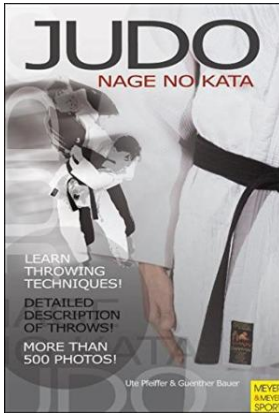


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JUDO: NAGE-NO-KATA



Meyer & Meyer Sport (UK) Ltd. Paperback. Book Condition: new. BRAND NEW, Judo: Nage-no-kata, Ute Pfeiffer, Guenther Bauer, This book is aimed at providing the newcomer to Kata as well as the Kata club instructor with up-to-date lessons for use on the mat without any other preparation. Nage-no-Kata - the forms of throwing - deals with throwing techniques used in Judo. The Kata are divided into five groups and each of these has three throwing techniques to be completed on...

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