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Judo: History, Theory, Practice

Vladimir Putin, Vasily Shestakov, Alexey Levitsky

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Judo: History, Theory, Practice Vladimir Putin, Vasily Shestakov, Alexey Levitsky
Authors Vladimir Putin, Vasily Shestakov, and Alexy Levitsky give a complete history of judo, from its origins in Japanese jujitsu through its development into an Olympic sport, including Russia's contributions to the art. The rules and basic concepts are covered, followed by detailed instruction in break-falling, throwing techniques, and ground grappling. Judo theory is examined, and key practice points are presented, as well as strategies for the beginner and an exploration of kuzushi, Judo's art of unbalancing. Lastly, the authors present the self-defense techniques of judo and introduce the unique Russian art of combat sambo.

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