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## Judo Books

Posted by Stephen - 2008/06/09 06:36

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The staple diet of the judoka

I want to start a thread naming the best Judo books you have read and the ones you reccomend, for starters I will post this one

[http://shintojudo.co.uk/images/fbfiles/images/images\\_2\\_.jpg](http://shintojudo.co.uk/images/fbfiles/images/images_2_.jpg)

Kodokan Judo (by Jigoro Kano)

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## Re:Judo Books

Posted by Tadashi - 2008/06/09 07:22

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Where to begin. Well I will throw out these one:

Best Judo By Inokuma, Isao and Sato, Noboyuki.

Judo Formal Techniques: A Complete Guide to Kodokan Randori No Kata By Draeger, & Don Otaki, Tadao

Kodokan Judo Throwing Techniques By Daigo, Toshiro

Well there are more but these ones are the first to pop into my head that are readily available.

Born for the Mat by Fukuda, Keiko is a good book on Ju no kata but is rather rare.(There is a newer re-issue of the book that is readily available but, it is said that is not as informative as the original.)

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## Re:Judo Books

Posted by Vin - 2008/06/10 16:36

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Another book I would recommend is the "A-Z of Judo" by Syd Hoard. Very easy to read and one of the best for reference. The new book by Keiko Fukuda Sensei is called "Ju-no-Kata". Also available in a signed version. A recommended buy, Fukuda Sensei is the highest ranking woman still alive today and is one of two (I believe) remaining student of Dr. Kano. Her Born on the Mat book commends a high price if you can find one.

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