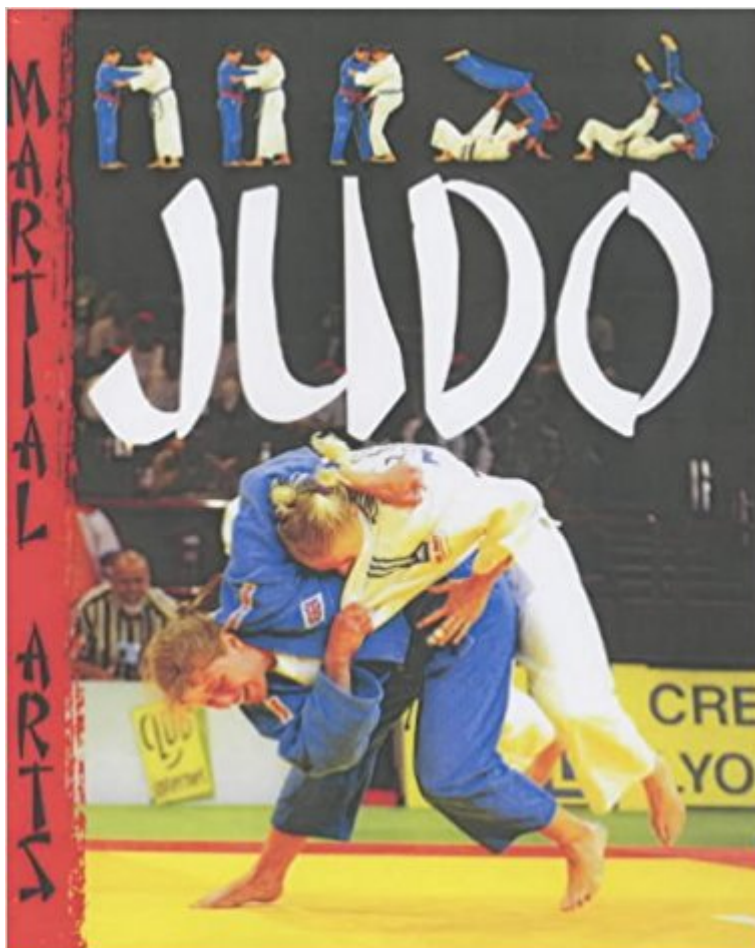


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Martial Arts: Judo Paperback



Synopsis

This series encourages readers to discover the skills required for martial arts. Each title presents one of the arts, explores how it has been developed and how it works today, including famous fighters and international competition. There are step-by-step instructions for holds, throws and other techniques, and advice on safety and locations to learn about martial arts.

Book Information

Series: Martial Arts

Paperback: 32 pages

Publisher: Raintree (July 23, 2004)

Language: English

ISBN-10: 1844216969

ISBN-13: 978-1844216963

Package Dimensions: 10.8 x 8.9 x 0.2 inches

Shipping Weight: 7 ounces

Average Customer Review: 1.0 out of 5 stars 1 customer review

Best Sellers Rank: #11,953,676 in Books (See Top 100 in Books) #62 in [Books > Teens > Sports & Outdoors > Martial Arts](#)

Customer Reviews

The whole series from Mason Crest is poorly written, poorly researched, and way too expensive. Their whole series is not even worth giving away.

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