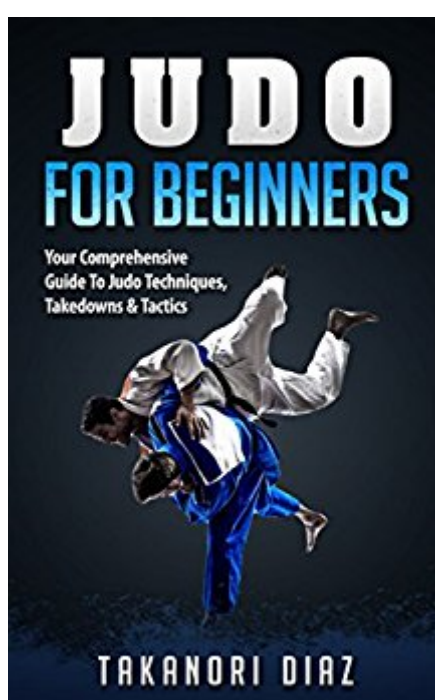


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# Judo For Beginners: Your Comprehensive Guide To Judo Techniques, Takedowns & Tactics (BJJ, Judo, Mixed Martial Arts, Boxing)



## 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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