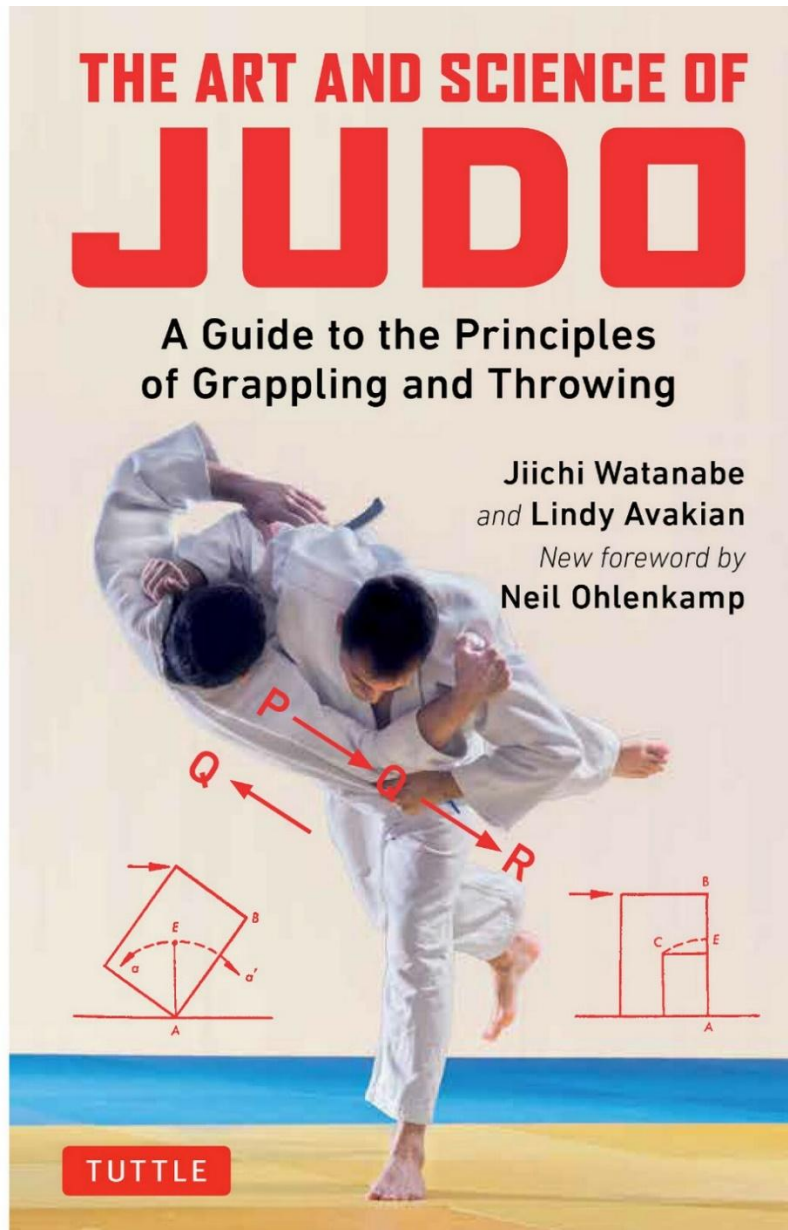


The Art and Science of Judo

By [Gary Goltz](#)

9/29/21



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.

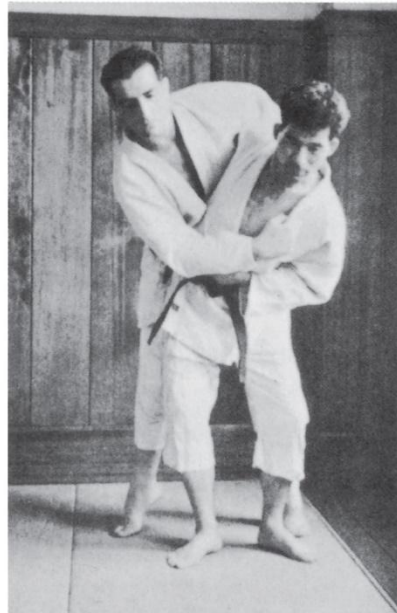


My son Nathan holding the new book and me holding the original version during the photo shoot

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.



