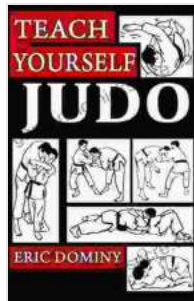


Teach Yourself Judo: A Comprehensive Guide to the Martial Art of Judo

By Eric Dominy

Judo is a martial art and combat sport that originated in Japan in the late 19th century. It is a dynamic and effective form of self-defense that can be used by people of all ages and sizes. Judo is also a great way to improve your fitness, coordination, and self-confidence.



Teach Yourself Judo by Eric Dominy

★★★★☆ 4.3 out of 5

Language : English

File size : 10700 KB

Screen Reader : Supported

Print length : 411 pages



Teach Yourself Judo is a comprehensive guide to the martial art of judo. Written by Eric Dominy, a renowned judo instructor and author, the book covers everything from the basics of judo, such as stances, throws, and groundwork, to more advanced techniques like nage waza (throwing techniques) and katame waza (grappling techniques).

The book is well-written and easy to follow, with clear instructions and plenty of illustrations. It is an excellent resource for anyone who wants to learn judo, whether they are beginners or experienced practitioners.

What You Will Learn from *Teach Yourself Judo*

Teach Yourself Judo covers a wide range of topics, including:

- The history and philosophy of judo
- The basic techniques of judo, including stances, throws, and groundwork
- More advanced techniques like nage waza (throwing techniques) and katame waza (grappling techniques)
- Self-defense techniques
- Competition rules and etiquette

The book also includes a number of helpful appendices, including a glossary of judo terms, a list of resources, and a section on how to find a judo club or dojo.

Who Should Read *Teach Yourself Judo*

Teach Yourself Judo is a great resource for anyone who wants to learn judo, whether they are beginners or experienced practitioners. The book is also a valuable resource for judo instructors and coaches.

If you are interested in learning judo, *Teach Yourself Judo* is a great place to start. The book will provide you with a solid foundation in the basics of judo and help you develop the skills you need to succeed in this exciting and rewarding martial art.

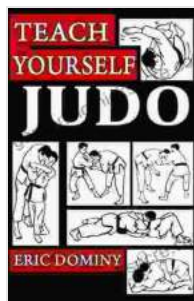
About the Author

Eric Dominy is a renowned judo instructor and author. He has been teaching judo for over 30 years and has written several books and articles on the subject. Dominy is a 7th-degree black belt in judo and has competed successfully in both national and international competitions.

Dominy is a passionate advocate for judo and believes that it is a valuable martial art for people of all ages and sizes. He is committed to sharing his knowledge of judo with others and helping them to achieve their full potential in the martial art.

Teach Yourself Judo is a comprehensive and well-written guide to the martial art of judo. It is an excellent resource for anyone who wants to learn judo, whether they are beginners or experienced practitioners. The book covers a wide range of topics, from the basics of judo to more advanced techniques. It also includes a number of helpful appendices, including a glossary of judo terms, a list of resources, and a section on how to find a judo club or dojo.

If you are interested in learning judo, I highly recommend *Teach Yourself Judo*. The book will provide you with a solid foundation in the basics of judo and help you develop the skills you need to succeed in this exciting and rewarding martial art.



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