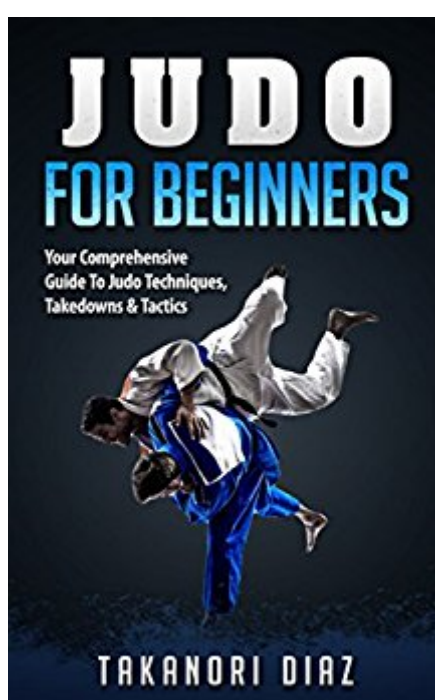


The book was found

Judo For Beginners: Your Comprehensive Guide To Judo Techniques, Takedowns & Tactics (BJJ, Judo, Mixed Martial Arts, Boxing)



Synopsis

Judo For Beginners! 1st Edition (July 2016)The Ultimate Beginners Crash Course To Judo!Are You Ready To Learn How To Train, Defend & Fight In Judo? If So You've Come To The Right PlaceJudo is without a doubt one of the most skillful, quickest growing sports in the world! With many striking styles, including throws and kicks it's a great sport to watch, and even better to be a part of! Improve your fitness, confidence, self defence skills & have fun with Judo. There's a ton of other technical, complicated & drawn out books available out there, when I write it's no BS, no fluff. Just the information you want and need to get started.Here's A Preview Of What Judo For Beginners Contains...An Overview Of JudoFormalities and Other PreliminariesWarm Up and Basic TrainingJudo Throwing TechniquesHip Throws (Koshi-Waza) ExplainedFoot Throws (Ashi-Waza) ExplainedSacrifice Throws (Sutemi-Waza) Explained Understanding Katame Waza (Grappling Techniques)Atemi Waza (Strikes) You Need To KnowAnd Much, Much More!Order Your Copy Now And Let's Get Training!

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File Size: 2040 KB

Print Length: 59 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 27, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01J7G5JCG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #651,881 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #126

inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Boxing #175

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