

Fighting Judo

Immerse yourself in the art and sport of judo like never before in Mastering Judo. Gain a rich understanding of the philosophy, history, and practices that distinguish judo from other martial arts. Become more proficient in the techniques, tactics, and training necessary to rise through the ranks. Mastering Judo will add to your appreciation of the principles that distinguish the art in formal exercises (kata) and to your toughness and spontaneity in both freestyle fighting (randori) and competitive matches (shiai). Firmer grounding in the roots and wisdom of traditional judo practices will enhance your ability to use your body and your mind to the ultimate advantage when facing an opponent. Written by the Takahashi family, with more than 200 years of experience teaching, coaching, and competing in judo throughout the world, this resource crosses both generation and national boundaries in its approach and application.

Judo is known as the gentle martial art, but when two judokas square off, the action is fast and furious. Yet the art and sport forms of judo both require great control and swiftness. Indeed, a key to greatness in the sport is the ability to use an opponent’s own strength against him rather than trying to subdue or combat it. Competitive Judo is your guide to developing the technical skills, tactical maneuvers, and proper mind-set to achieve ultimate success in the sport. Master the use of various grips such as the sleeve lapel and double lapel, as well as popular throws such as the leg grab (te waza). The book also details how to set up throw attacks for inducing opposite reaction in the opponent, use stepping patterns, execute combination techniques, and utilize blocks and stumbles. In setting up groundwork techniques, various transitions, combination ground techniques, and reversals are also covered in depth. Long-time elite competitor and coach Ron Angus covers every facet of being a winning judoka, from scouting your opponent to building strength and speed to recovering. Apply his advice on training and competing, and then experience the excitement of scoring ippon in your next shiai.

Both brawls and elaborate martial arts have kept movie audiences on the edges of their seats since cinema began. But the filming of fight scenes has changed significantly through the years—mainly for the safety of the combatants—from improvised scuffles in the Silent Era to exquisitely choreographed and edited sequences involving actors, stuntmen and technical experts. Camera angles prevented many a broken nose. Examining more than 300 films—from The Spoilers (1914) to Road House (1989)—the author provides behind-the-scenes details on memorable meles starring such iconic tough-guys as John Wayne, Randolph Scott, Robert Mitchum, Lee Marvin, Charles Bronson, Clint Eastwood, Bruce Lee, Chuck Norris and Jackie Chan.

Best Judo
American Combat Judo ... 200 Photographs Illustrating Jiu Jitsu Wrestling, Foot-fighting and Police Tactics. (Revised Edition.).

A Portrait of Jigoro Kano and His Students

Groundwork

Training and Techniques for Judo and MMA Fighters

Global Release Paperback

Kodokan judo, one of the most well-known martial arts in the world today, was originated by Jigoro Kano (1860-1938), a martial artist and career educator who developed the art after studying several types of jujutsu, sumo, and Western wrestling. Openness and refinement were hallmarks of his personal and professional style, and he relentlessly searched for the best way to practice, teach, and perform techniques. This biography shows how Kano saw judo as a vehicle not just for self-defense, but for physical, spiritual, and moral development as well. His teachings clearly emphasize his ideal of judo as a way of self-cultivation that leads to physical health, ethical behavior, and ultimately a better society. Kano was a tireless activist who promoted the practical application of judo’ s principles in all realms of life—in one’ s personal behavior, for education, in work, for economic benefit, and in both the local and international political arenas. Kano’ s students were a colorful, sometimes notorious bunch, and this book reveals how several went on to become famous—or infamous—in their own right. They include a prime minister of Japan, the leader of the Communist party in China, a famous novelist, a spy, high-level military leaders, and a media mogul, among many others.

The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.

Judo for Mixed Martial Arts

Why Men Fight and Why We Like to Watch

Complete Self-Defense

A Guide to Combinations and Counters

The Professor in the Cage

A variety of winning judo techniques developed over years of teaching are presented in this guide that prepares mixed martial artists for transcending numerous scenarios. Based on the same training methods that have produced multiple Olympic medalists, the book demonstrates how any opponent can be overcome, even from a position that may seem hopeless. It is generously illustrated with techniques and exercises that are proven winners and is appropriate for beginning judo practitioners.

Dr. Moshe Feldenkrais is best known for pioneering the somatic therapy that bears his name. Less well known is that he was also one of the earliest European practitioners of the martial art of judo and wrote a number of influential texts on the subject. Primary among these is Higher Judo, first published in 1952 and now reprinted with a new foreword that offers useful context and elaborates on Feldenkrais’ comprehensive—and still timely—approach to the martial art and to the body. Judo was a natural choice for Feldenkrais’s fascination with body/mind exploration and how to promote optimal functioning through awareness. In Higher Judo, he presents judo as the art of using all parts of the body to promote general health, and as part of the “basic culture of the body.” He reveals judo’s potential for creating a sense of rhythm of movement and improving mental and physical coordination. Higher Judo covers specific movements and positions—the astride position, the six o’clock approach, falling techniques—in both the text and the clear line drawings. Even more importantly, it shows how such groundwork can help practitioners develop their mental and physical awareness to their full potential.

