



## Attacking Judo: A Guide to Combinations and Counters (Special interest)

By Katsuhiko Kashiwazaki, Hidetoshi Nakanishi



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This book is based on simple drawings rather than long complex explanations. The main throws and ground work techniques of judo are placed in a context of combinations and counters. Crucial details of pull, push and direction of throw are indicated by arrows. All the techniques are arranged in sections which are easy to absorb and memorize. This book emphasizes classical Japanese judo yet teaches in a modern, accessible style. It is a book that will have a direct influence on everyone's judo practice, from beginner to black belt.

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