



Modern Competitive Judo [VHS]



Descargar



Leer En Linea

[Click here](#) if your download doesn't start automatically

Modern Competitive Judo [VHS]

Fighting Films

Modern Competitive Judo [VHS] Fighting Films

 [Descargar Modern Competitive Judo \[VHS\] ...pdf](#)

 [Leer en línea Modern Competitive Judo \[VHS\] ...pdf](#)

Descargar y leer en línea Modern Competitive Judo [VHS] Fighting Films

Dimensions: 8.66" h x 1.18" w x 5.51" l, .55 pounds

Synopsis

Modern Competitive Judo is about the techniques of winning in this modern Olympic sport. It shows in a realistic way the difference between classical technique and the realities of these techniques when used in contest situations. Now at last, Judo as it really is, explained and demonstrated by Britain's greatest ever exponents of the art, Neil Adams MBE and Karen Briggs MBE. The major scoring techniques of Modern Judo are demonstrated in the studio and then illustrated with numerous competition examples selected from Fighting Films' unique library of World and European events, featuring the best fighters in the world today. Among the numerous techniques covered are; Jujigatme; Neil Adams, the world's greatest expert, takes us through numerous modern attacking variations, including turns off the back, rolls, arm straightening methods, the switch to the English hold and methods of escape. The Briggs Sangaku turn and hold. Karen demonstrates this world class technique and Neil shows the modern variations to this versatile groundwork attack, including strangles and arm locks. The Big Scoring Throws. Classic demonstrations followed by competition variations, including Neil's spinning Uchi Mata and Eri Tai-O-Toshi, Karen's Yoko Tomoenage and Drop down Tai-O-Toshi. The Koga and Smadga variations of Seoinage, Laats and Vazagashvilli Yokosutemis, Lascau and Gordon Uranages. For any coach and competitor this tape will be an investment and an inspiration.

Download and Read Online Modern Competitive Judo [VHS] Fighting Films #PWJX6M1NGLO

Leer Modern Competitive Judo [VHS] by Fighting Films para ebook en líneaModern Competitive Judo [VHS] by Fighting Films Descarga gratuita de PDF, libros de audio, libros para leer, buenos libros para leer, libros baratos, libros buenos, libros en línea, libros en línea, reseñas de libros epub, leer libros en línea, libros para leer en línea, biblioteca en línea, greatbooks para leer, PDF Mejores libros para leer, libros superiores para leer libros Modern Competitive Judo [VHS] by Fighting Films para leer en línea.Online Modern Competitive Judo [VHS] by Fighting Films ebook PDF descargarModern Competitive Judo [VHS] by Fighting Films DocModern Competitive Judo [VHS] by Fighting Films MobipocketModern Competitive Judo [VHS] by Fighting Films EPub

PWJX6M1NGLOPWJX6M1NGLOPWJX6M1NGLO