



Kodokan Judo: The Essential Guide to Judo by Its Founder Jigoro Kano

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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.

Over a hundred years ago Jigoro Kano mastered swordsmanship and hand-to-hand combat. Failing to discover any underlying principle, he set about designing a new martial art to reflect the concept of maximum efficiency in the use of physical and mental energy. Today, the concepts and techniques of judo taught at the Kodokan are the ones originally devised by their creator and collected together in this book. Covering everything from the fundamental techniques to prearranged formal exercises for both men and women, the book offers detailed explanations of how techniques are combined in two types of practice: *randori* (free practice) and *kata* (the practice of forms). In addition to a discussion of traditional methods of resuscitation, the book concludes with a useful appendix of information on the founder and the Kodokan International Judo Center, and a glossary of judo terminology. Fully illustrated throughout, *Kodokan Judo* will help students and instructors everywhere to discover the principles, techniques, and spirit of this popular martial art.

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Adrian Kao:

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Ronnie Chaney:

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Kano this publication consist a lot of the information on the condition of this world now. This kind of book was represented how do the world has grown up. The terminology styles that writer use for explain it is easy to understand. The particular writer made some study when he makes this book. This is why this book acceptable all of you.

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