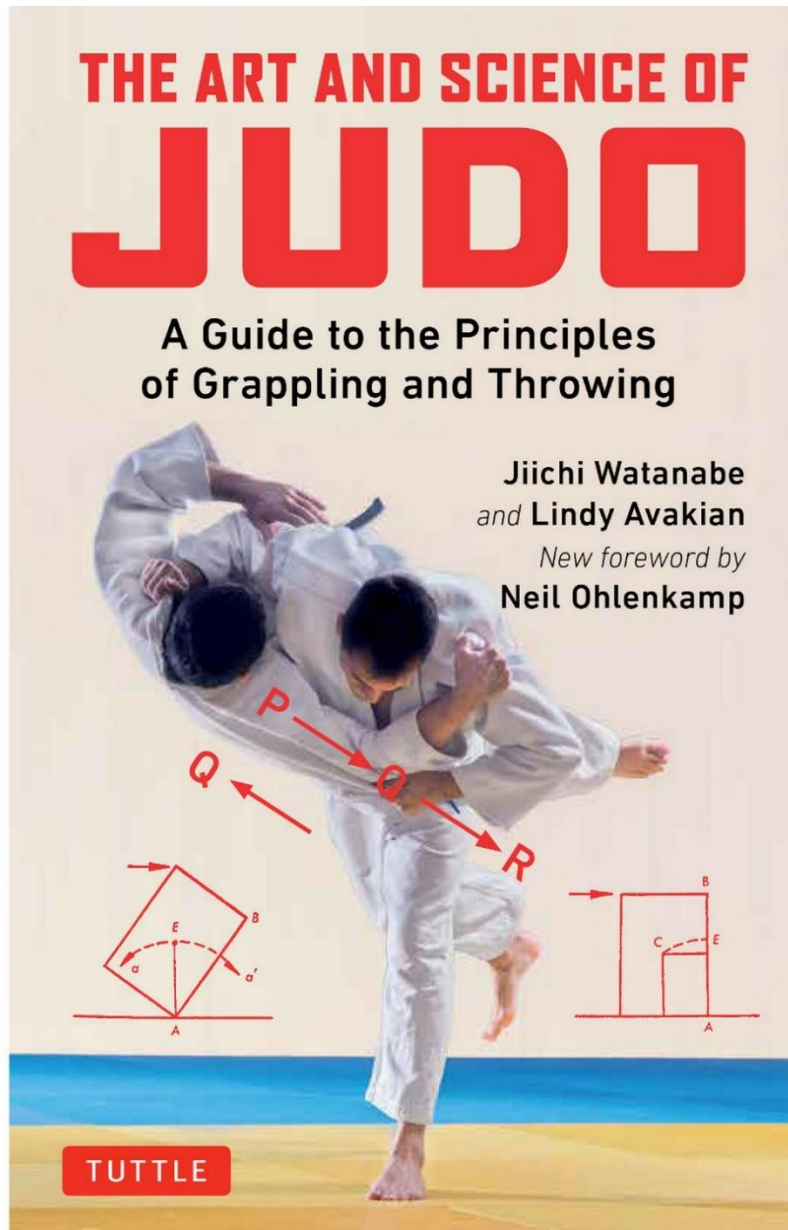


The Art and Science of Judo

By [Gary Goltz](#)

2/10/2022



I was honored early this year when Tuttle Publications contacted me regarding their plans to republish their acclaimed book under the new title of [The Art and Science of Judo](#). It is based on the book from the early 60's, [The Secrets of Judo](#), which was a sophisticated overview of the physics behind judo.

I recalled seeing it when I was 12 years old back in Pittsburgh and thinking it was difficult for me to understand back then as I was not very good at math and science but was more of a humanities and history buff.



My son Nathan holding the new book and me holding the original version during the photo shoot

There were approximately 40 black & white photos of various throws, holds, strangles and armlocks in that the publisher wanted reshot in color. So I was engaged to be featured in the new republished version.

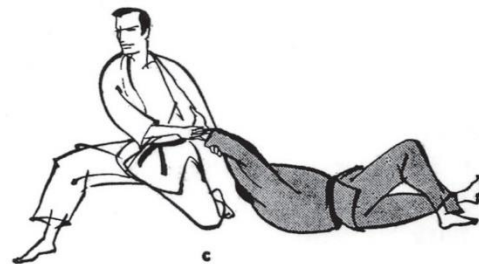
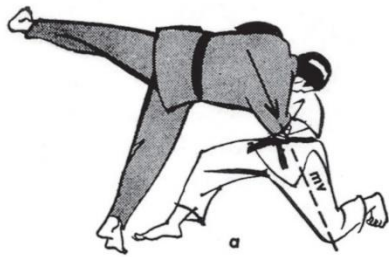
I enlisted my son [Nathan](#) to join me along with Josh Khoury a sankyu who does photography to assist in this project. That same night I presented [Nathan with his Godan Promotion](#), 5th degree black belt well deserved promotion.

Nathan started judo at 4 years old, won several junior national tournaments growing up. He later went to [Budai University](#) in Japan for a semester. Upon his return to the states he was then recruited by [Cumberland College](#) to a part of their Judo Team.