The author, a world champion in judo competition, demonstrates throws, holds, pins, turnovers, grabs, and entanglements, and discusses the finer points of mat work

The Way of Judo

Fighting Judo

Black Belt

Advanced Throws, Takedowns, and Ground Fighting Techniques

Beginner to Black Belt

This handbook of American Judo is a thorough study in the methods and techniques of hand-fighting. It is based upon the classic jiu-jitsu but incorporates most recent improvements in the scientific development of modes of personal combat. The first purpose of this book is to develop a technique of disabling and, if necessary, seriously injuring an opponent. The second purpose is to give the reader adequate skill and knowledge in defending himself against an assailant.

Includes 200 photographs illustrating jiu-jitsu, wrestling, foot-fighting and police tactics.

Containing The Combined Unbeatable Fighting Arts Of Aikido, Yawara, Ate-Waza, Karate, Judo, Savate And Jiu Jitsu.

The term "Judoka" refers to one who does judo, the modern martial art with origins in 19th century Japan, a fighting art with a particular emphasis on the use of an opponent's own strengths to effect his defeat. This book is an account of the adventures of such a man, a judoka, but it is not just about this man, or the martial art he practices. Rather, it is about the "way" of judo, as both a fighting art and an approach to living ("a way"), and what this way might be able to tell us about who we are and who we might choose to become. The book does not prescribe "a way" for others to follow; that is, it does not simply offer advice about what to believe or how to behave, or point out the faults in other ways of being. It simply describes the way of one particular man, with commentary explaining, or rather reasoning through, the choices he has made, with the story presenting the consequences that these choices have for him. Reviews for the 1st edition: "This extraordinary little novella is reminiscent of Castaneda but far more intelligible." -Alan Watts "His direct writing about judo is clear and quietly restrained, hard to match in the literature of the subject." -New York Times

Winning on the Ground

American Combat Judo [Annotated]

Classic Movie Fight Scenes

The Technique and Spirit to Win

Judo

Fighting JudoViking Press

"When a mixed martial arts (MMA) gym moves in across the street from his office, Jonathan Gottschall sees a challenge, and an opportunity. Pushing forty, out of shape, and disenchantwed with his job as an adjunct English professor, part of him yearns to cross the street and join up. The other part is terrified. Gottschall eventually works up his nerve, and starts training for a real cage fight. He's fighting not only as a personal test but also to answer questions that have intrigued him for years: Why do men fight? And why do so many seemingly decent people like to watch?"--Amazon.com.

Bernard "Barney" Cosmeck won two Big Ten wrestling championships and later he served as Judo instructor in the United States Coast Guard. He also co-authored "How to Fight Tough" with Jack Dempsey. In "American Combat Judo" he has adapted the best of Japanese Jiu Jitsu, Savate (French foot-fighting), Chinese boxing and American wrestling to produce simple but effective techniques for both offensive and defensive purposes. The book was originally authored in 1944 and is illustrated with 188 photo sequences. This new annotated edition contains additional information and resources on particular techniques that will further inform the reader as well as digitally restored photographs. This book is a history lesson in self defense theory and the early evolution of mixed martial arts and a must have for any martial arts library.

The Gentle Art of Persuasion

A Guide to the Secret Heart of Asian Martial Arts
Attacking Judo

Polemical Judo

A guided tour of the art of self-defense is offered by Russian president Vladimir Putin, a judo expert. Photos & illustrations.

Verbal Judo is the martial art of the mind and mouth that can show you how to be better prepared in every verbal encounter. Listen and speak more effectively, engage people through empathy (the most powerful word in the English language), avoid the most common conversational disasters, and use proven strategies that allow you to successfully communicate your point of view and take the upper hand in most disputes. Verbal Judo offers a creative look at conflict that will help you defuse confrontations and generate cooperation from your spouse, your boss, and even your teenager. As the author says, "when you react, the event controls you. When you respond, you're in control." This new edition features a fresh new cover and a foreword demonstrating the legacy of Verbal Judo founder and author George Thompson, as well as a never-before-published final chapter presenting Thompson's "Five Universal Truths" of human interaction.

Each generation produces only a handful of great fighters, and Mike Swain is without doubt one of this generations finest. A former World and Olympic Champion, senior international instructor and authority in Grappling arts, his fame and popularity have come from the perfection of his technique, depth of Jiu Jitsu knowledge, and teaching ability. In this volume, Mike Swain shows the techniques and principles necessary for any student of Mixed Martial Arts to improve the clinch factor. The information is for students of all levels, from beginner to advanced. Learn the Clinch techniques and strategies of a style that changed the world of combat sports. This book, which will raise your submission grappling proficiency to a new plateau, is for all Submission grappling and Mixed Martial Arts practitioners.

