



## The Fundamentals of Judo

By Ray Stevens, Edward Semple

The Crowood Press Ltd. Paperback. Book Condition: new. BRAND NEW, The Fundamentals of Judo, Ray Stevens, Edward Semple, "The Fundamentals of Judo" identifies the essential techniques that define Judo as a fighting art and looks at how students should practise and develop these key skills. The core techniques are analysed in depth and through step-by-step photography for the benefit of both beginner and experienced Judo players. The analysis of each technique reflects Ray Stevens' detailed technical knowledge and experience as a Judo player.



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