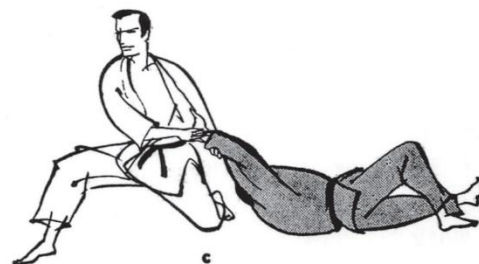
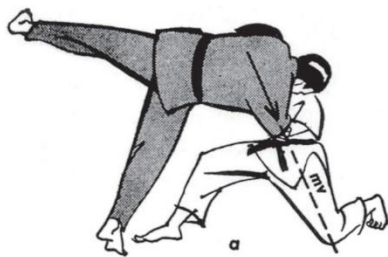
74. *Uki-goshi* (hip throw).

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.

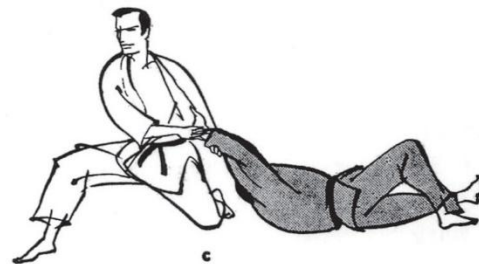
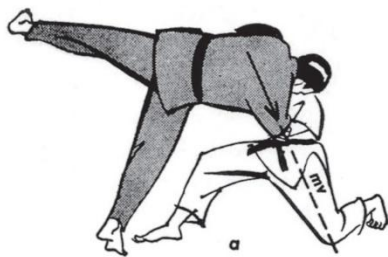


74. *Uki-goshi* (hip throw).

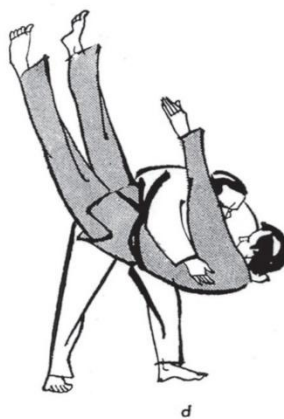
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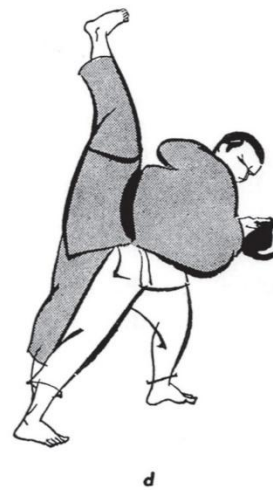
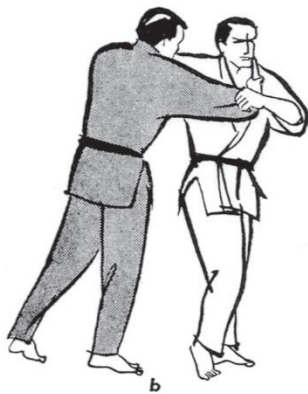
75. *Uki-otoshi* (floating drop).



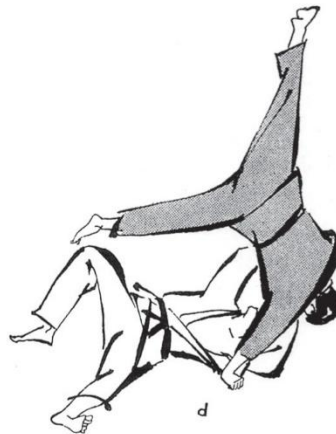
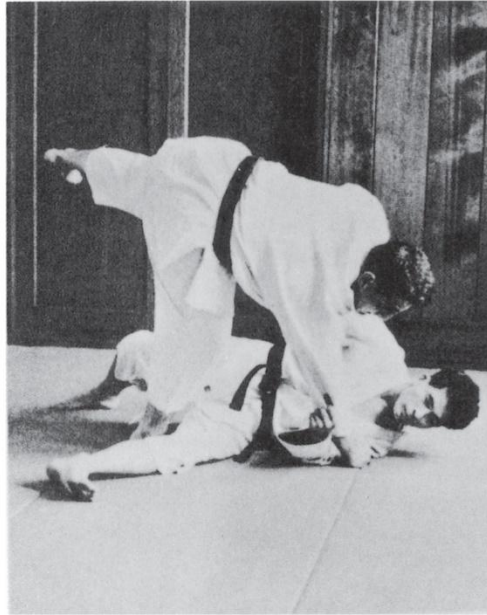
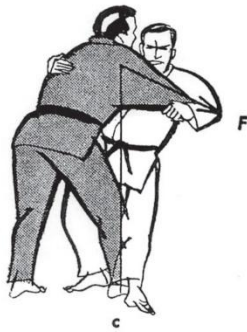
75. *Uki-otoshi* (floating drop).



