. This is actually a two volume set but each one can stand alone. Volume two covers Facts and Fallacies about law

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enforcement and defensive tactics. This is just a small sample of the many questions you will find answers to in this manual: What martial art has the best punching techniques What martial art has the best throwing techniques What

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martial art has the  
best grappling  
techniques Can a  
black belt defeat  
any street fighter  
Are Asian  
instructors always  
the best teachers  
Are there any  
American martial  
arts masters Are all  
black belts experts  
in self-defense Do  
all martial arts

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really teach  
practical street  
wise self-defense  
This is a book for  
anyone interested  
in learning the  
truth and facts  
about the martial  
arts and self-  
defense."

Examines practical,  
ethical, and  
effective defense  
tactics for law

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enforcement  
officers, with  
discussions on  
dealing effectively  
with common  
assault situations  
without reliance on  
firearms

Introduces the  
basic concepts and  
techniques of judo,  
and describes the  
program to follow  
as one advances

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toward the black  
belt.

Competitive Judo

The Verbal Judo

Way of Leadership

Judo Techniques &

Tactics

Winning on the Mat

Sports, Exercise,

and Fitness

Emotional Judo

**Bo-Jutsu is a  
martial art of**

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**traditional  
Japanese long  
stick fighting.  
This special  
martial art has  
its origin on the  
Ryu Kyu Islands  
of Okinawa. In  
this book, the  
beginner finds  
a systematic  
introduction  
into the basics**

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**of Bo fighting  
techniques,  
while the  
advanced  
student gets  
important  
insights into  
training  
instructions.  
Teaching  
Fundamentals  
of Paralympic  
Judo is the first**



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**book examining  
the  
administration,  
training  
environment,  
and athlete  
instruction for  
Paralympic  
judo. This  
essential  
resource may  
be used by  
beginning and**

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**veteran  
coaches alike to  
maximize  
Paralympic judo  
instruction.  
This richly  
illustrated text  
depicting  
Paralympian  
judoka  
prepares the  
reader with  
vital**

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**instructional  
techniques and  
a detailed  
curriculum for  
beginning  
students.  
Although  
teaching  
techniques are  
geared toward  
Paralympic  
judo, the  
instructional**

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**methods are applicable to other grappling and adaptive sports. This book provides indispensable quick-reference sidebars, including warm-up, hydration, architectural features,**

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**learning by  
senses, lesson  
plans, communi-  
cations, and  
peer assistance  
/ dog guides are  
provided.**

**Judo, often  
translated as  
"the way of  
gentleness, " is  
a century-old  
martial art that**

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**employs  
quickness and  
agility to help  
devotees  
overcome  
adversaries  
who seem to be  
more powerful.  
The authors  
turn these  
principles  
around for a  
corporate**

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**audience,  
showing how  
they can also  
be used to help  
companies  
battle bigger  
and stronger  
competitors.  
An introduction  
to the  
techniques of  
modern judo  
and their**

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**applications  
plus a short  
section on  
traditional judo.  
Comprehensive  
Joint-Locking  
Techniques for  
Law  
Enforcement  
Training for  
Competition:  
Judo  
From Training**



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**to Street  
Judo, Freestyle  
Judo and  
Submission  
Grappling  
American  
Combat Judo  
Far Beyond  
Defensive  
Tactics**

Sang H Kim adapts  
traditional Taekwondo  
skills for the modern

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day Taekwondo  
classroom. The self-  
defence techniques  
presented blend  
Taekwondo kicking,  
blocking and striking  
skills with locks,  
throws and  
takedowns drawn  
from other Korean self-  
defence arts. Learn  
how to use your  
Taekwondo skills to  
defend against a wide

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variety of common empty hand attacks including holds, locks, chokes, punches, kicks and pins. Plus, learn defences against an attacker wielding a blunt weapon, knife or gun. Each defensive scenario is illustrated with high quality photographs and explained in step-by-

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step detail that includes key points to successfully applying advanced techniques, multiple ways of defending against the most common attacks and alternative responses to help you prepare for the fluid reality of a real-life self-defence situation. Features defences against: Strikes;

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Punches; Arm Locks;  
Wrist & Arm Grabs;  
Wrist Locks; Bear  
Hugs; Kicks; Tackling;  
Ground Pins;  
Choking; Headlocks;  
Club & Stick Attacks;  
Gun Attacks; Knife  
Attacks.

Coaching, Strategy  
and the Science for  
Success

Communication Skills  
to Handle Difficult

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Conversations and  
Boost Emotional  
Intelligence  
The Professor in the  
Cage  
Verbal Judo