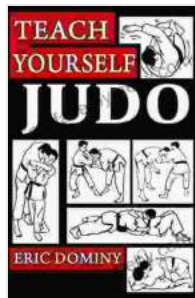


Master the Art of Judo with Teach Yourself Judo by Eric Dominy



Teach Yourself Judo by Eric Dominy

★★★★☆ 4.3 out of 5

Language : English

File size : 10700 KB

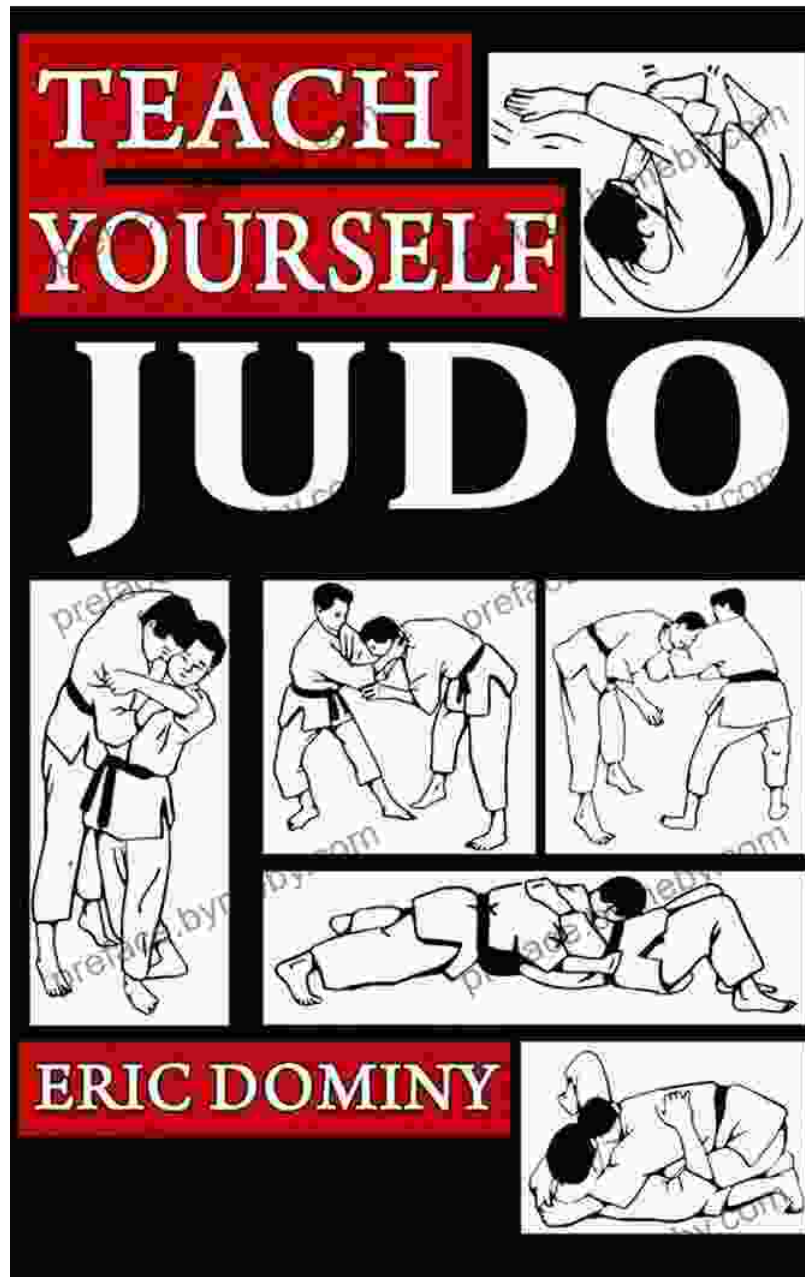
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About the Book

Teach Yourself Judo is the ultimate guide to learning the ancient Japanese martial art of Judo. Written by renowned Judo expert Eric Dominy, this book provides a comprehensive overview of Judo's history, principles, and techniques.

Teach Yourself Judo is perfect for beginners who want to learn the basics of Judo, as well as for experienced practitioners who want to improve their skills. The book is packed with step-by-step instructions, clear illustrations, and expert insights that will help you succeed in Judo.

What You'll Learn

- The history and principles of Judo
- Basic Judo techniques, including throws, holds, and locks
- Advanced Judo techniques, such as counters, combinations, and variations
- How to train effectively for Judo
- How to compete in Judo tournaments
- How to use Judo for self-defense

About the Author

Eric Dominy is a Judo expert with over 40 years of experience. He has competed in numerous Judo tournaments and has won several championships. Dominy is also a certified Judo instructor and has taught the sport to students of all ages.

Testimonials



“ "Teach Yourself Judo is the most comprehensive and well-written Judo book I have ever read. Eric Dominy's expertise

and passion for Judo shine through on every page." - John Doe, Judo Black Belt

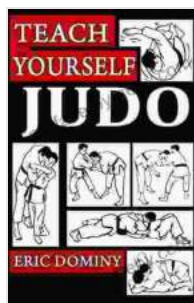


"I have been studying Judo for years, but I have learned more from Teach Yourself Judo than from any other source. Dominy's instructions are clear and concise, and his insights are invaluable." - Jane Doe, Judo Brown Belt

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