

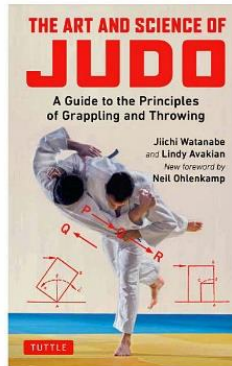
# THE ART AND SCIENCE OF JUDO

Marital Arts

\$17.99

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 Publisher: Tuttle Publishing  
 ISBN: 9780804852234  
 Format: Paperback  
 Date Published: 03/01/2022  
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 over 200 illustrations and 40 photos  
 Number of Pages: 192  
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"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.

In this book, highly-respected Judo instructors Jichi Watanabe and Lindy Avakian delve deeply into the mechanics of Judo, offering clear-cut scientific explanations for the numerous techniques involved in throwing and grappling. By understanding the science behind the art, you will become prepared to perform the right moves at the right time and successfully meet the challenge of responding to your opponent.

The book has over 200 illustrations and 40 photos which show the forces that are employed when performing common Judo throwing and grappling moves such as hip throws, foot sweeps, collar holds, and many more. In addition to the precise explanations of judo's physical aspects, you'll also find detailed insights into the psychological factors related to judo's underlying philosophy.

#### Topics include:

- How dynamics are applied to Judo
- The three principles for practicing Judo
- The three laws of motion and how they apply to Judo
- Different kinds of force found in Judo techniques
- How to effectively practice throwing and grappling

A new foreword by Judo instructor Neil Ohlenkamp offers insight on the book's importance as a resource for every Judo practitioner and instructor. *The Art and Science of Judo* is a fascinating and valuable work, which will help you achieve success by not only understanding what techniques to master but also why they work and when to use them.

#### About the Author:

**Jichi Watanabe** was a well-known Judo instructor in Japan. A sixth-degree black belt, he was one of the pioneers in the scientific study of Judo.

**Lindy Avakian** was a respected Judo instructor. He served in the US Air Force, studying Judo in Japan in the early 1950s. He completed the first foreign instruction course at the Kodokan Judo Institute in Tokyo in 1956. During his time in the military, he trained US Special Forces in self-defense.

**Risai Kano** was a highly respected Judo instructor and former president of the International Judo Federation from 1952 to 1965 and manager of the Kodokan from 1946 to 1980. His father was Jigoro Kano, the creator of Judo.

**Neil Ohlenkamp** has been a Judo instructor for over 45 years. He is a 7th degree black belt and was head coach of the U.S. Judo squad at 2 Paralympic Games. He is a member of the Kodokan Judo Institute and head instructor at the Encino (CA) Judo Club. He is the author of *Judo Unlimited: Essential Throwing & Grappling Techniques for Intermediate to Advanced Martial Artists*.

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The Sport of Judo  
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Photos in this book are by Gary Goltz an 8th degree black belt and his son Nathan a 5th degree black belt from the Goltz Judo Dojo in Claremont, California.



The original book published in the 60's was a milestone at the time. This new updated and revised version has been long awaited. It will become a *treasure trove* to all judoka!