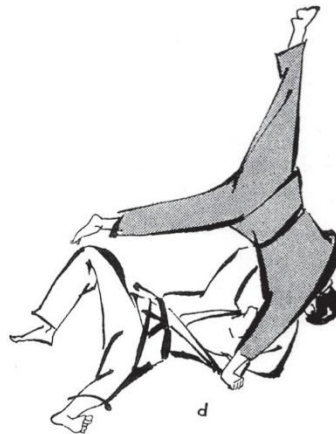
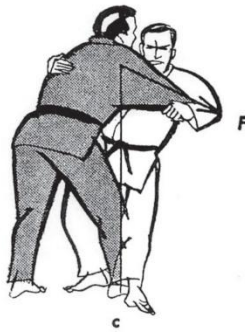
76. *O-goshi* (major hip throw).



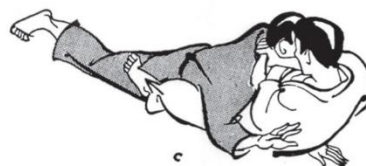
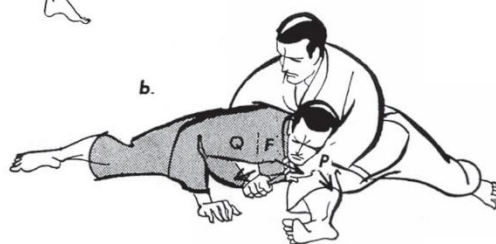
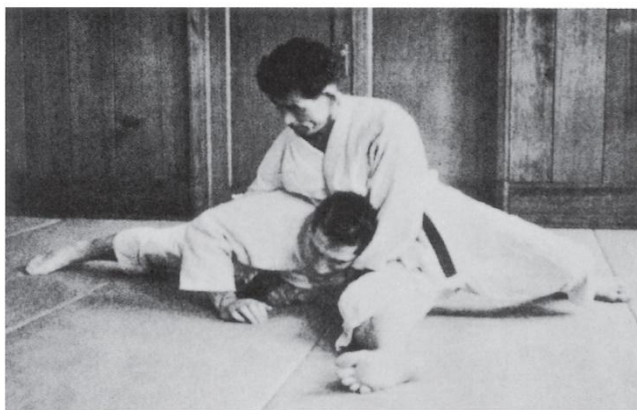
77. *Tai-otoshi* (body drop).



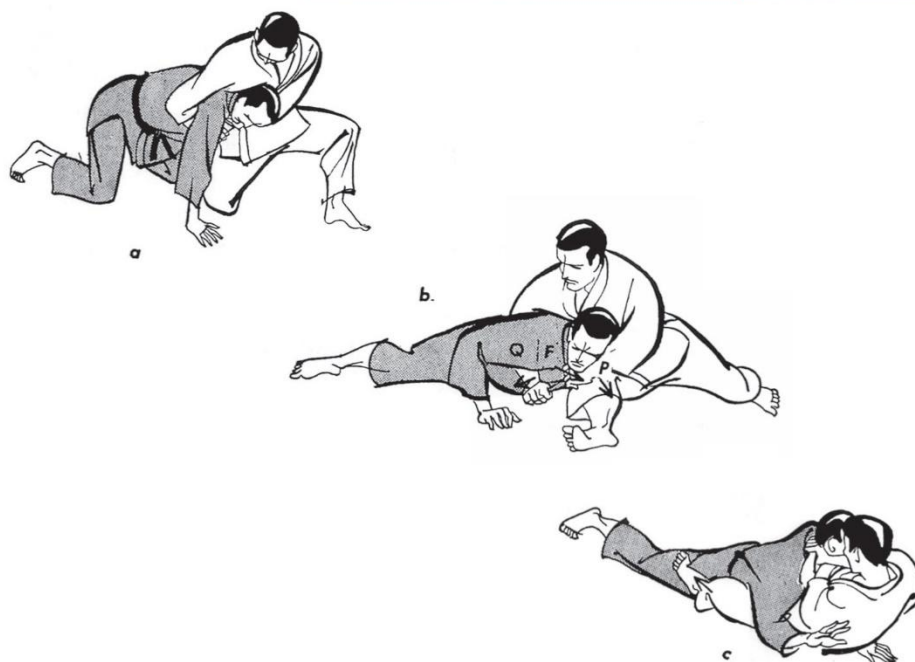
89. *Uki-waza* (floating throw).