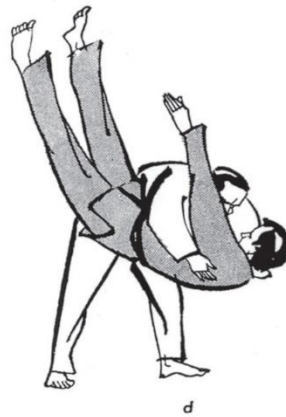
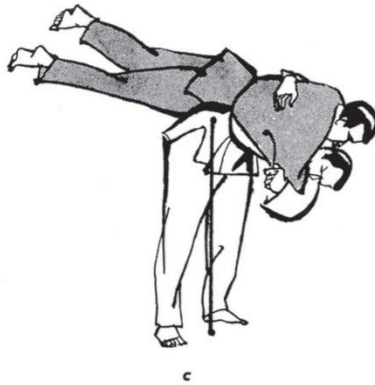


74. *Uki-goshi* (hip throw).

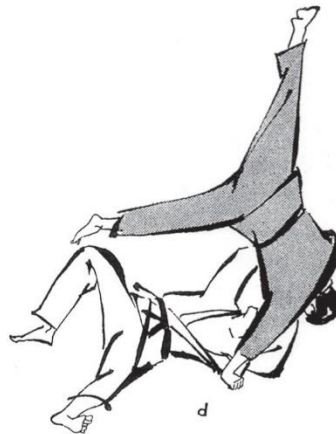
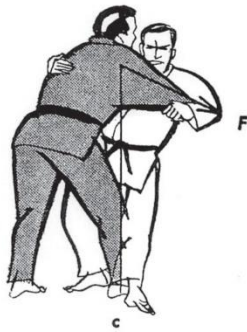
with greater speed. It also enables you to put both your loins and the right part of your back into close contact with your opponent's abdomen and chest in order to execute the throw correctly.



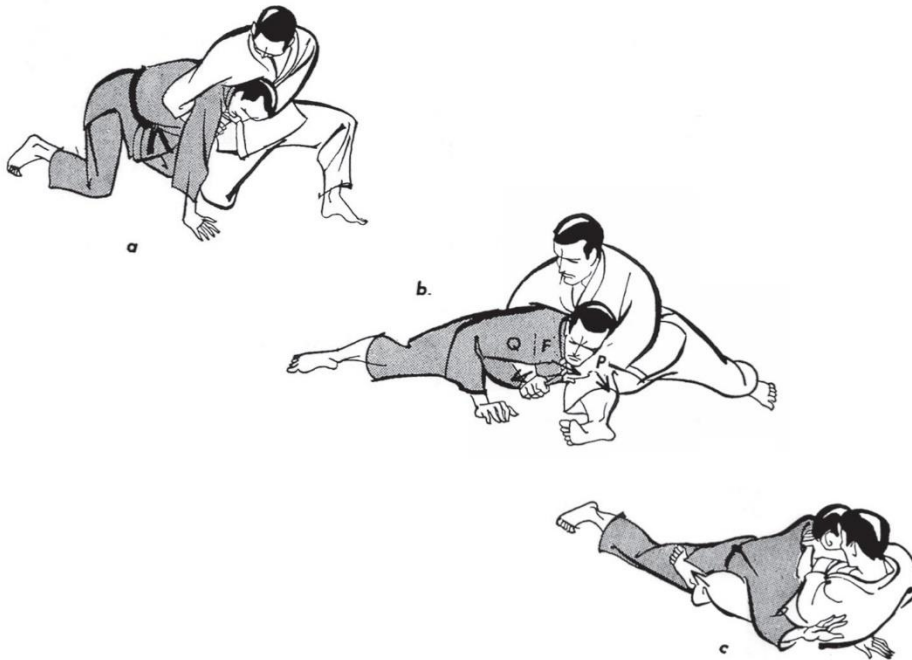
75. *Uki-otoshi* (floating drop).



76. *O-goshi* (major hip throw).



89. *Uki-waza* (floating throw).



117. *Yoko-okuri-eri-jime* (side sliding collar strangle).



Sample of some of the newaza groundwork photographs

Click on Ad Below to Order

amazon

All The Art and Science of Judo

The Art and Science of Judo: A Guide to the Principles of Grappling and Throwing Paperback – Illustrated, March 1, 2022

by Jiiichi Watanabe (Author), Lindy Avakian (Author), Neil Ohlenkamp (Foreword), Gary Goltz (Photographs)

4.4 ★★★★★ 65 ratings

Kindle \$9.99 Paperback **\$15.79**

Read with our free app

"There have been many books on judo--some highly competent, others well-written or well-illustrated, some fit for beginners, others for the advanced student. To have all these in a single volume is unusual."--San Francisco Chronicle

The Art and Science of Judo is a revealing Japanese martial arts manual that focuses primarily on the scientific principles at work in Judo.

Print length	Language	Publisher	Publication date	Dimensions
192 pages	English	Tuttle Publishing	March 1, 2022	6 x 0.75 x 9 inches

I'm always looking for new subjects to write about regarding judo as well as contributions from my readers. Please send them to gary@garygoltz.com, thanks.

