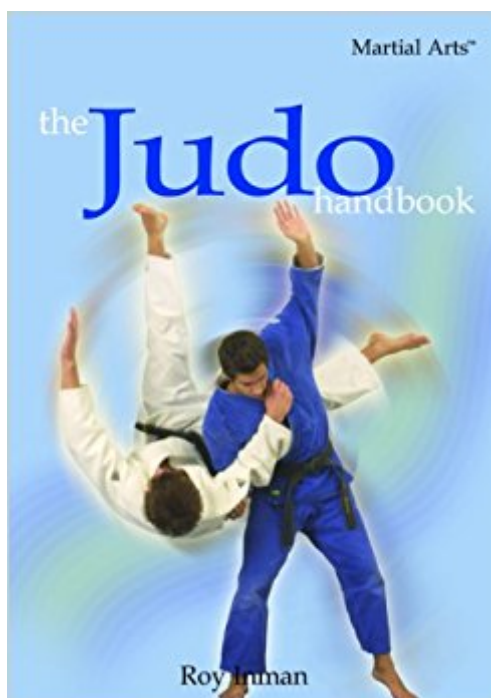


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The Judo Handbook (Martial Arts (Rosen))



Synopsis

Learn about judo, from the history, origins and philosophy to the fundamentals. Includes full-color photographs illustrating step-by-step instructions, table of contents, index and bibliography. Chapter Book: 5 chapters.

Book Information

Series: Martial Arts (Rosen)

Library Binding: 256 pages

Publisher: Rosen Publishing Group (January 1, 2008)

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Product Dimensions: 8.3 x 6.6 x 0.8 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,063,800 in Books (See Top 100 in Books) #4 in Books > Teens > Sports & Outdoors > Martial Arts #227 in Books > Children's Books > Sports & Outdoors > Martial Arts

Age Range: 12 - 17 years

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Customer Reviews

Learn about judo, from the history, origins and philosophy to the fundamentals. Includes full-color photographs illustrating step-by-step instructions, table of contents, index and bibliography. Chapter Book: 5 chapters.

As a beginner judo student I really like this book. It is good for me to see visually what many of the moves look like. I bought this for myself and my husband to look at while we learn! Great learning tool!

Ordered for my freind and he says its perfect.

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