



The Throws and Takedowns of Judo (Paperback)

By Geoff Thompson

Snowbooks Ltd, United Kingdom, 2007. Paperback. Condition: New. Language: English . Brand New Book. Ground fighting is taking the martial arts world by storm, but how do you get to the ground safely and end in a prone position? What are the dangers of throwing and taking an opponent over? In this book on throwing and take-down techniques of Judo, the author teaches how to control vertical grappling and destroy an assailant with a demolishing throw. Including the original blow before throw techniques banned from sport grappling at the beginning of the century.



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