

armlocks judo masterclass techniques pdf

Judo (wikt:æÿ"é•“, jÅ«dÅ•, meaning "gentle way") was created as a physical, mental and moral pedagogy in Japan, in 1882, by Jigoro Kano (ã~%oç'•æ²»ä"é fŽ). It is generally categorized as a modern martial art which later evolved into a combat and Olympic sport. Its most prominent feature is its competitive element, where the objective is to either throw or takedown an opponent to the ground ...

Judo - Wikipedia

Les techniques de sambo sont trÃ"s nombreuses (plus de 5 000 prises) et entrent dans trois grandes catÃ©gories : les projections, les contrÃ´les articulaires et les immobilisations. Il est rare que les combats de six minutes qui se pratiquent en compÃ©tition arrivent Ã terme en raison de la limite de temps.

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