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Kodokan Judo: The Essential Guide to... book by Jigoro Kano

This text is an essential guide to understanding the history, principles and techniques of judo. It covers the origin of Jigoro Kano and his development of judo as well as detailed accounts of different techniques needed to master the sport. Serious judoka who aspire to get their black belt and teach judo should invest time in reading this book.

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Kodokan Judo The Essential Guide

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.

By Jigoro Kano - Kodokan Judo: The Essential Guide to Judo ...

Why "Kodokan Judo"? This book is the bible for Judokas of all levels from beginner to advanced. Using this book as a guide one can proceed from white belt through 5th degree black belt.

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By Jigoro Kano - Kodokan Judo: The Essential Guide to Judo by Its Founder Jigoro K (1994-07-30) [Paperback] Paperback – July 30, 1994 by Jigoro Kano (Author) 3.0 out of 5 stars 1 customer review

Judo - Wikipedia

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Amazon.com: kodokan

The Kodokan (judo headquarters) has a photo taken in 1920 that shows Kano wearing a modern keikogi. Until the 1920s, Okinawan karate practice was usually performed in everyday clothes. Given the social climate between the Japanese and Okinawans during this time, karate was seen as brutish compared to Japanese martial arts which had their roots ...

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Kano Jigoro's Kodokan judo is the most popular and well-known style of judo, but is not the only one. The terms judo and jujutsu were quite interchangeable in the early years, so some of these forms of judo are still known as jujutsu or jiu-jitsu either for that reason, or simply to differentiate them from mainstream judo.

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About the Author. JIGORO KANO, born in 1860 in Hyogo Prefecture, created Kodokan judo in 1882, the year after he graduated from Tokyo Imperial University. In 1969 he became the first Japanese member of the International Olympic Committee. Jigoro Kano died at sea in 1938 while returning from an IOC meeting in Cairo.

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