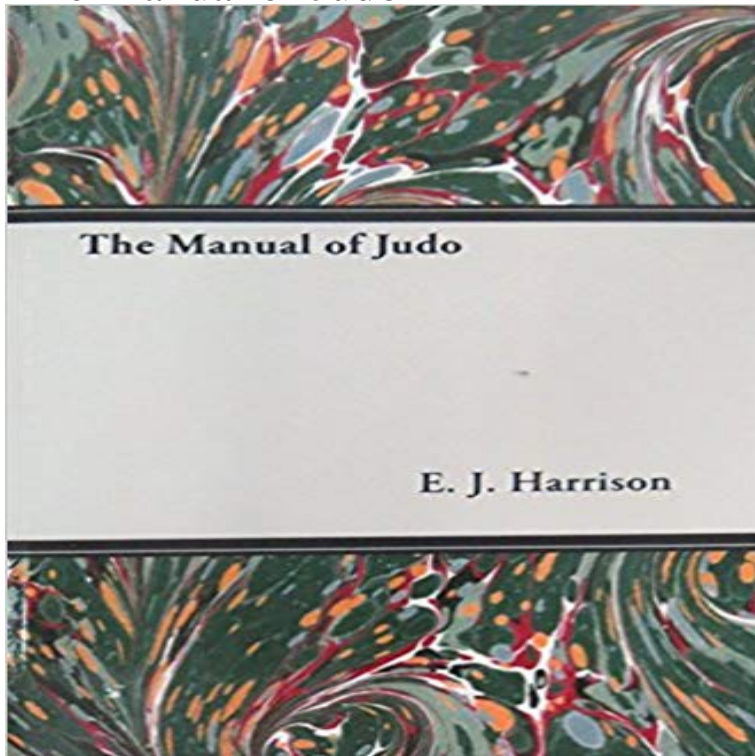


# The Manual of Judo



This vintage book contains a comprehensive guide to learning the martial art of judo. Written in clear, plain language and full of handy tips and simple instructions, this book constitutes an ideal starting point for those with an interest in learning judo. It would make for a great addition to collections of vintage sporting literature. Contents include: What is Judo?, Rationale of Judo, Essentials for Judo Practice, Etiquette of Judo, Divisions of Judo, Importance of Deep Abdominal Breathing, Signals of Defeat, Art of Throwing from a Standing Position, Relevant Postures, Breaking or Disturbing Balance of Posture, etcetera. Many antiquarian texts such as this are becoming increasingly rare and expensive, and it is with this in mind that we are republishing this volume now in an affordable, modern, high-quality edition. It comes complete with a specially commissioned new biography of the author.

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