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



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



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



Sample of some of the newaza groundwork photographs

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THE ART AND SCIENCE OF JUDO

Marital Arts

\$17.99

SKU: 9780804852334
Publisher: Tuttle Publishing
ISBN: 9780804852334
Format: Paperback
Date Published: 01/01/2022
Illustrations: over 200 illustrations and 40 photos
Number of Pages: 192
Trim Size: 6 X 9

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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 Jitsi 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:

Jitsi 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 1960s. 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.

Riesi Kano was a highly respected judo instructor and former president of the International Judo Federation from 1953 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 Unleashed: Essential Throwing & Grappling Techniques for Intermediate to Advanced Martial Artists*.

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!

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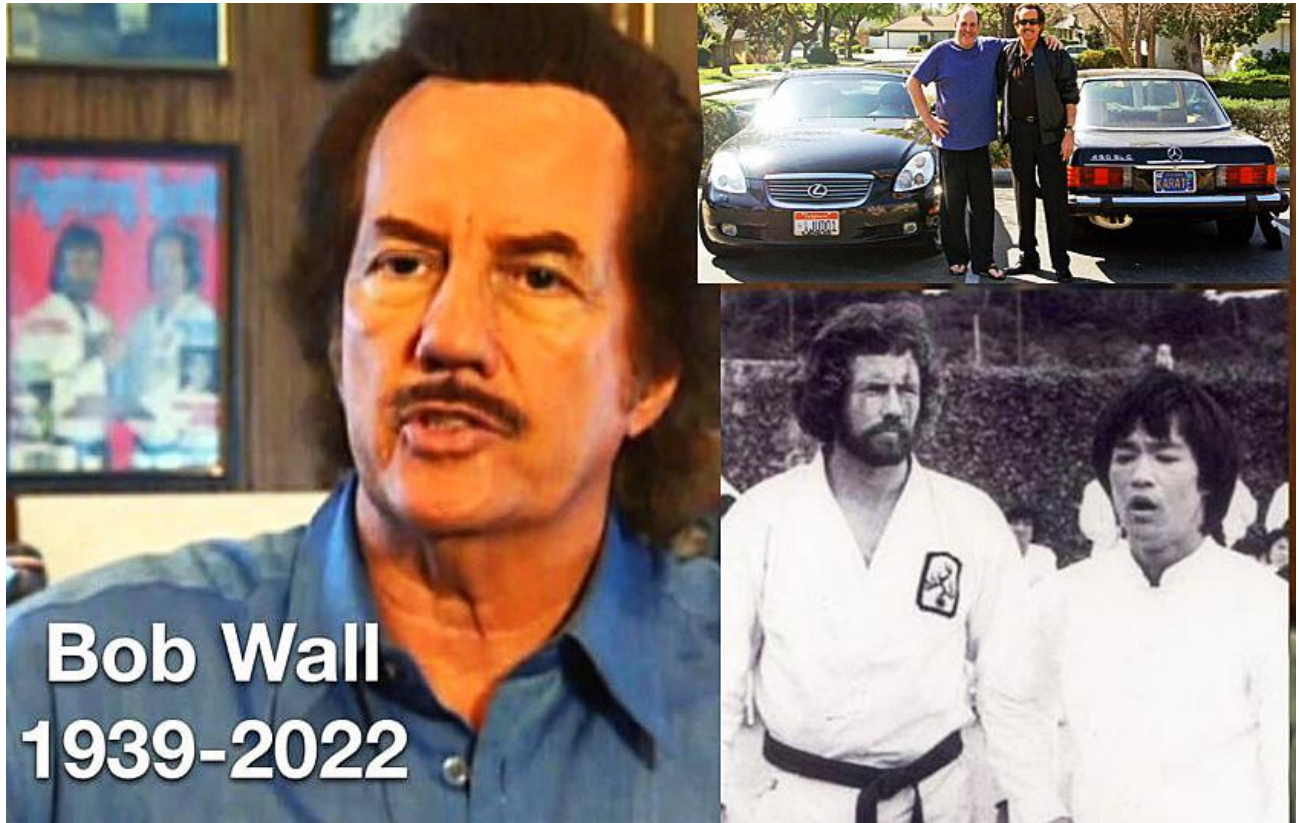
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Add for the new version of the book due out in March 2022

Update:



RIP My Friend!

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

Gary

