



## Modern Competitive Judo [VHS]

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*Fighting Films*

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Dimensions: 8.66" h x 1.18" w x 5.51" l, .55 pounds

### **Synopsis**

Modern Competitive Judo is about the techniques of winning in this modern Olympic sport. It shows in a realistic way the difference between classical technique and the realities of these techniques when used in contest situations. Now at last, Judo as it really is, explained and demonstrated by Britain's greatest ever exponents of the art, Neil Adams MBE and Karen Briggs MBE. The major scoring techniques of Modern Judo are demonstrated in the studio and then illustrated with numerous competition examples selected from Fighting Films' unique library of World and European events, featuring the best fighters in the world today. Among the numerous techniques covered are; Jujigatme; Neil Adams, the world's greatest expert, takes us through numerous modern attacking variations, including turns off the back, rolls, arm straightening methods, the switch to the English hold and methods of escape. The Briggs Sangaku turn and hold. Karen demonstrates this world class technique and Neil shows the modern variations to this versatile groundwork attack, including strangles and arm locks. The Big Scoring Throws. Classic demonstrations followed by competition variations, including Neil's spinning Uchi Mata and Eri Tai-O-Toshi, Karen's Yoko Tomoenage and Drop down Tai-O-Toshi. The Koga and Smadga variations of Seoinage, Laats and Vazagashvilli Yokosutemis, Lascau and Gordon Uranages. For any coach and competitor this tape will be an investment and an inspiration.

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