



Beginning Judo: The Ultimate Guide to Starting Judo (Paperback)

By Jeff McCall

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Getting started in Judo can be daunting. But training martial arts is one of the most beneficial things I've ever done, mentally and physically, but getting over the beginner's hump was where a chunk of those benefits come from. Thankfully the Internet now allows us to learn more easily from those who came before us. Here is what you will learn in Beginning Judo: The Ultimate Guide What is Judo? What is the English translation or the meaning of the word Judo? What is the purpose in learning Judo? What are the main principles in learning Judo? Where did Judo come from? What is the difference between Judo and Traditional Jujitsu? What is the difference between Judo and Brazilian Jiu-Jitsu? Who created Judo? What are the different types of Judo throws? When did Judo become an Olympic sport? What are the Judo belt ranks? How to find a good Judo school? How to research your instructor? What does a typical Judo lesson consist of? Is Judo good for self defense? How long does it usually take to get a black belt in Judo? What does Randori (Sparring) look like? I'm concerned about getting hurt...



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