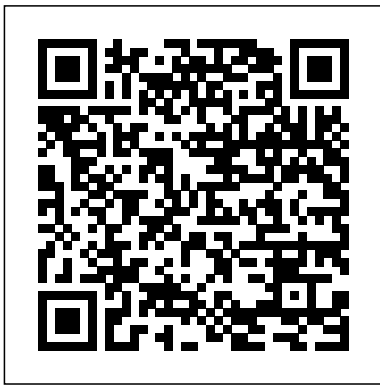

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First class book written by one of this countries most respected Judoka and an excellent update in the teach yourself series of the very good book written by Eric Dominy of the London Judo society. The LJS was brought by Sensei Hoare from Sensei's Dominy and Chew in the mid 1980s which gives this book extra relevance historically.

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Judo involves a large amount of practice with people your own size and weight and at various skill levels. A dojo allows you to train with others, and for an instructor to correct your techniques and give you tips along the way. The theory and principles of judo could be learned online, but the practical side is learned primarily in a dojo.

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- Kama TALK

Teach Yourself Judo by Eric Dominy. The English Universities Press, 1957 The Black Belt instructs the beginner in 16 clearly defined lessons. Tight clean copy in tatty jacket.. Cloth. Very Good/Fair. 12mo - over 6¾" - 7¾" tall. ...

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The three main things you need to teach yourself Martial Arts is a good Martial Art, a good teacher, and a good student. We can assume that you are going to be a good student, set aside time every day, and stick to the program you come up with. In this case, if you are a good student, then you are a good teacher.

Is it practical (or even possible) to self-learn Judo? : judo

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The most accepted opinion is that No. Judo cannot be trained (not even the basics of it) without formal instructions from an experienced instructor / judoka. The underdog opinion is that it is technically possible to do so, just in a more error-prone, dangerous, and cumbersome manner.

How to Teach Yourself the Basics of Karate: 12 Steps

Select a basic judo move or concept, preferably one that doesn't require a partner. Good starting points include forward and rear ukemi, rear and side breakfalls, chops, stances and footwork drills. Focus on one move at a time, practicing

it until you feel comfortable before moving on to Focus beyond the... 3. Start sparring. (15+ minutes) the next move. Seek feedback whenever possible.

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Mastering the Moves 1. Work on your punching and blocking. (15 minutes) There are a few essential punches you will need to learn to attack...
2. Practice kicking. (15 minutes) Ten repetitions of any kick will suffice in strengthening your legs.

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Teach Yourself Judo. Despite the title, which may create the impression that only beginners can profit from this book, this is a VERY good all-around book on Judo. It's the only book to reference the original 'rules for Kodokan Judo trainees'. It discusses such things as Sen, Sensen no Sen, Go no Sen, Zanshin, Zen in Judo, and other topics rarely touched upon by other books.