



Judo Formal Techniques: Complete Guide to Kodokan Randori No Kata (Paperback)

By Tadao Otaki, Donn F. Draeger

Tuttle Publishing, United States, 1997. Paperback. Book Condition: New. Reprint. 224 x 150 mm. Language: English . Brand New Book. This comprehensive manual on the basic formal techniques of Kodokan Judo, the Randori no Kata, provides the fundamental instruction in nage and katame no kata (throwing and grappling) that is essential to effective judo. With over 600 photographs and 400 drawings, Judo Formal Techniques provides a history of this Japanese martial art and gives complete step-by-step descriptions of the roles of both training partners. In addition to throwing and grappling, the important transitional movements, as well as grips, stances, and postures, are explained. The authors have, by studying the published and unpublished personal writings of Jigoro Kano (the founder of Kodokan Judo), been able to recapture the original spirit and intent of the judo kata, which they present in the standard Kodokan versions, as refined by generations of master judoka. Expertly written and richly illustrated, Judo Formal Techniques is the classic kata bible for judo student and instructor alike and a tremendous resource for martial arts practitioners outside the realms of judo and jiu jitsu.



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