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Mike Swain - 柔道 Judo Throws

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Karo Parisyan ~~Judo Techniques
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Judo Techniques and Tactics
Studding of Judo techniques and
tactics is a diverse subject. When
Dr. Kano created his Kodokan Judo
on top of tradition Japanese jujutsu

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the one of his objectives was to codify selected techniques to make studding of the art more manageable. Studding of Judo classification is as well part of Judo technical studies.

~~Judo Techniques and Tactics~~ ~~Judo for self-defense~~

Those 6 fundamental techniques that should be mastered to cover the 6 Sections have been called “BIG 6” Techniques. The BIG 6 are the 6 techniques, (1) seoi nage (including ippon seoi nage), (2) tai otoshi, (3) harai goshi, (4) uchi mata, (5) o soto gari and (6) o uchi gari that were identified as the most effective techniques for the different 6 Sections, as observed in Table 3.

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Judo Techniques & Tactics offers complete and easy-to-understand coverage of judo. Whether you're a beginner or a more advanced student, you will find an assortment of valuable insights on judo's history, terminology, customs, and special chapters on competition and conditioning.

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Tactics are neither good nor bad in
Judo if they are according to the
principles of fair play. A person ' s
tactics are based on their life and
Judo experience. For example, age
is a strong factor for changing
tactics — conservation and
regulation of energy becomes a
priority as years go by. This
flexible and changing approach is

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very much in line with the principles of Judo.

~~Judo Tactics | Judo Info~~

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~~

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provide you with everything you
need to begin.

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Jimmy Pedro~~

Getting started -- Roots of judo --
Language and customs of judo --
Falls and rolls -- Stances and grips
-- Throws -- Holds and pins --
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KODOKAN JUDO includes 67 official throwing techniques, including 15 hand (TE), 11 hip (KOSHI), 21 foot (ASHI), 5 supine sacrifice (MA SUTEMI), and 15 side sacrifice (YOKO SUTEMI) techniques. Plus counter-techniques (KAESHI WAZA).

~~Techniques of Judo—
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5 basic judo throws everyone should know I hand selected these five techniques because I think they are very basic and effective. Also, with these techniques...

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