American Combat Judo

History, Theory, Practice

Clinch Fighting for Mixed Martial Arts

Higher Judo

Verbal Judo

This judo text is written in easy-to-follow language and illustrated withction photographs. It describes all basic and intermediate level techniques.

The Judo Advantage explores the dynamics of how and why the human body works most efficiently for throwing, submission, and pinning techniques. Although judo provides the basis for the author’s analysis, his insights also relate to other grappling sports such as Russian sambo, Brazilian jiu-jitsu, and Olympic and collegiate wrestling. Gain a competitive edge using the principles of human biomechanics. Master the ability to control your opponent's movements. Improve fluency for seamless transition between techniques. Generate incredible power and speed. This book features: In-depth analysis of stances, balance breaking, throws, takedowns, transitions, ground fighting, trapping, footwork, combinations, gripping, posting, linear and angular movement, torque, generating power, evading, generating force, changing directions, and stability Over 200 action photos Drills and winning insight for coaches and athletes of grappling arts Steve Scott merges traditional martial wisdom with modern kinesiology, the study of human anatomy and movement. This new biomechanical perspective helps competitors develop every facet of their grappling skill, giving them a clear advantage in controlling opponents.

A brazen guide for sane Americans to bypass trench warfare and win our life or death struggle for civilization. Are we in phase 8 of America's 250 year civil war? This book explores the possibility of using agility -- winning political battles with the shifting dexterity of jiu jitsu -- that never occurs to many politicians or strategists. Sure, talk show hosts milk each day's outrage for humor, indignation and ratings. But does anyone consider ways to get off the hoary, insipid "left-right political axis" and maneuver in three dimensions? Amid the latest tweet-storm and news-grabbing stunt, what pundit ever steps back to ask "Hey, what actually just happened?" Across today's fast-changing political landscape, Brin explores how to confront our neighbors not with familiar chasms, but commonalities - things both you and they know to be true. How to counter the all-out war against facts and all fact-using professions, including science and the "fake news" media. Using actual outcomes to demolish comfy oft-told narratives -- by seeking better strategies against deficits, at engendering a healthy economy and even at fostering open-creative-competitive enterprise. Polemical Judo ranges from electoral cheating to the economy; from saving the planet to troubles with Russia and China; from conspiracies to racism, to forging a Big Tent Coalition. It also explores more extreme "exit strategies" -- impeachment, indictment, the 25th Amendment and all that, as well as incorporating bold ideas from Lincoln, FDR, MLK and the Greatest Generation. Because those brave geniuses fought earlier battles for us. And they won.... plus tactics, tactics, tactics that you've never seen before. They might -- or might not work. But shouldn't someone at least try some of them? David Brin's best-selling novels include The Postman (filmed in 1997) plus explorations of our near-future in Earth and Existence. His award-winning novels and short stories explore vividly speculative ideas through a hard-science lens. His nonfiction book, The Transparent Society, won the American Library Association's Freedom of Speech Award for exploring 21st Century concerns about security, secrecy, accountability and privacy.

Fundamentals of Judo

Get Up & Fight

The Memoir of Rena Rusty Kanokogi, the Mother of Women's Judo

Pressure-Point Fighting

The Fighting Spirit of Judo

An introduction to the techniques of modern judo and their applications plus a short section on traditional judo.

The Fundamentals of Judo identifies the essential techniques that define judo as a fighting art and looks at how students should practise and develop these key skills. The core techniques are analysed in depth and through step-by-step photography for the benefit of both beginner and experienced judo players. The analysis of each technique reflects Ray Stevens' detailed technical knowledge and experience as a judo player.Topics covered include: how judo originated and evolved; the effect judo has had on the world of martial arts; how a judo club is structured and how students of all abilities can practise and train together; how to get started and to get the most from your training. Aimed at beginners and improving judo players and superbly illustrated with 250 colour step-by-step photographs.

Supplement your martial arts skills with this expert guide to pressure point fighting. Western students of Asian martial arts have long been haunted by the aching suspicion that something is missing from the arts they love and practice wholeheartedly—something intangible, but something so essential that its absence leaves an unbridgeable void. For many, that missing ingredient is a true and thorough knowledge of the body's vital points: what they are, where they are, how to quickly find them under duress, how to use them, constructively or for destruction—and how to recognize them in the kata, hyung, or forms they thought they knew so well. In Pressure Point Fighting, martial arts expert Rick Clark offers a systematic introduction to this knowledge and to the tools needed to ferret out more of this information from forms and techniques already in place—knowledge and tools that are not dependent upon acceptance of the tenets of traditional Chinese medicine, or modern Western medicine, for that matter, but which are based solely on open-minded observation and willingness to try new, or old, approaches to martial arts training.

Combat Judo

Competitive Judo

75 Years of Bare Knuckle Brawls, 1914–1989

Memes for Our Political Knife-Fight

Mastering Judo